Sports Chiropractor in Beaverton Explains How Chiropractic Care May Provide Relief from Asthma Symptoms

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True Potential Chiropractic, a clinic in Beaverton, OR, that offers the services of a chiropractor Beaverton residents can depend on, has recently published a blog post that explains how chiropractic care may provide relief from asthma symptoms. Those who suffer from asthma are often prescribed an inhaled or oral medication but these steroidal drugs can have side effects. A recent study has noted that 84 percent of people suffering from asthma manage their condition with a combination of traditional and complementary therapies. It has been noted that complementary and alternative medicine use among adults with asthma ranges from 4 to 79 percent of the total care. And for kids, it ranges from 33 to 89 percent.

Possible side effects of inhalers include: mood changes; forgetfulness; hair loss; easy bruising; increased risk of high blood pressure and diabetes; osteoporosis; suppression of the adrenal glands; muscle weakness; weight gain; cataracts; and glaucoma. Leukotriene inhibitors, which are an oral medication for exercise-induced asthma and for kids who cannot use inhalers, may also have some side effects, such as: sore throat; headaches; and nasal congestion, including runny nose, sneezing, and itching. Theophylline, which is used for preventing shortness of breath, chest tightness, and wheezing, has possible side effects, including: gastritis, including indigestion, nausea, and vomiting; headache; irritability; restlessness; nervousness; trouble sleeping; diarrhea; and increased urination.

Meanwhile, chiropractors believe that there is a strong correlation between asthma and subluxations or misaligned vertebrae. A study published on the Journal of Vertebral Subluxation Research Report indicated that proper alignment may decrease the need for medications, enhance the patient?s breathing, and result in less asthma attacks. In another study that was published in the Journal of Orthopedic Surgery, chiropractic care was observed to provide relief for bronchial asthma and allergy.

At True Potential Chiropractic, they provide treatment for the whole person. With the correct spinal alignment, the immune and nervous systems can perform the work necessary to lighten symptomatic responses to disease and distress.

True Potential Chiropractic also provides chiropractic massage Beaverton residents may need to help them recover from typical health problems. Their licensed massage therapists (LMTs) collaborate with their chiropractic physicians for both joint and muscular imbalances, compensations, and dysfunctions such as whiplash and car accident injuries. Each LMT has their own specific dominant working methods and a range modalities they can use, such as: aromatherapy; craniosacral therapy; cupping; decompressive taping; deep tissue massage; myofascial release; prenatal massage; sports massage; Swedish massage; and trigger point therapy.

Launched in 2013, True Potential Chiropractic has the goal of providing lifestyle care for everyone. This chiropractic practice has grown through the years into one of the top providers of family corrective care and wellness in the Pacific Northwest. Dr. Bryen Bell, who started the clinic, is a specialist when it comes to non-medication solutions as the preferred choice in delivering health care. He and his family had migrated to the Pacific Northwest during the summer of 2013 and not long after, he launched a completely computerized and cutting edge corrective care family wellness center in Beaverton, Oregon. This is a family and sports rehab chiropractic practice that is focused on helping patients achieve better health and wellness, by focusing on prevention and maintenance rather than offering treatment after a health problem has already occurred, such as disease, disability, or pain. His philosophy is founded on the six laws of the human body, which are: exercise, alignment, diet, stress management, mindset, and rest. Dr. Bell obtained his chiropractic degree (D.C.) and BS degree in human biology from the Cleveland Chiropractic College in Los Angeles.

When in need of the services of a family care chiropractor Beaverton residents and those in surrounding areas can check out the True Potential Chiropractic website, or contact them on the telephone or through email. They are open from 9:00 am to 12:00 pm and then from 3:00 pm to 6:00 pm on Mondays, Tuesdays, and Thursdays; from 3:00 pm to 6:00 pm on Wednesdays; and from 9:00 am to 11:00 am on Saturdays.

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For more information about True Potential Chiropractic, contact the company here:True Potential ChiropracticDr. Bryen Bell503-574-4872drbell@tpcportland.com8283 SW Cirrus DriveBldg 15Beaverton OR, 97008

True Potential Chiropractic

True Potential Chiropractic is an award winning wellness center located in Beaverton OR. TPC is able to assist from prenatal to adults with their pain relief, personal injury and corrective care. Bodywork, stretch and chiropractic therapy is available.

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