Sports Chiropractor in Beaverton Explains Possible Solutions for Heartburn, Acid Reflux, or GERD

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True Potential Chiropractic, a chiropractic and massage therapy clinic that offers a family care chiropractor Beaverton residents can rely on, has recently published a blog post that explains the possible solutions for heartburn, acid reflux, or gastroesophageal reflux (GERD). All these refer to the same condition with symptoms that include: burning pain in the center of the chest; bloating; and a feeling of gag-reflex vomiting. Other symptoms for chronic sufferers are: tooth erosion; bad breath; trouble swallowing; nausea; and trouble breathing. The typical treatments include: over-the-counter antacids; lifestyle changes such as quitting smoking; diet changes; wearing looser clothes; and not eating close to bedtime. However, long-term use of prescription drugs for GERD may result into poor digestion, which can rob the body of important nutrients. It may also result into liver problems, muscle weakness, and reduced sex drive. The article points out that chiropractic support may offer support for decreasing the occurrences of acid reflux, heartburn, or GERD.

Dr. Bryen Bell, founder of True Potential Chiropractic, says, ?Your digestive system is intimately connected with your brain and central nervous system. They are in constant communication, sending messages back and forth. Some issues related to gut health, like heartburn, abdominal cramping, and bloating, can be eased by improving your muscular-skeletal alignment. Suppose you've made the lifestyle changes necessary to reduce GERD symptoms but are still suffering. In that case, chiropractic care can be the next step to avoiding medications. Certain subluxations (misalignment) of the spine may contribute to the spasmodic movement of the stomach valve. If you are suffering from digestive issues like GERD, call True Potential today and start your road to recovery ? naturally.?

Meanwhile, when in need of massage therapy Beaverton residents can also go to True Potential Chiropractic. They have a team of licensed massage therapists (LMTs) who can provide personalized massages using a range of techniques that have been found to enhance overall health and wellness. The LMTs have frequently been able to help patients recover from typical life difficulties and work in collaboration with the chiropractic physicians for muscular and joint imbalances, dysfunctions, and compensations that include: strains, sprains,

and muscle cramps; temporomandibular joint dysfunctions; post surgery; neck pain, headaches, and back pain; and traumatic injuries such as slips and falls.

Each LMT has their own specific dominant working methods and they will use one of the following modalities: 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 focuses on lifestyle care, particularly for members of the family and for athletes. This chiropractic clinic has now grown into one of the top providers of family corrective care in Beaverton and neighboring areas in the Pacific Northwest. Dr. Bryen Bell founded the clinic to provide non-drug solutions as the primary alternative in health care. As a way to achieve this goal, Dr. Bell has launched a fully computerized and ultramodern corrective care family wellness center in Beaverton, Oregon, after he had moved in 2013 to the Pacific Northwest. This is a sports rehab and family chiropractic practice aimed at helping patients enjoy better wellness and health via maintenance and prevention, instead of only offering a cure when there is already a health issue, such as pain, disease, and disability. Dr. Bell employs a wellness philosophy that is based on the six laws of the human body, which are: diet, exercise, alignment, rest, stress management, and mindset.

When in need of the services of a sports chiropractor Beaverton residents can visit the True Potential Chiropractic website or contact them through the telephone or via email. They are open from 9:00 am to 6:00 pm on Tuesdays, Wednesdays, and Thursdays.

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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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