

## **Nutritional advice compliments Chiropractic care**

**Question:** Why might my Chiropractor make dietary or nutritional recommendations as part of my treatment for back pain?

**Answer:** Keeping a healthy diet is always part of a holistic approach to health care for any patient. When a patient presents himself or herself with a severe acute condition or even a long-term chronic one, it is immediately understood that their body is being overtaxed for additional healing minerals and vitamins. Recovery from acute spinal injuries and chronic strain requires proper treatment from your Chiropractor and that treatment includes the building blocks to enhance healing in the form of proteins, vitamins, and minerals. For example, ligaments, muscles, and other tissues affected by spinal injuries and strains need additional vitamins such as B and C, as well as minerals like zinc, manganese, magnesium, and calcium to heal optimally. Your Chiropractor will also recognize the need for any additional nutrients that may be necessary depending on your unique physical dietary circumstances. Helping to build stronger, healthier muscle, ligaments, discs, bones and nerves to help your current condition improve and to gain better health through your lifetime is naturally an important duty of your Doctor of Chiropractic.

**Quote of the week:** *“Do the common thing in an uncommon way.”* – Booker T.

Washington