Chiropractic Care Helps with Weight loss

Chiropractic care supports weight loss by improving spinal alignment, which enhances nervous system function and metabolism, making it easier for the body to process food and maintain energy levels. Additionally, chiropractic adjustments can reduce pain and improve mobility, allowing for more effective exercise and healthier lifestyle choices.

When we think of weight loss, we may not immediately think about seeing a chiropractor. After all, what does your spine have to do with eating, exercise, or sticking to your weight loss program? But once you take a moment to think about how the body is connected, it makes sense. Your spine balances your entire body. Arms, legs, brain…they are all connected, and the spine is what ties them together.

When the spine is out of alignment it throws off everything. The electrical impulses coming from your brain and heading to the different areas of your body get thrown off track. When those signals aren't received correctly, the body loses its performance efficiency. This includes your body's ability to regulate and lose weight and the signals that tell your stomach when you are hungry and full.

Chiropractors look at many different factors related to spine and joint health. Subluxations of the spine of the spine is often uncovered. To keep things as simple as possible, a subluxation is where something is out of place. Subluxations can lead to pain, stiffness, and discomfort in the back. Research has found a correlation between subluxations and weight gain.

Subluxations can be caused by stress (what's more stressful than trying to lose weight?) and muscle strains. Subluxations may not even be noticed, but a chiropractic adjustment can make a big difference in how you feel. When the spine is adjusted patients get relief from spinal pressure and subluxations.

Sadly, there is no easy solution for weight loss. But having regular chiropractic adjustments can mean making your weight loss plan more effective. You will not only see results; you will also find you have gained a valuable member on your weight loss team.



This healthy living information is provided by your Doctor of Chiropractic and the Idaho Association of Chiropractic Physicians (IACP) .