

## TEEN CHIROPRACTIC

A lot of people think that if they're not sick then they must be healthy. As a teenager you are now taking on more responsibility to care for yourself and communicate to your parents how you're feeling. You may not know that wellness is more than just "feeling OK.". Instead, it is the active pursuit of your well-being- physically, emotionally and spiritually.

***Many teens report that when they begin chiropractic care they see an improvement in their quality of life.***

***This includes:***

- ***Better posture***
- ***Improved study habits***
- ***More energy***
- ***A better overall sense of emotional well-being.***

During your teenage years, your body is in the last stages of physical growth. It's important to know that your spine, which houses and protects your nervous system, will be fully developed. The brain, spinal cord and nerves are the master controller of all your body's systems; immune, hormonal, respiratory and digestive.

By this age you've probably already experienced a fall or injury that has affected the development of your spine but hasn't resulted in any pain or other symptoms. Even sitting too long at school, or at home

while watching TV, and hours spent on computers, video gaming and social networking may cause spinal bones to lose their normal position or ability to move, causing interference to your nervous system (vertebral subluxation).

As a teenager some commonly reported symptoms of nerve interference include headaches, poor posture, back and neck pain, mood swings, menstrual cycle issues and skin conditions. Your chiropractor can help you recognize the typical stressors in your life that you may not realize are affecting your spine and nervous system.

