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Sports and Spinal Chiropractor

Why Chiropractic is an important part of a healthy active lifestyle

The spine controls the nervous system and the nervous system controls how the body functions.



Functions like:

- Muscle strength and symmetry
- Skeletal movement
- Healing and recovery
- Reflexes
- Sensation
- Organs
- Cognition



To achieve true health your body needs to FUNCTION optimally.

Therefore if there is a problem with the spine it will interfere with nervous system affecting how the body functions restricting your bodies ability to achieve true health.

Whether you are an athlete looking for that competitive advantage or someone who wants to get healthy and stay healthy why don't you make Chiropractic a part of your healthy active lifestyle.