

# The Truth About Channel

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## The Truth About Anti-Aging

Fort Lauderdale, FL - In this month's Truth About series we look at one Anti-Aging technique: Chiropractic Care. Because people often ask, "What does chiropractic care have to do with aging?" I set out to learn the truth.

It has been claimed by the American Academy of Anti-Aging Medicine (A4M) that about 100 million Americans are presently suffering from degenerative diseases and the cost of the treatment amounts to about \$700 billion each year. When it comes to the treatment of these degenerative diseases of aging can patients look to the chiropractic clinics?

I discovered that the answer is, "Yes!"

What is chiropractic care? Chiropractic is a discipline of health care that deals with the analysis, treatment and prevention of mechanical disorders of the musculoskeletal system, particularly the spine. The chiropractic treatment includes manual therapy together with manipulation of the spine, joints, and soft tissue. Chiropractic Physicians are trained health professionals who apply various non-surgical techniques including spinal manipulation and mobilization for the treatment of their patients. How is chiropractic care linked to anti-aging?

In 1998, chiropractic care was listed among the various non-pharmacologic techniques for chronic pain management in the aged population by the American Geriatrics Society (AGS) panel. In fact, it turns out that Chiropractic care plays a significant role in improving the conditions and problems related to aging. I was surprised to learn that chiropractic care and anti-aging techniques go hand in hand.

For specific answers I turned to an expert in the field, Dr. Rick Buchalter, to explain the importance of chiropractic care in aging.

Dr. Buchalter explained that with the passage of time, our spinal discs and tissues mature, facet joints, ligaments and muscles weaken and so do their levels of endurance. "This is the main reason as to why elderly people experience chronic musculoskeletal problems," said Dr. Buchalter. "As far as the tissue injuries are concerned, these become

more common and healing takes longer as we age." he continued. "Chronic pain and slow body functioning are one of the major causes of mental stress and loneliness." Through proper chiropractic care we can feel better physically and mentally.

This is where chiropractic turns out to play a very important role. Chiropractic care not only manages and decreases chronic pain but at the same time it boosts up flexibility, improves mobility and strength along with balance. Furthermore, good chiropractic techniques encourage exercise, prevention and patient's well-being.

Another cause of aging is arthritis, Dr. Buchalter explained. He said that as we age decreased activity and movement result in the development of adhesions and scar tissue in the spinal joints and discs. Chiropractic care helps in opening the way to the return of essential nutrients into the joints by increasing spinal joint motion. This leads to better maintenance of joint health and reduction of degenerative changes and swelling that generally develop into arthritis.

As chiropractic strategies tend to improve the mobility range of the joint, the development of arthritis is either slowed down or permanently stopped because of this improved movement. Dr. Buchalter stressed that prevention is better than cure. Aging is something that we all have to go through some day. In our quest for optimum health and youthfulness we discover there are non-drug preventive measures that can be taken to make every stage of life less painful or difficult. The tailored natural preventive care offered by chiropractors can make a huge contribution in turning this painful aging experience into a much healthier process.

I discovered I am not the only one finding out that chiropractic care is effective in the war against aging. A 2007 study revealed that about 6% to 12% of the U.S. see a chiropractic physician each year.

Visit Dr. Rick Buchalter at [www.southfloridahealthcenter.com](http://www.southfloridahealthcenter.com) or call his office for a consultation at 954.748.7455.