

reliable chiropractor

Natural Health Chiropractic & Wellness is a state of the art wellness clinic in the heart of Naperville focusing on the concept that health begins from the inside out. Dr. Meaghan Clemens is a board certified chiropractor that concentrates on holistic health & wellness for the whole family by chiropractic care, physical therapy, massage therapy, corrective exercise, and nutrition. We also fit for custom orthotics, fit for cervical pillows, offer supplement counseling, and give health seminars. Dr. Clemens' proactive method to pain and wellness has been shown effective time and again. Natural Health Chiropractic & Wellness is conveniently situated in Naperville, and offers a wide range of services to Naperville, Lisle, and the nearing by areas.

Chiropractic care is a form of diagnosing and treating illnesses that have an effect on the nerves, muscles, bones as well as joints of the body. Accordingly to the principle that many diseases are influenced by abnormal nerve transmission, or "subluxation" made by a misalignment of the spine. The nerves leave the spinal cord through openings between movable spinal bones called vertebrae. When vertebrae, through injury or posture problems, get misaligned they obstruct with normal function of the nerves. This misalignment causes pain and malfunction of the nervous system. The subluxation then becomes the reason for pain.

The modern Chiropractic performs both directly and indirectly with the nervous system. Every function of the body is within the control of this system. Every organ, tissue and cell is controlled by nerve impulses traveling from the brain to all areas of the body. Nerves make possible all movement. Nerves transmit all sensations to the brain. Nerves make possible all sight, smell, taste, touch and hearing.

Chiropractic is a natural method of health care working on curing the causes of physical problems rather than the symptoms. It is a non-drug, non-surgical treatment to health care utilizing mild spinal manipulation therapy and allowing the body to heal itself naturally.

The goal of Chiropractic care is to figure out, by means of X-ray films and through examination, the exact degree of spinal misalignment creating this subluxation. Proper "adjustments" are provided to eliminate these subluxations and thus remove the cause of pain and malfunction.

Chiropractic has proven to be an effective and noninvasive procedure for severe and chronic low back pain, sciatica, neck pain, headaches (including migraines), inflammation of the middle ear, digestive problems, menstrual and premenstrual pain, frozen shoulder, tennis elbow and other types of sports injuries, carpal tunnel syndrome, arthritis, allergies and asthma.

The adjustment, or correction of a subluxation, is the means of care given by the Chiropractor. An adjustment is an application of a precise force to restore the vertebrae to its normal position. Many different techniques can possibly be applied to perform an adjustment all of which are pain free to the patient. Only a chiropractor has gained the experience and understanding needed to learn when, where and exactly how to apply a spinal adjustment. The soft tissues, the muscles and ligaments, are expanded when the vertebrae is in an unnatural position, so these tissues

must have chance to restore. Commonly, proper muscle tone, ligament position and the shape of the vertebrae will maintain the vertebrae acting normally [have a peek here](#)