

Why Combine Chiropractic and Acupuncture Treatment?

Instead of a burger and fries, a combo at First Canadian Chiropractic and Acupuncture Centre uses chiropractic and acupuncture together during one treatment.

Chiropractic uses a variety of soft tissue techniques and manipulation to achieve a series of local responses, including:

- decreased pain and inflammation
- reduced muscle spasm
- improved joint mechanics

Acupuncture regulates healing at a more central level and:

- increases endorphin release to decrease pain and promote the healing response
- reduces muscle spasm by decreasing excitatory brain input to the musculoskeletal system
- reduces sympathetic nervous system firing to calm the mind and promote balance throughout the body

Combining chiropractic and acupuncture approaches a problem from multiple angles, potentially reducing recovery time. This approach can also improve overall function and health after recovery is complete.

The two forms of treatment work together to balance your nervous system from the inside and out. Since all processes in our body are regulated by the nervous system, a healthy nervous system means a healthy you.

Feel better.

First Canadian Chiropractic and Acupuncture Centre

1 First Canadian Place (King & Bay), Mezzanine Level
Toronto, Ontario, Canada, M5X 1A4

Tel: 416-368-4858 Email: info@healingeffect.com Web: www.healingeffect.com