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Chiropractic Care: A Welcome Supplement to Your Substance Abuse Recovery Program

A properly aligned and well maintained spine is an excellent tool for helping the body recover from substance abuse. Research indicates that when misalignments - or subluxations - occur in the spine, the signals from the nervous system are interrupted. When these misalignments are corrected, and the nerves are in correct order, these signals can be released in the right pattern - contributing to a sense of calm that may help ward off drug cravings and could improve a patient's completion rate in a substance abuse recovery program.

In contrast, when the spine is improperly aligned and pressure is applied to tissues, the chemicals known as neurotransmitters may be blocked or released in an incorrect pattern, thus *inhibiting a sense of well-being*. This also contributes to pain and inflammation in the body. Most patients in recovery also experience pain that was once masked by the abused substance prior to admission into a rehabilitation program. This chronic pain will often exacerbate the substance abuse problem. Under regular chiropractic care, patients can become more open, relaxed, and compliant as their anxiety and depression begin to lift. Their heads clear, thinking improves, they get in touch with their feelings, and they open up to group therapy more willingly. A misaligned spine is a stressor that an individual in a recovery program should not have to endure because it can possibly interfere with their progress and results.

Therefore, research emphasizes that chiropractic care is not a new type of drug addiction therapy, but rather a supplement and wonderful complement to existing recovery and traditional in-patient and out-patient programs.

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