

Chiropractic: The future

Chiropractic continues to "flourish" despite any controversy that it has endured throughout its 100-year history. Chiropractic allows patients to take advantage of a natural and drug-free method of healing.

Many studies over the past decade have been published that support its effectiveness. Not only has chiropractic been shown to be effective, but also it reduces health care costs and results in satisfied health care consumers.

In 1992, the America Health Policy Report, published in the Journal of American Health Policy, reported a study looking at 2,000,000 users of chiropractic care in the United States. It was concluded that "chiropractic users tend to have substantially lower health care costs," and "chiropractic care reduces the use of both physician and hospital care." In 1991, a Gallup poll showed that 90 percent of chiropractic patients felt their treatment was effective and over 80 percent were satisfied with their chiropractic care.

The World Health Organization defines health as complete physical, mental and social wellbeing -- not merely the absence of disease and infirmity. Health care, opposed to disease or crisis care, for this new millennium needs to be aligned with this definition. Chiropractic, since its inception, has always been consistent with this goal. It is philosophically sound, always recognizing that true health comes from within. It is ecologically sound because it is free of the effects of drugs and surgery. It is economically sound because it helps to restore an individual's health without the need for expensive, and often inefficient and dangerous therapeutic interventions.

Chiropractic, the best kept secret in health care, is truly an idea whose time has come. ❀