

The Dental Hygiene Analogy

The answer to the question is in the analogy.

Should we have been taught to go to a Chiropractor like we go to a dentist?

- A) Yes
- B) No



Important Details You Might Need:

- Daily stress on our spine is like bacteria in a tooth
- Spinal stress (injury or non-injury related) affects children as much as it affects adults
- Spinal stress will cause premature decay of the joints, muscles, discs, and nerves
- A Doctor of Chiropractic can find spinal stress like a Doctor of Dentistry can find a cavity
- A healthy mouth and a healthy spine require a well designed hygiene routine
- Without a spinal & dental hygiene routine, consequences are inevitable

Let's think it through and ask ourselves the tough question...

Spinal stress is like bacteria in a tooth... spinal stress stems from bad posture, old injuries, slips and falls, rough housing and sports, poor work & school related ergonomics, etc... spinal stress creates excess pressure and chronic tension on important parts of our body... ***with all this being true and logical...*** why do so many of us neglect our spine by not having a spinal hygiene routine and refusing to go to a Chiropractor on a regular basis?

Let's look at it from a different angle...

We were taught that if we don't take care of our teeth, we will regret it later in life. This is why every man, woman, and child has a dental hygiene routine and sees a Doctor of Dentistry on a regular basis.

Maybe it is time for us to finally "get it" when it comes to spinal hygiene... every man, woman, and child should have a well designed spinal hygiene routine and proactively visit a Doctor of Chiropractic on a regular basis.

See how important the **Dental Hygiene Analogy** actually is? **Can you see how important spinal hygiene is** to maintaining health and preventing dysfunction or disease?

"We would be wise to keep our spine and nerve system well adjusted with chiropractic care. We would be wise to keep our spine 'cavity-free' for life."

CONCLUSION: The Dental Hygiene Analogy easily explains how **not having a Chiropractor and a spinal hygiene routine can impact our future well-being.** Is this not a great reason to keep our spine healthy with chiropractic? Is this not a good reason to help every man, woman, and child you know get under the care of a good wellness-based Doctor of Chiropractic? We think so, and we hope you do too.

Please tell everyone you know about what you just learned, okay?