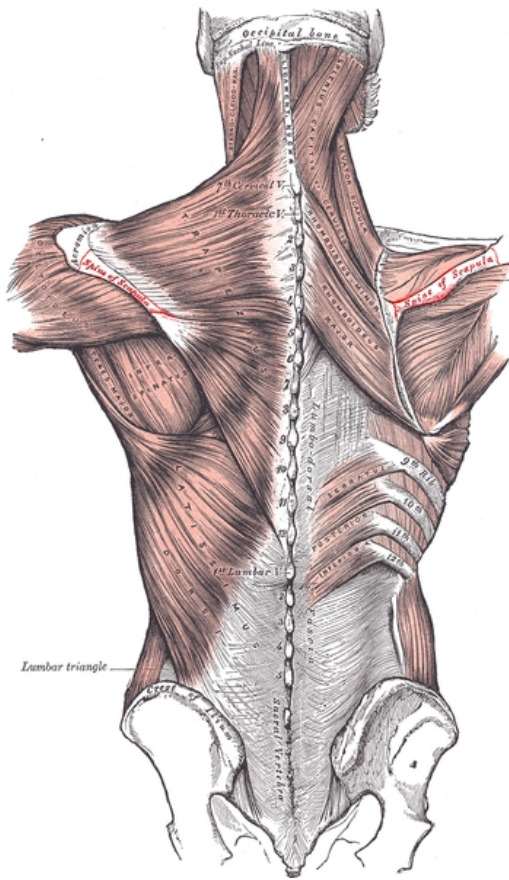


## Mythology Surrounding Chiropractors



As successful as chiropractic has become, there are a lot of myths circulating among the general public. Times have definitely changed for the better, but the fact is that many people still do not understand what chiropractors do. Let's talk about a few of the more common myths about chiropractic.

Myth #1 - Chiropractors are not real doctors.

A chiropractic college grants a D.C. or Doctorate of Chiropractic degree. Chiropractors are licensed as health care providers in every U.S. state and dozens of countries around the world. While the competition for acceptance in chiropractic school is not as fierce as medical school, the chiropractic and medical school curricula are extremely rigorous and virtually identical. In fact, chiropractors have more hours of classroom education than their medical counterparts. As part of their education, chiropractic students also complete a residency working with real patients in a clinical setting, supervised by licensed doctors of chiropractic. Once chiropractic students graduate, they have to pass four sets of national board exams as well as state board exams in the states where they want to practice.

Just like medical doctors, chiropractors are professionals that are subject to the same type of testing procedures, licensing and

monitoring by state and national peer-reviewed boards. Federal and state programs, such as Medicare, Medicaid, and Workers' Compensations programs cover chiropractic care, and all federal agencies accept sick-leave certificates signed by doctors of chiropractic. Chiropractors are also commissioned as officers in the military.

The biggest difference between chiropractors and medical doctors lies not in their level of education, but in their preferred method of caring for people. Medical doctors are trained in the use of medicines (chemicals that affect your internal biochemistry) and surgery. Consequently, if you have a chemical problem, such as diabetes, hypothyroidism, or an infection, medical doctors can be very helpful. However, if your problem is that your spine is mis-aligned or you have soft tissue damage causing pain, there is no chemical in existence that can fix it. You need a physical solution to correct a physical problem. That is where chiropractic really shines. Chiropractors provide physical solutions -- adjustments, exercises, stretches, muscle therapy -- to help the body heal from conditions that are physical in origin, such as back pain, muscle spasms, headaches, and poor posture. Another distinction is the fact that it is completely appropriate to receive chiropractic care even if you do not have symptoms. Unlike standard medical doctors, whom you visit when you have a symptom to be treated, chiropractors offer adjustments to improve spinal alignment and overall well-being before symptoms develop.

Myth #2 - Medical doctors don't like chiropractors.

The American Medical Association's opposition to chiropractic was at its strongest in the 1940s under the leadership of Morris Fishbein. Fishbein called chiropractors "rabid dogs" and referred to them as "playful and cute, but killers" He tried to portray chiropractors as members of an unscientific cult who cared about nothing but taking their patients' money. Up to the late 1970s and early 1980s, the medical establishment purposely conspired to try to destroy the profession of chiropractic. In fact, a landmark lawsuit in the Supreme Court of Illinois in the 1980s found that the American Medical Association was guilty of conspiracy and was ordered to pay restitution to the chiropractic profession.

In the 20 years since, the opinion of most medical doctors has changed: several major studies have shown the superiority of chiropractic in helping people with a host of conditions, and medical doctors developed a better understanding as to what chiropractors actually do. Many people have returned to their medical doctors and told them about the great results they experienced at their chiropractors office. Hospitals across the country now have chiropractors on staff, and many chiropractic offices have medical doctors on staff. Chiropractors and medical doctors are now much more comfortable working together in cases where medical care is necessary as an adjunct to chiropractic care.

Myth #3 - Once you start going to a chiropractor, you have to keep going for the rest of your life.

This statement comes up frequently when the topic of chiropractic is discussed. It is only partially true. You only have to continue going to the chiropractor as long as you wish to maintain the health of your neuromusculoskeletal system. Going to a chiropractor is much like going to the dentist, exercising at a gym, or eating a healthy diet: As long as you keep it up, you continue to enjoy the benefits.

Many years ago, dentists convinced everyone that the best time to go to the dentist is before your teeth hurt, that routine dental care will help your teeth remain healthy for a long time. The same is true of chiropractic care for your spine. It is important to remember that, just like your teeth, your spine experiences normal wear and tear as you walk, drive, sit, lift, sleep, and bend. Routine chiropractic care can help you feel better, move with more freedom, and stay healthier throughout your lifetime. Although you can

enjoy the benefits of chiropractic care even if you receive care for a short time, the real benefits come into play when you make chiropractic care a part of your wellness lifestyle.

[Source: Delu Chiropractic](#)