

Chiropractic: recovering the wisdom of the spine

Dr. Serge Chiche, founder of Family Chiropractic

Have we raised our life can improve if we trust in chiropractic? Serge Chiche, Doctor of Chiropractic from the University of Los Angeles (USA), with his excellent team in Barcelona, Dr. Damien Mestre and his aides are convinced of this and his Family Chiropractic Center offer high quality care in modern and welcoming facilities. Detect and correct spinal misalignments and nervous system interference tests analyzing each specific case and manually aligning the spine. Thus self-help recovery of the body, promoting health from within, facilitating healing messages from the nervous system are released and contributing to greater serenity of mind to live more fully.

Núria Oriol Palarea

Sometimes it hurts your back, head, we noticed lack vitality or discomfort in the shoulder or a knee that limited our movements and our quality of life. After a thorough study, Dr. Chiche can accurately diagnose the cause of this pain or discomfort. And if it is due to a number of vertebral subluxations (less mobile and / or displacement of the vertebrae that irritate a nerve) can contribute to healing freeing the nervous system of the interference. The body rediscovers his innate ability to self-recover naturally and express their full health potential.

"Vertebral subluxations, explains Serge-occur when the nervous system is not able to absorb the stress of the environment and tries to compensate by changing the position of some vertebrae. However, what happens is the opposite, the slipped vertebra creates interference on the nervous system and increases stress because the information does not reach the brain to the body with clarity and power. "

"Both the experiences of life that cost us assimilate, emotions and negative or pessimistic thoughts, toxins that come from food contaminated by excess chemicals, hormones or a production process not respectful man and live in a contaminated environment can sublux vertebrae. Similarly, falls, accidents, poor posture, childbirth ... can disrupt the nervous system and affect our vitality. "

"For this reason - explains Dr. Chiche - make with my hands a smooth and precise chiropractic adjustment on the column, aimed at correcting the vertebral subluxation. The setting is different depending on whether the recipient is a baby, a pregnant woman or an elderly person, but the goal is always the same: free of interference to the nervous system to maximize human potential at all levels "

There are many chiropractic techniques, some more impressive than others. All adjustment techniques have in common that they are accurate, with a very high level of security and very effective to restore the proper functioning of the nervous system.

Because goodness and quality of the results of this technique, Dr. Serge Chiche has conducted humanitarian missions in India and Brazil, which has shared his knowledge to help disadvantaged people.

It is interesting that in our power the ability to help us get healthy from our nature friendly therapies, such as chiropractic, which promotes a healthy lifestyle and helps us educate the body and mind towards holistic wellbeing.

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