

CHIROPRACTIC AND WOMEN'S HEALTH

Women can experience many of the same health concerns that men do. But women may also face many health problems that are unique to women, as well as conditions which often seriously affect them more than men. Older women for example are much more likely than men to develop osteoporosis, a condition in which the bones become weak and brittle. Many women suffer from osteoarthritis, a degenerative joint disease. Women have a 200% higher risk of developing rheumatoid arthritis, a destructive joint condition, than men.

Everyday women must contend with specific health concerns unique to their female physiology. Conditions associated with pregnancy, the menstrual cycle and reproductive health are centrally important health matters for women. Chiropractic wellness care programmes are particularly well suited to the special needs of women. Chiropractic can remove nerve interference along your spine, allowing you to experience optimal health. Many women rely on chiropractors for the beneficial combination of expert diagnosis followed by safe and effective spinal adjustments. Together with adjunct therapies such as soft tissue therapy, exercise and nutritional guidance, ergonomic advice and lifestyle counseling, the visit at the chiropractor makes for a powerful healing combination. More and more women are becoming interested in diet, nutrition, weight loss, exercise, sports and other physical activities, as well as promoting wellness and general fitness. Subjects about which chiropractors have considerable knowledge and expertise. Women all ages can enjoy the benefits of chiropractic care.....teenagers to post-menopausal. No matter what your stage in life, chiropractic can assist you, because chiropractic utilizes your own innate healing power to help you return to optimal health. Many women are surprised to discover that after receiving chiropractic care for any injury or chronic pain, they also experience relief from menstrual pain and other 'female' problems.

Pain during menstruation, premenstrual tension, menopausal symptoms, infertility and chronic pelvic pain are just a few of the many distressing conditions which may disturb the otherwise healthy lives of many women. Chiropractic offers a natural approach to managing these troubles. A pilot study, published in the Journal of Manipulative and Physiological Therapeutics, found significant improvement from menstrual pain and distress among women who received chiropractic care. Chiropractic has been scientifically proven to relieve the discomfort of many women's health problems such as menstrual pain, headaches and stress, as well as backache during pregnancy.

In fact pregnancy is a great time to seek chiropractic care. Regular chiropractic check-ups during pregnancy can eliminate the aches and pains and has been shown to have a positive effect on natural labour and the actual delivery process. When you are pregnant your body undergoes dramatic physical and hormonal changes. These changes can affect your spine, nerves, ligaments, connective tissue and ultimately your entire body. One of the most common complaints among pregnant women is low back pain. Chiropractic is a proven safe and natural approach to ease back pain during pregnancy, as various studies have indicated.

Infertility has become a growing concern. More and more women are turning to chiropractic as a viable, less invasive and less costly approach to dealing with interference to fertility. Various case

studies, published in the Journal of Vertebral Subluxation Research record that infertility problems responded favorably to chiropractic care with successful pregnancy after a series of treatments.

Premenstrual syndrome is another uniquely female problem. Chiropractors have developed a wide variety of treatment options which research suggests may make a difference to the symptoms associated with PMS.

Chiropractic is a natural healing method with a non-surgical, non-invasive and drugless approach to healthcare. Our chiropractic champion this month, Michelle McLean, knows just too well what the benefits of chiropractic can mean to a hardworking woman trying to juggle a busy career and being a caring mother.

Our chiropractic champion of the month, Michelle McLean-Bailey, a mother and successful business woman, knows what it means to look after your spinal health. Having grown up with chiropractic in the home, Michelle says that her father, a practicing chiropractor in Windhoek, set the standard for her ability to achieve success in the very competitive beauty, television and media industry over the past 25 years around the world.

“The foundation of a healthy, strong deportment, always looking after my spine, through ongoing Chiropractic treatments, ensured that I could achieve my dreams. The extremely arduous travel schedules I have had to endure throughout the years have been made so much easier for me by understanding and executing the principles my father taught by looking after my posture, following advised exercises, and by generally living a healthy lifestyle. I have shared these philosophies through my motivational talks around the world. The feedback from my colleagues, clients and audiences has been phenomenal. Chiropractic principles really do enhance the quality and vitality of one’s life, if applied every day. I’m proof that Chiropractic is the cornerstone of preventative medicine. Believing in and living the principles of a Chiropractic life has certainly contributed to my career as an international model since the age of 13 years and then going on to receive the accolades of Miss Namibia in 1991 and Miss Universe in 1992 at the age of 19 years.

Thanks Dad! Thank you Chiropractic!”



Miss Namibia 1991

Miss Universe 1992

Successful business woman

International Speaker

Philanthropist and Chairperson of the Michelle McLean Children Trust, Namibia's largest independent NGO

