

---

## Chiropractic, you only get out what you put in

Posted by phaedrus - 2007/06/26 22:35

---

Few treatment methodologies seem to have as much mixed press as Chiropractic.

I think that the reason for this is that, while Chiropractic is excellent for realigning the spine, if the strengthening and balancing exercises that go hand i hand with treatment are not done the spine will easily go out of alignment again.

=====

## Re:Chiropractic, you only get out what you put in

Posted by attagirl - 2007/06/27 02:48

---

I would have to agree with you on this one. That is why so many people who have gone to a chiropractor have had bad feelings. they expect miracles and do not follow through with the additional work that needs to be completed.

=====