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# Primary Care MD Shortage Void Naturally Filled by Chiropractors

According to the American Academy of Physicians there is a severe shortage of primary care medical doctors. This shortage is expected to reach 40,000 within the next ten years and climb to 124,400 by 2025 according to *The Associate of American Medical Colleges*. There are multiple reasons for this shortage which include the desire for medical students to pursue specialty care, poor reimbursement as well as a shift in consumer demand towards drug free primary health care, the type of care provided by doctors of chiropractic.

Over the past thirty years, chiropractors have gradually become the primary health care provider for millions of individuals and families. Thomas Edison said, "The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." The public is listening as the demand for family chiropractic care is booming.

To begin with, chiropractors definitely do care for the human frame. The alignment of the spine is critical to good health because of its intimate relationship with the nervous system. We all learned in basic anatomy that the nervous system controls and coordinates the function of every cell, tissue and organ of the body. This vital and delicate system is protected by the spine and requires proper alignment to function normally. Good alignment and spinal function make it possible for healthy communication from the brain to the body as well as the body to the brain. Keeping this pathway healthy, which is one primary goal of your chiropractor, is essential for good health.

Unfortunately, this pathway can be injured and interfered with during every stage of life, leading to all types of health problems.

The birth process for example can be very traumatic to the spine of a newborn baby.

Nerve pressure here can lead to immediate health problems such as colic, allergies, digestive disturbances and slow development or it may lie dormant for decades and lead to health issues down the road.

A child learning to walk may fall on their bottom up to fifty times a day. These traumas can misalign the spine, lead to pressure on the nerves and cause the spine to grow wrong when the child hits adolescence. Because the nerves control and coordinate all the functions in the body, symptoms can vary greatly, mimic other health problems or once again, lie dormant and asymptomatic until deterioration occurs and disease sets in.

People of all ages are realizing the importance of staying well, and the role that a healthy frame plays in accomplishing this. Many Doctors of Chiropractic also provide nutrition, fitness and drug free health education to their patients and community as a way to be proactive and make a healthy lifestyle a priority. With the recent problems at the FDA, highly publicized drug side effects, and growing mistrust in our country's drug culture, people are trusting their bodies more and making choices which include chiropractic care.

Regardless of your age, it is never too late to care for your frame, eat healthy, exercise and minimize or eliminate drugs from your life. The next step is yours. Become better educated by reading books and newsletters, listening to educational audios, watching videos, attending a workshop and make a chiropractic appointment for your family today.

## Lark Chiropractic

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