

# Christiana Chiropractic, PC ..... (315) 409-0014

Avoid\_back\_problems\_before\_they\_occur  
by Donna Forastiero

Doctors of chiropractic have been saying it for a hundred years: treat the body not the aches and pains, Due to traditional medical practice, most people only go to the doctor after they are sick. The idea behind chiropractic is to take steps to avoid a problem before it becomes a problem.

The idea isn't a new one. Most people practice it every day without even thinking. After all, how many people brush their teeth everyday to cure a cavity? The idea is to brush your teeth to avoid getting a cavity.

"We've always been told that we only go to the doctor when we are sick or hurt," explained Dr. Joseph Borio, of Borio Chiropractic Health Center. "And if we're not sick or hurt, there's nothing wrong. But it's not that simple. In chiropractic, you don't cure anything. You release the body's ability to cure it."

According to Dr. Borio, from the day of birth, pressure is constantly being put on the spine that may cause out-of-place vertebrae, or subluxation. Symptoms of subluxation are often not apparent until the damage has already occurred. This is why it is a good idea to have regular visits with a chiropractor.

Chiropractors focus on preventative maintenance. Subluxation can cause anything from blurred vision to back pain by not allowing the body to function as well as it could, Dr. Borio said, "Chiropractic is not treating aches and pains, it's treating the body so it is able to prevent them."

Chiropractic treatment begins with a patient interview. With information about a patient's daily life - work, hobbies, the types of chairs commonly used, stress levels, diet and exercise habits Dr. Borio can help point out areas of the patient's life that cause stress to the body.

"A lot of my job is teaching what chiropractic is," continued Borio, "It encompasses health, nutrition, and mental attitude." Dr. Borio treats subluxation as well as diet and physical fitness.

Dr. Borio has responded to patients monetary concerns by creating family and individual patient's packages. Packages are arranged so that one monthly payment covers as many visits as are necessary. All visits to Dr. Borio include a thorough explanation of the chiropractic process. Borio said, "Physician means 'teacher'. It is my job to teach (patients) how to have a higher quality life."

Dr. Borio became interested in chiropractic through a desire to help people without relying on drugs and surgery. A graduate of the National College of Chiropractic in Chicago, Dr. Borio says that he would like to see more people stop in to see a chiropractor to see what they can offer. Some of the problems that can be helped with the chiropractic process include frequent headaches, asthma, intestinal problems, blurred vision, back and neck pain.

For any questions concerning chiropractic care, call Dr. Borio at 699-1441. His office is located at 8212 Brewerton Rd., Cicero.

Our purpose is to educate and adjust families toward optimal health  
with natural chiropractic care.