

# Chiropractic Care for the Young at Heart

Keeping yourself young at heart is the true way to feeling youthful and living a life of happiness. But sometimes that task is a little easier said than done. What exactly does that even mean? And what are we supposed to do to make it happen? One aspect of feeling young is keeping your body in better condition. Regular exercise and a healthy diet are important steps in the process. Another step that you can add to the routine is to get regular chiropractic care. Take a look at how adding this step to your life can keep you feeling young and fresh long into the future.

## Stay Flexible and Active

Age is often accompanied by stiffness and pain in the body. We tend to lose some of our flexibility, and we gain some general discomfort in its place. This combination makes it much more difficult to stay moving and active, which is a crucial part of feeling youthful. When you take time to get to the chiropractor, you may find some of this discomfort fall by the wayside, and as a result, you may be able to return to your desired activity level. But how does it work? Chiropractors will correct problem areas of the spine known as subluxations. These are areas where the vertebrae of the spine have become misaligned, and pain and inflexibility are common side effects of such problem spots. The correction of these areas reverse the side effects and so that pain and stiffness are often significantly reduced.

## Fight Off Illness

Another part of feeling young is staying physically well. The more often we feel sick and rundown, the worse that we feel about ourselves, our health, and our lives. So how does chiropractic care play a role in this? When chiropractors properly align the spine, in turn it boosts the health of the central nervous system. And when the central nervous system is in good health, it improves other systems in the body, such as the immune system. So why does the immune system matter? Because it's your body's first defense against germs and illness. When the immune system suffers, it can't fight off illness as well as was intended, leaving you sick more often.