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Asthma and Chiropractic

Asthma is a chronic inflammatory disease of the airways. There are various types of asthma including allergic, nonallergic, nocturnal, pregnancy induced, and occupational. All types of asthma result in the same symptoms: wheezing, coughing, shortness of breath, and tightness in your chest. The common treatment option is medication given for both acute episodes as well as preventative medication to decrease acute flare ups.

Rather than live your life on several different medications, let's explore management and prevention options. Given the fact that asthma is an inflammatory condition, decreasing systemic inflammation is step one. By eating an organic, hypoallergenic, anti-inflammatory diet, inflammation can be greatly decreased. Secondly, regular exercise, especially aerobic activities, is essential. You should be very careful when exercising however. Begin your activities slowly and never over-exercise.

And finally: get adjusted! Chiropractic reduces the frequency and intensity of asthmatic episodes. Adjustments to the thoracic spine and the ribs greatly improve lung function. The intercostals nerves, running between the ribs, are stimulated by thoracic adjustments; with stimulation of these nerves, breathing improves and oxygen increases in the body.

Don't get caught out of breath. Give us a call and get your treatment started today.

Yours in health,
Scott Chiropractic

Grayson Day



Join us for Grayson's City Celebration and enjoy fun for the entire family!!

Grayson Community Park
One Park Drive, Grayson

Saturday, April 30, 2011 from 10 AM to 4 PM

Snellville Days



Join us for Snellville's City Celebration featuring craft, food, vendors, children's activity area, live entertainment, free concert Saturday evening and more.

Briscoe Park
2770 Lenora Church Road, Snellville
Saturday, May 7, 2011 from 10 AM to 6 PM
Sunday, May 8, 2011 from 10 AM to 5 PM

FREE

Consultation and Exam

(\$79 Value)

If you know a friend or family member with asthma pass this offer to them for a FREE consultation and exam. A \$79 value. Offer won't last long so act now.

Enjoy this special offer through the month of April.

Save 25%

Natural D-Hist

Natural D-Hist is the ideal solution for many of the 40 million Americans who experience seasonal discomfort. Formulated for maximum effectiveness, Natural D-Hist utilizes carefully selected dosages of critical natural components to provide optimal support for nasal and sinus passages.

Enjoy this special offer through the month of April.