



Cosmetic Chiropractic

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Looking good is a national preoccupation these days. People are having all kinds of cosmetic surgery and other treatments performed on their bodies in order to look more attractive and especially more youthful. Many see a chiropractor to help them feel, move and live better. But how about seeing a chiropractor to look better? Not only can chiropractors keep your spine aligned, they can keep your look aligned. Chiropractic care can help with your posture, your health and your body composition, by using a variety of treatment approaches.

Exercise recommendations are often made by chiropractors due to their holistic approach to health. Whether this means losing weight, building muscle or improving body symmetry, a fitness regime that implements corrective exercises will help you not only enhance your looks but also leave you feeling healthier. Did you know studies have shown that people perceive those with more symmetrical bodies to be more attractive? Your chiropractor can also make individualized nutritional recommendations to complement your current fitness regime and health status. Most people know, whether they like to admit it or not, that what they eat plays a part in the way they look. By examining your current diet, a nutritional plan can be created that can help achieve weight loss, increased energy levels – all resulting in a handsome appearance.

As manual practitioners, chiropractors frequently use spinal adjustments or mobilizations in their treatment plan. After a small injury where you perhaps twisted a body part awkwardly, or lifted a heavy item, or simply slept in a distorted position: you very well could notice that your posture is thrown off. A crooked neck is not considered attractive and only provokes a look of sympathy from most. By adjusting joints in your neck or low back, your chiropractor can help your spinal joints to move again, allowing you to assume a much better posture.

Some chiropractors also use Myofascial release therapy as part of their plan of management for a patient. Myofascial release therapy involves the release of muscles which have tightened due to an injury or chronic postural strain from long days sitting at the computer or carrying a heavy hand bag. When

you have tight muscles, it shows! Is it attractive for your shoulders to be hanging off your ears? Probably not, but when the muscles in your shoulders and neck get tight - you may notice your shoulders heading north. Releasing those tight muscles through muscle release therapy will help lower the shoulders, thereby making the neck appear longer.

Your feet form the base of support for your entire body and the way you walk reflects your level of confidence, in turn affecting how attractive you appear to other people. People tend to associate waddling and limping with old age and may consider this to be less attractive than an even-heeled strut. There are many conditions that can affect the way a person walks and by determining what the problem is, a treatment plan including gait training and custom orthotics can be implemented by your chiropractor.

Here are some tips that you can start using today to improve your posture. As you improve your posture, don't be surprised if friends and family suspect that you've gotten taller or suddenly lost ten pounds.

Exercise and stretch regularly.

Do an active warm-up before activity and stretch after.

Eat a variety of healthy and nutritious foods.

Maintain good posture and learn how to breathe properly.

Don't overload your backpack or handbag.

Do not sit or stand in one position for prolonged periods.

Never cradle the phone between your neck and shoulder.

Sleep on your back or side, not on your stomach.

Invest in a good chair, pillow and mattress.

Have regular spinal check-ups.

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