



Basile Spine Sport and Wellness

Health Promotion Strategies

**To Optimize Your Results, Create Better Life
Performance and Greater Longevity with
Chiropractic Care**

Do You Want To Save Money On Your Health Care Costs? Several Studies Show That Regular Chiropractic Care Can Make and Keep You Healthy and Reduce Your Overall Health care costs

Yes, even if you spend money on chiropractic wellness care, your overall health expenditures could be less than if you did not pay for and receive chiropractic care. Several research studies show this to be true.

Have More Energy, Be More Active

One such study conducted an analysis of an insurance database comparing people over 75 years of age receiving chiropractic care with nonchiropractic patients. The analysis showed those receiving chiropractic care reported better overall health, spent fewer days in hospitals and nursing homes, used fewer prescription drugs and were more active than the nonchiropractic patients. Furthermore, the chiropractic patients reported 21 percent less time in hospitals over the previous three years than the nonchiropractic ones.¹

Save 70% on Your Annual Health Care Costs

Another study surveyed 311 chiropractic patients, ages 65 years and older, who received chiropractic care for five years or longer. Chiropractic patients, when compared with U.S. citizens of the same age, spent only 31 percent of the national average for health care services. The chiropractic patients also experienced 50 percent fewer medical provider visits than their comparable peers. The health habits of patients receiving maintenance care were better overall than the general population, including decreased use of cigarettes and decreased use of nonprescription drugs.²

Reduce Your Likelihood of Admission To A Hospital

In an Independent Practice Association (IPA) which permitted patients to select a doctor of chiropractic as their primary care physician, clinical and cost utilization based on 70,274 member-months over a seven-year period demonstrated decreases of 60.2 percent in hospital admissions, 59 percent hospital days, 62 percent outpatient surgeries and procedures, and 85 percent pharmaceutical costs when compared with conventional medicine.³

Raise Healthy Children

Finally, a 1989 study compared the health of two hundred children under chiropractic care and two hundred children under medical care. The chiropractic children had fewer ear infections, fewer allergies, fewer cases of tonsillitis, and needed less medical treatment (antibiotics and other medications). The result of this study demonstrates the benefits of chiropractic on the health status of our children.⁴

How does chiropractic care improve your health?

By improving the function of your body's master control system, your nervous system. Modern science has proven what chiropractors have been saying for 114 years. Spinal Subluxations interfere with your body's ability to function at its optimum, which leads to lower energy, fatigue, pain, and a susceptibility to all kinds of diseases such as high blood pressure, menstrual problems in women, stomach problems, etc.

1. Coulter ID, Hurwitz EL, Aronow HU, et al. Chiropractic patients in a comprehensive home-based geriatric assessment, follow-up and health promotion program. *Topics in Clinical Chiropractic*, 1996;3(2):46.
2. Rupert RL, Manello D, Sandefur R. Maintenance care: health promotion services administered to US chiropractic patients aged 65 or older, Part II. *JMPT*, 2000;23(1):10.
3. Sarnat RL, Winterstein J, Cambron JA. Clinical utilization and cost outcomes from an integrative medicine independent physician association: an additional 3-year update. *JMPT*, 2007; 30(4):263-9.
4. Van Breda W, Van Breda J. A Comparative Study of the Health Status of Children Raised Under the Health Care Models of Chiropractic and Allopathic Medicine. *J Chiro Research* 1989; 5(summer): 101-103.