

CHIROPRACTIC Treatment For *A Healthy Life*



What do chiropractors do and how do they treat/manage a patient ?

The scope of chiropractors' practice varies from individual to individual because each person's pain is unique. Male and female body structures have two different universes and no uniformity. Females are designed to endure a great deal of pain and have a high tolerance for pain. Men on the other hand, do not have a body structure that allows them to tolerate a great deal of pain. Pain is an indication that something is wrong within the body. For instance, if you are experiencing a constant headache, this might indicate that there is a lot of compression on your neck. These compressions are greater when you have an unbalanced lifestyle.

Chiropractors do compression therapy to release compression. For body pain, for example, chiropractors do adjustments from the head to the legs. When adjustments are done on imbalances in your body, it begins to heal itself. When the body is balanced, the body system improves. Chiropractors focus on relieving pain and ensuring that your body is functioning normally. Chiropractic comprises of 90 per cent technique and ten per cent energy. They assist in restoring body alignment. Anyone over the age of 30 should see a chiropractor at least once in their lifetime to ensure that all the body's systems are aligned in order to increase well-being and relieve pain. A chiropractor's main concern is to treat people who are in pain, whether they are male or female, and restore overall health and wellness.

What is the usual work environment of a chiropractor ?

Solo chiropractors typically run their own practice independently. Currently I have a clinic in Colombo seven. They also have the option of home visits or going to different places, such as hospitals or nursing homes. Chiropractors usually work indoors. To accurately examine patients and make adjustments, they must perform intimate physical touch. I see around four to six patients a day. Al-

though the typical work week is 40 hours, there are times when it can be longer.

How does modern lifestyle impact on health from a chiropractor's perspective ?

Modern lifestyle is a significant determinant of individuals' health. With the way people live nowadays, those who work in corporate environments are constantly stressed. They regularly stress their necks and backs and neurologically, when they are stressed, they lose their temper. But when you receive treatment your anger dissipates. When one consumes a lot of sugar, the indication of pain will be greater. The body's reaction to pain is influenced by the food you eat. Your body will react well if you eat healthy food and will react adversely if you eat unhealthy meals. Late meals and inadequate sleep also means that the levels of pain are higher and resistance to disease is low. Our bodies are incredibly strong machines. This machine needs us to get enough water into our bodies, get adequate sleep and maintain a healthy diet. People in Sri Lanka do not really consider living a healthy lifestyle until something bad happens to them. That would increase the amount of money you would have to spend on medication. On the other hand, if you maintain a healthy lifestyle, your body can heal itself. Living an active lifestyle implies you experience less pain. The majority of patients I see are older than 30 on average. The ageing process of the human body begins after the age of 30. People begin to experience severe discomfort and pain in their bodies after the age of 30. You will not be able to discover what appears to be the causes of your pain unless you attend a session. We highly recommended people to receive treatment at least once every six months.

What are the most common issues?

Some of the most common issues chiropractors report seeing often include headache, frozen shoulders, knee pain and foot pain, all of which can be treated by chiropractic adjustments. Women suffer the most from bone and joint

issues. Some of these problems range from minor pain to extremely painful chronic conditions that could limit a person's movements.

What advice can you give to people who are suffering from this type of pain and discomfort?

When people are in pain, it indicates that they are not taking care of their bodies. However, this does not compel you to see a chiropractor. You won't need to see a chiropractor if you live a healthy lifestyle and engage in regular exercise or physical activity. However, people with busy schedules and chronic pains, on the other hand, must see a chiropractor. If you continue to take care of your body, you will not need to see a chiropractor on a regular basis. All you need is to maintain a proper lifestyle.

If one wants to become a chiropractor how do you find out more and what skills are required to succeed ?

Unfortunately, this field of work is not very popular in Sri Lanka. There is no accredited college in Sri Lanka where one can study this subject. To learn chiropractic I had to travel to Malaysia and Thailand. Chiropractic care is more widely practiced in these two countries. They have "Ashrams" - vast properties where people can receive care without payment. It requires at least three and a half years of training to be successful in this field. I trained for five and a half years. You must understand the entire anatomy and be familiar with various exercises. Studying in an Ashram has the benefit of having an unlimited supply of patients. While it looks simple, there is a lot of learning involved and requires a large patient base. This is because each person is different and you need to identify their uniqueness. After a patient has been treated, the treatment must be revised in order to recognise their individuality and this process must continue. Prior to receiving treatment, every patient must be carefully examined and interviewed in order to keep track of any errors and reduce them.

INTERVIEW WITH RAUZAN ALY

(Chiropractor)