



Ditch the pack.

Save your back.

RESEARCH has identified A LINK BETWEEN SMOKING & BACK PAIN. Your local CAA CHIROPRACTOR is EXPERTLY qualified to help you LEAD A HEALTHIER LIFE.

Chiropractic - the largest non-surgical, non-drug prescribing, primary contact health profession in the world. A natural approach to health, chiropractic focuses on the relationship between the spine and the nervous system.

Smoking negatively impacts on an individual's ability to lead a healthy life by reducing oxygen to the body which is needed for the maintenance of healthy ligaments and muscles. These muscles hold the spine in place and are vitally important to maintaining spinal health.

A study published in the journal 'Spine' found that smokers have more frequent episodes of back pain. Further, the study also suggested that smoking may have a greater impact on persons with damaged spines.*

It is commonly known that smoking reduces lung function, and that healthy lungs are needed to allow for optimal exercise. Reduced lung capacity impacts on your spinal health - less exercise causes weak muscles, weak body structures and spinal pain. Through specialist advice and chiropractic care, chiropractors can help to promote positive spinal health, restore nervous system function, and provide guidance towards a healthier lifestyle.

Chiropractors are highly qualified and trained professionals who study full time at university for a minimum of five years.

So if you smoke and want to lead a healthier lifestyle, discover for yourself why **there's so much more to chiropractic.**

Through their five year university training, chiropractors can provide expert care and advice in areas such as:

- Back pain
- Neck pain
- Diet & Nutrition
- Headaches
- Exercise

healthy spine, healthier life



Chiropractors' Association of Australia

www.chiropractors.asn.au

* Scott, S.C. et al. (1999). The Association Between Cigarette Smoking and Back Pain in Adults. *Spine* 24 (11), 1090-1099.