

Everything you need to know each month from Optimal Health

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Can an adjustment from your chiropractor make you taller?



It's not uncommon for someone to stand up after getting adjusted and say something like "I feel taller now!" We all get a good giggle about it and really, who doesn't like that feeling of standing taller with better posture?! But the question remains, did getting adjusted really just make you taller?

The answer to this question is slightly grey. Chiropractic adjustments may cause perceived height to be taller both temporarily and when adjusting is maintained over time. The key part of the statement is perceived height.

Let's explain this a little more. When people receive a chiropractic adjustment bones are aligned to their optimal position. The alignment or misalignment of bones has an important relationship with posture. If a person has a more hunched over posture or if they lean to one side or another it may create a perception of being shorter. As better posture is created and the shoulders roll back words the spine functionally becomes taller. Posture becomes less bent at the waist. In some people this postural shift can cause almost a 2 inch difference in perceived height.

So the answer is yes and no. No anatomically it does not actually make a person taller. There is no way to increase bone height or disc height once it has been lost. Bones and vertebral discs both wear over time causing losses in height. But on the other side, yes getting adjusted can make you appear functionally taller by improving posture and stretching soft tissue.

We're here to help you feel your best and we feel that being able to stand tall and in good alignment is all part of that equation.

- Dr. Chris



June Dates + June Saturday



Back Saving Product Alert

June dates + June Saturday

It's June and our family is going to sneak away for a few days to enjoy some summer time together! Optimal Health Chiropractic will be closed Tuesday, June 11th through Thursday, June 13th and Monday, June 17th. We will be returning to the office on Tuesday, June 18th. We will make sure to get everyone in before we leave and as soon as we return.

Also, Dr. Chris will have one extra Saturday morning shift this month! He will be in the office adjusting on Saturday, June 22nd. If you need a Saturday appointment, this one is for you!

Call, text or schedule online to schedule your appointment!

optimal-health-chiropractic.booksy.com

Back Saving Product Alert

This one might be a little random, but you would be shocked how often we hear people say "I overdid it on the yard work" when they come in to our office in pain. Since this is peak yard work season, on a whim, we bought a "[Grandpa's Weeder](#)" stand up weed puller tool and it is pretty darn great at getting the weed and root without having to bend over and strain your back, so we thought we'd share this with you.

To buy yours: <https://amzn.to/3KbM8zb>



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