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Chiropractors Can Stimulate Your Creative Juices with a Bit of Manual Therapy by [Wendell Palmer](#)

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You have been suffering from back pains for a while now. As a result, you have a hard time focusing on even the smallest of tasks. What if someone tells you that a visit to a chiropractor will not only makes your pain go away but will also help you get your groove back at work?

A study published in the Chiropractic Journal of Australia says a bit of moving some out-of-line bones can help enhance your creative thinking. The study involved ten patients, ranging from 10 to 62 years old. After giving them the required chiropractic care, a post-treatment test was administered and it revealed that 7 of the 10 subjects had improved scores in creativity. Chiropractic care managed to give them relief and stimulate their brain at the same time!

While the sample size was too small for validity of the results, the study shows some promise. If further studies can support this claim, people could be seeing chiropractors around the world as advocates of creative thinking. How does manual therapy and a couple of bone adjustments urge the brain to squeeze its creative juices?

The specific scientific explanation still remains anyone's guess, but it may have something to do with the general effect of chiropractic care. Putting a loose bone back in place paves the way for normal blood and energy flow not only along the column but also throughout the body. With improved blood and energy flow, a person can think more clearly and act more efficiently.

If future studies validate this claim, it may mean good news for writers, painters and even those not part of the artistic community who have long been suffering from joint pains. If you couldn't get a "Eureka!" moment because of nagging discomfort that keeps you from thinking straight, you may want to schedule a visit with a Baltimore chiropractor. You will need a clear mind and a sound body to work on your latest project and to meet all your deadlines.

Whatever profession you are in, you cannot be a productive worker when you constantly have to endure something as debilitating as back pain. Baltimore chiropractors can get you and your back "back on track" in time for the grand unveiling of your newest creation. You deserve to reap the results of your hard work without being hampered by pain or discomfort.

Visit [Chiro.org](#) for more information on how chiropractic Baltimore can help you think creatively. Meanwhile, schedule a consultation with a chiropractor in your area if you want to make your pains a thing of the past

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[Wendell Palmer](#) - About Author:

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