

Structural Correction - The New Way to Optimize Your Life

Dr. Berner at Realm Chiropractic Provides a New Gentle Concept in Affordable Care

TAMPA, FLORIDA, UNITED STATES, June 10, 2017 /EINPresswire.com/ -- 6/10/2017 - A Palm Harbor native and a graduate of Florida State University and Palmer College of [Chiropractic](#)/Florida, Dr. Brett Berner set his sights on improving the [health](#) of his local community through an affordable and non-traditional approach to chiropractic called [Structural Correction](#).

Structural Chiropractic is rare in the chiropractic profession and Dr. Berner is the first one to bring it to the Tampa Bay area, to offer this specialized service for all ages.

In 2017, Dr. Berner joined the practice, Realm Chiropractic in Buccaneer Square and provides patients a gentler approach to the traditional twisting, turning, and cracking of a patient's neck and back to provide only temporary relief.

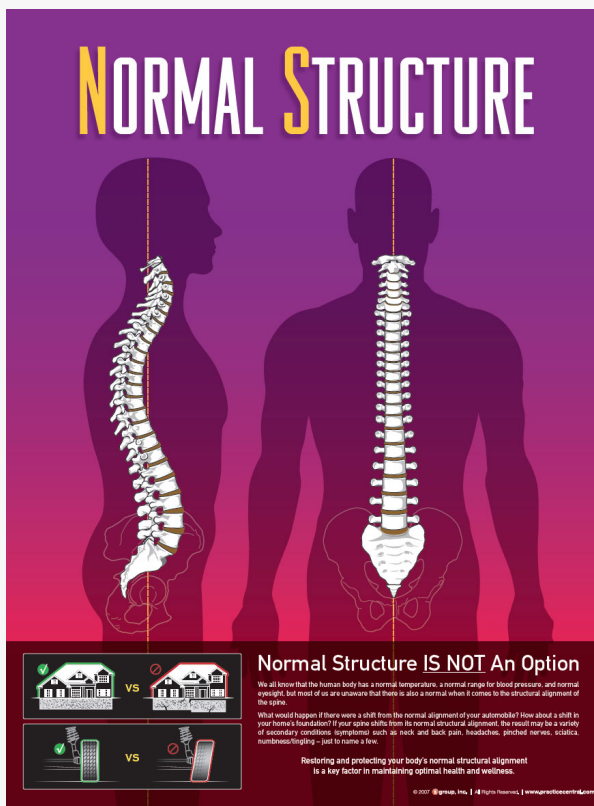
By using an engineering approach to the spine, Dr. Berner doesn't want to provisionally help his patient, he wants to see evidence that a patient's spine has permanently changed for the better.

While traditional chiropractic focuses on decreasing pain and increasing range of motion, structural chiropractors look at the root cause by realigning the spine for optimal health.

Dr. Berner looks for a significant three-dimensional shift of the vertebrae - the spine away from normal, disrupting the spinal nerves and spinal cord. As the nervous system controls everything in the body, this structural shift can cause many secondary health conditions ranging from carpal tunnel syndrome, sinus issues, and migraines to fibromyalgia, TMJ, and disc herniation, among others.

REALM CHIROPRACTIC

Structure Determines Function



Structural Correction Restores Normal Structural Alignment

Even the slightest malfunction of your spine can alter the regular transmission of nerve impulses, preventing that portion of your body from responding optimally.

Rather than constantly repairing damage, using advanced, state of the art technology and techniques to get precise measurements, Dr. Berner is able to gently adjust the patient so their spine reaches as much of its normal structure and function as possible – restoring function of the spine and nervous system to allow the body to heal itself.

“If you had a pebble in your shoe, would you take a pill so you couldn't feel it or would you take your shoe off and remove the pebble?” Dr. Berner asked, and further explained, “Structural Correction narrows in on the underlying cause of a myriad of symptoms. By addressing the root cause, we can help you optimize the functional operation of your body. That means fewer ailments and better overall health, potentially without medication.”

Dr. Berner provides a free consultation, and if the patient decides to pursue treatment, a detailed Structural Correction exam is scheduled, a customized treatment plan is created, and following treatment, a maintenance plan is decided.

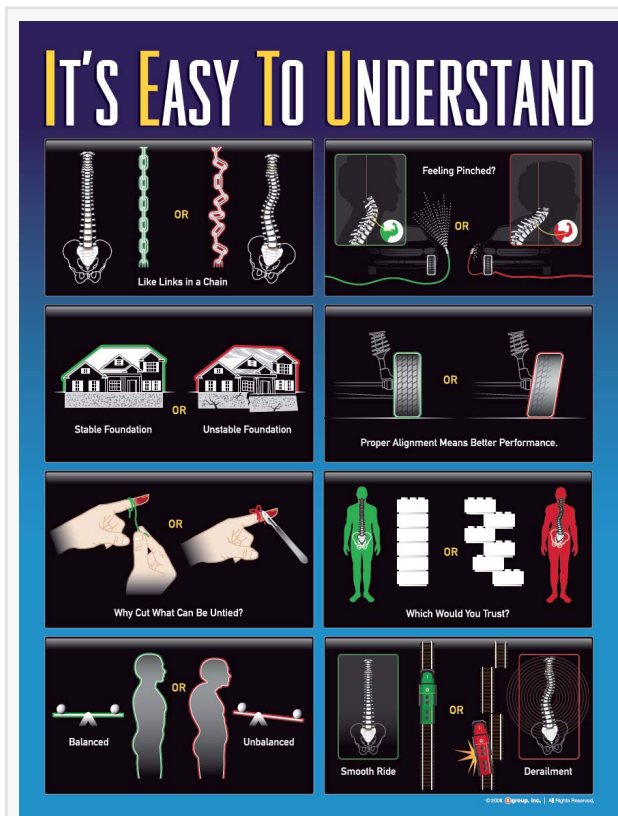
“Structural Correction can help anyone – from a colicky infant to a senior citizen,” he said. “You don’t have to have trauma to have a Structural Shift. Everyday stress, environmental toxins, depression, and even bending the neck forward to text can pull your body out of alignment. Structural Correction can get your body back to functioning optimally, the way it was intended.”

On June 14th from 700-800pm, Dr. Berner will be hosting a complimentary health seminar “Why We Get Fat” at Realm Chiropractic, 8523 W Hillsborough Ave. He will be discussing the research and science behind why we get fat and what to do about it.

Realm Chiropractic is located at 8523 West Hillsborough Ave.

To make an appointment, call 813-886-8824 or visit www.realmtampa.com or like on Facebook- Realm-Chiropractic.

Dr. Brett Nolan Berner
Realm Chiropractic
8138868824
email us here



A Stable Foundation Leads to Optimal Function

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