**Look well to the spine for the cause of disease – Hippocrates**

The spine houses the spinal cord, which is an essential part of the nervous system as it is the link between the brain and the rest of the body. Stress, strain, injuries, inflammation etc. can cause issues for the spine, and in turn the rest of the body. We all know this.

We’ve seen time and time again how patients come in for one problem, and experience unexpected benefits like improved digestion or sleep. The spine is the first thing that should be checked when there is pain or issues.