

## Dr. Penry - We are the Best Acupuncturist and Chiropractor in Kirkland



**Washington, Kirkland, Oct 27, 2021 ([Issuewire.com](https://www.issuewire.com))** - It's common to suffer internal damage from an accident or training injury; it can lead to further problems in the future. It's vital to take care of your body to perform at the highest potential and prevent the nagging injuries from recurring. Kirkland chiropractors can treat tissue damage, dislocation of bones, and pain in joints by massaging the spinal area and applying pressure at precise points to relieve pain. Chiropractic therapy might cause soreness in muscles. However, it is due to soft tissue damage and is healthy for your body in the long run. The treatment approach depends on the chiropractor and the physical condition of the person undergoing chiropractic therapy. For more information about Dr. Penry and its amazing services, please visit: <https://drpenry.com/>

Chiropractic care does not provide immediate relief and focuses on treating the primary cause of discomfort. It involves changing the sitting and walking posture, learning how to condition your body, and preventing pain from coming back. Acupuncture aims to boost the natural healing process of the body to rehabilitate quickly and reach peak health. The treatment approach is different for every Kirkland acupuncturist. However, the goal is to stimulate the nervous system to secrete hormones and chemicals in the brain that improve your healing ability. Acupuncture involves penetrating thin needles in the skin to stimulate the nerve endings and remove any stuck energy.

Acupuncture can successfully treat respiratory, neuromuscular, and mental problems if you see a successful and experienced practitioner. Only undergo therapy from a licensed chiropractic practitioner. Acupuncture and chiropractic care involve many minute technicalities, and applying pressure at the wrong point can complicate the condition or lead to some other discomfort. Discuss acupuncture and chiropractic care with your family doctor before making a booking. Make sure you don't have any underlying condition that can worsen with the use of metallic needles. You should not undergo acupuncture if you have skin-related allergies.

Kirkland chiropractors and acupuncturists refrain from using medicines to treat symptoms. They aim to eradicate the underlying cause of discomfort and achieve it by stimulating the spinal column and nervous system. Ask your acupuncturist to use sterilized needles to prevent any infection. Also, the pointers should be metallic so they don't break while in use as they can cause damage to the internal organs and soft tissues. Acupuncture is one of the best stress-relief providers. It triggers the release of hormones that induce relaxing feelings and improve the immunity system of our body. You are less likely to fall prey to sicknesses with good immunity and will be able to perform at your full potential.

### **About Dr. Penry**

Dr. Penry has developed his chiropractic procedures, which resulted from two decades of experience as a licensed Kirkland chiropractor. He focuses on providing immediate relief in pain and proceeds to optimize the body's healing process by stimulating the central nervous system. Dr. Penry has helped countless clients get rid of seemingly untreatable problems through his acupuncture and massaging techniques. Visit him to book an appointment with the best [Kirkland acupuncturist](#).

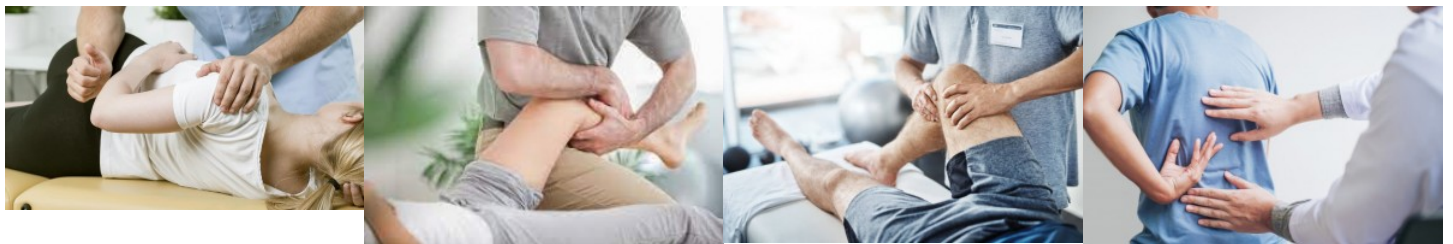
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