

CHIROPRACTIC & HEALTH

A Natural Connection

June 2017

© The Wellness Practice

© Dr. James L. Chestnut

Study Shows Chiropractic Adjustment Changes Brain Function, Reduces Biomarkers of Stress, Reduces Pain Sensation, and Relaxes Muscles

Ogura et al. (2011) Cerebral metabolic changes in men after chiropractic spinal manipulation for neck pain. *Altern Ther Health Med.* 17(6): 12-17

QUOTE BOARD:

"For over 100 years, chiropractors have asserted that overall health can be improved through spinal manipulative therapy. Previous studies documented a potential relationship between the vertebral subluxation complex and the function of the autonomic nervous system."

"In summary, the present study demonstrated sympathetic relaxation and corresponding regional brain metabolic changes, as well as reduced muscle tone and decreased pain intensity following a chiropractic spinal manipulation."

Key Concepts:

There are literally millions of patients who have had overall health improvements under chiropractic care - you are probably one of them! There is no debate that these health improvements occur, the only debate is by what neurophysiological mechanism.

Recent research has shown a direct connection between the neural signals sent from segmental motion of the spine (proprioception) and parts of the autonomic nervous system that promote health and prevent illness. Further, this same body of research shows a direct connection between the tissue inflammation/damage/stress signals (nociception) sent from areas of the spine with reduced or lost segmental motion and parts of the autonomic nervous system associated with stress and illness.

Chiropractic adjustments restore segmental motion and restore healthy nerve signal (proprioception) input. Chiropractic adjustments also break up scar tissue, promote tissue healing, resolve inflammation, and reduce or eliminate tissue inflammation/damage/stress signals (nociception).

Key Take Home Points:

This study, as well as many others, provide insight into how vertebral subluxation complex results in decreased overall health and how chiropractic adjustments to restore segmental motion and resolve vertebral subluxation complex can improve overall health. Movement is health and chiropractic delivers!



Brought to you by: Taylor Family Chiropractic

Phone: 512 303-9995

Website: <http://WWW.Taylorfamilychiro.com>

Email: drick@taylorfamilychiro.com