

Another 5 Researched Benefits of Chiropractic Adjustments



This edition is a continuation of the 5 Researched Benefits of Chiropractic Adjustments. Let's present the next 5 benefits, which will inspire you to seek out your chiropractor, Dr. Adam Nachmias at Nachmias Chiropractic, to make sure your body functions at its best at all times.

6. Blood Pressure

In 2007, George Bakris, the world expert on hypertension, published a study with a team of researchers in the Human Journal of Hypertension proving that one upper cervical chiropractic adjustment had the same effect as two blood pressure-lowering drugs. Even more fascinating, the effects of just one adjustment lasted more than six months!

Compared to the placebo-treated patients, those who got the real procedure saw an average 14 mm Hg greater drop in systolic blood pressure (the top number in a blood pressure count) and an average 8 mm Hg greater drop in diastolic blood pressure (the bottom blood pressure number).

Other studies have shown similar findings with hypotensive patients, and their low blood pressure was raised to normal levels after chiropractic care. This is exciting because it highlights the body's ability to create a homeostatic balanced environment, once vertebral subluxations are removed.

7. Surgery Prevention

Chiropractic has long been heralded by natural health care providers as a natural method to prevent back surgery. In fact, the Journal of the American Medical Association just

recently published its low back pain guidelines and suggested that people suffering from back pain first try chiropractic before resorting to surgery.

To get more support on this statement, read our article on Spine Surgery: *A Tale of Greed and Corruption*. Follow the link: <http://calldradam.com/wp-content/uploads/2014/08/Spine-Surgery-A-Tale-of-Greed....pdf>

8. Frozen Shoulder

Last year a clinical trial was published describing how patients suffering from the debilitating condition frozen shoulder responded to chiropractic care.

Of the 50 patients: 16 resolved completely; 25 showed 75 percent to 90 percent improvement; eight showed 50 percent to 75 percent improvement; and one showed 0 percent to 50 percent improvement.

9. Scoliosis

Chiropractic adjustments for scoliosis coupled with muscular rehabilitation techniques may help prevent the progression of scoliosis. Organizations like the nonprofit, Clear Institute, founded by Dr. Dennis Woggon, have set out to empower health care professionals with an effective chiropractic system to treat people with scoliosis.

They've perfected a model and discovered that it is possible to effectively treat the condition without the use of restrictive braces or dangerous surgeries. In many case studies, participants have seen a 10 percent to 30 percent decrease in their scoliosis curvatures.

10. Athletic Performance

There is a reason why athletes are under regular chiropractic care. In fact, over 50 percent of NFL teams have a chiropractor on staff. Since it's so effective on pain-based and pathological conditions, one of the most overlooked aspects of chiropractic care is that it enhances personal and athletic performance.

Studies have shown that chiropractic care:

- *Reduces inflammatory cytokines*
- *Boosts your immune system*
- *Enhances pulmonary function*
- *Decreases mental and oxidative stress*
- *Relieves muscle tension*
- *And naturally increases your energy level*

Studies have even proved, objectively and subjectively, that chiropractic patients experience an "overall increased bodily function," which includes bowel regularity and also mental clarity (Sources: draxe.com & calldradam.com).

Heal your body naturally with the help of Dr. Adam Nachmias at Nachmias Chiropractic. We warmly welcome you to book your chiropractic exam and consult by calling any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

Find relief with chiropractic care at Nachmias Chiropractic!