

## Can Chiropractic Improve Thyroid Health?



*Many patients with hypothyroidism suffer from a long list of musculoskeletal complaints, such as carpal tunnel syndrome, autoimmune joint diseases (arthritis or joint degeneration), poor recovery from muscle injury, inflammation, headaches, back pain caused by obesity, and other issues that lead them to seek the care of a chiropractor.*

### **How Can Chiropractic Help Thyroid Malfunction?**

Chiropractic is about balancing the nervous system, and the nervous system innervates every cell and tissue in the body. If it happens to be any “interference” with the nerves, which innervate the thyroid gland, then this possibly can result in malfunctioning of the thyroid gland. Although this probably isn’t a common cause of thyroid malfunction, it’s something to be aware of.

Furthermore, the nervous system controls the immune system, so if the nervous system is out of balance, the immune system might very well be out of balance as well. As a result of this weakened immune system, it will be more likely to develop a chronic infection, which in turn can trigger an autoimmune response. Or perhaps the nervous system’s imbalance is making a person more susceptible to the effects of stress, which in turn can cause a leaky gut that can cause an autoimmune thyroid condition. However, we aren’t

suggesting that spinal subluxations - misalignments of the spine causing nerve interference - are common causes of thyroid autoimmunity, but if you understand the anatomy and physiology of the body, then you will realize that an imbalance of the nervous can cause a lot of different health conditions.

We need to also mention that most people with a thyroid or autoimmune thyroid condition don't need to receive chiropractic care in order to restore their health back to normal. However, there is no question that having a healthy nervous system is important, and since the nervous system controls the thyroid gland, immune system, and other areas of the body, one can argue that it would make sense for many people to at least get checked by a competent chiropractor.

(Sources: [thyroid.about.com](http://thyroid.about.com) & [naturalendocrinesolutions.com](http://naturalendocrinesolutions.com))

***Why not book an appointment with Dr. Adam Nachmias at Nachmias Chiropractic to ensure that your nervous system is functioning at its best. In this way you will boost your immune system, and improve the thyroid health. Dr Adam Nachmias isn't trained in just spinal manipulation, but also in proper differential diagnosis.***

Book your appointment by calling any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

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

**We warmly welcome you to improve thyroid health at Nachmias Chiropractic!**