

Chiropractic Boosts Antioxidants



Dr. Adam Nachmias, at Nachmias Chiropractic works hard to help patients live a healthier, pain-free life. One of Nachmias Chiropractic's goals is to stay up-to-date on the latest scientific literature on the benefits of chiropractic and to educate people how they can live a better pain free life. We were very excited when we came across a new study was recently published that shows that chiropractic adjustments can actually boost antioxidants!

Antioxidants are naturally occurring chemicals that protect the body from free radicals. Fresh fruits and vegetables are good sources of anti-oxidants, but your body also produces anti-oxidants to ward off damage.

In this new study, researchers looked at 23 people who were suffering from back or neck pain. Each patient received 10 chiropractic adjustments over a period of five weeks. Blood samples were taken from the test subjects before and after the study period, and the researchers noted levels of three specific anti-oxidants: superoxide dismutase (SOD), catalase, and glutathione peroxidase (GPx).

At the end of the study, there was no difference in antioxidant catalase, **there was a significant increase in both SOD and GPx.**

It's important to note that this was a small study and it didn't include a control group, so further research needs to be done to confirm these results and to determine how chiropractic works to boost anti-oxidants. However, this study adds to our knowledge of the benefits of chiropractic. Other studies have found that chiropractic can boost immune functioning and decrease stress hormones. Find more studies here: <http://www.chirohosting.com/blog/top-14-chiropractic-studies-of-2014/>

If you would like to improve your health naturally and get pain relief, chiropractic is the answer. Call any of our offices and book your appointment today:
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Manhattan: 212-924-1700

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

Welcome to boost your antioxidant levels at Nachmias Chiropractic!

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