

Chiropractic Lowers Blood Pressure



Research continues to suggest that chiropractic instrument- assisted manipulations lower blood pressure with 7 percent, when adjusting the upper thoracic spine (T1-T5). Tests were performed on a control group and a placebo group. The placebo group got the same adjustments, except that the instrument was set to not deliver any force.

The primary finding was a reduction in blood pressure, both systolic and diastolic BP, in the control group with 7 percent.

How can this be explained?

Like we have mentioned earlier, when the vertebrae of the spine are not positioned normally, known as a subluxation, it can irritate the nerves exiting the spine. When spinal nerves are irritated, they do not function normally and can affect the function of the tissues and organs they control. Thus chiropractic focuses on the integrity of the spine and its surrounding tissues as a means to enhance normal human function and health.

This is why you should not think twice about seeing Dr. Adam Nachmias at Nachmias Chiropractic for a chiropractic exam and consult. Let him know your health history and he will focus on treating your problem areas.

Call any of our offices for an appointment:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

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

Achieve optimal health with the help of Nachmias Chiropractic!