

5 Researched Benefits of Chiropractic Adjustments



In this edition we want to start with presenting the first 5 of the researched benefits of chiropractic adjustments. The next edition will present another 5 important benefits.

Chiropractic care helps improve:

- **Back pain**
- **Headaches/Migraines**
- **Ear infections**
- **Neck and lower back pain**
- **Arthritis and joint pain**
- **Scoliosis**
- **Asthma**
- **Blood pressure**
- **Healthy pregnancy**
- **Organ function**

- **Surgery prevention**
- **Allergies**
- **Anxiety/depression and stress**
- **Fatigue etc.**

Finding a good chiropractor isn't only key to correcting the damage caused by years of poor posture or trauma — it's also important for everyone wanting to take a proactive approach to his or her health care.

Below you will find medical research and studies proving the 5 first therapeutic benefits of chiropractic:

1. Sciatica

The European Spine Journal published the findings from a clinical trial last year uncovering how chiropractic adjustments resulted in a 72 percent success rate in treating sciatica and related symptoms compared to the 20 percent success from physical therapy and 50 percent from corticosteroid injections.

Compared to most medical treatments, few interventions can initiate back pain relief and healing like chiropractic adjustments can!

2. Neck and Lower Back Pain

In a study published in the British Medical Journal 2003, 183 patients with neck pain were randomly allocated to manual therapy (spinal mobilization), physiotherapy (mainly exercise) or general practitioner care (counseling, education and drugs) in a 52-week study.

The clinical outcome measures showed that chiropractic adjustments resulted in faster recovery than physiotherapy and general practitioner care. Moreover, total costs of the chiropractic-treated patients were about one-third of the costs of physiotherapy or general practitioner care.

A higher proportion of chiropractic patients (56 percent vs. 13 percent) reported that their low-back pain was better or much better, whereas nearly one-third of medical patients reported their low-back pain was worse or much worse.

3. Tension Headaches/ Migraines

Second only to back pain, tension headaches and migraines are one of the most common conditions regularly managed by chiropractors. Chiropractic has enormous ability to help cure, prevent and ease the burden of headaches and migraines.

A group trial found that 22 percent of people who had chiropractic treatment saw the number of attacks drop by 90 percent. In that same study, 49 percent said they had a significant reduction in pain intensity.

4. Colic and Ear Infections

A 2012 study published in Journal of Manipulative Physiological Therapeutics found that chiropractic adjustments greatly reduced colic symptoms.

Although very few randomized control trials have been conducted describing the clinical effects of chiropractic care on children, literally scores of case studies have been documented that describe how children suffering from otitis media (ear infections), acid reflux and colic have experienced complete to near total resolution after just a few visits.

The reasons for this vary, but one common theme is that nerves controlling the gut and brain are intricately connected to each other and are quite sensitive to neurological insult caused by vertebral subluxations.

5. Neurological Conditions

Exciting research is currently being conducted via upright MRI showing how upper cervical adjustments affect various brain-based conditions. What's seen so far is quite remarkable.

Not only are MRI scans revealing that cerebral spinal fluid and blood flow are markedly increased after a chiropractic adjustment, researchers are observing that cerebellar invagination (when the cerebellum drops down below the skull line) is being reversed and brain plaguing (common in multiple sclerosis patients) is actually disappearing.

(Source: draxe.com)

If you still haven't visited Dr. Adam Nachmias at Nachmias Chiropractic, you are missing out. Millions of people around the world are experiencing the incredible benefits of chiropractic care every day. One of the best things is the fact that chiropractic is a drug- and surgery free treatment, which helps the body to heal itself naturally.

Ensure optimal health, and book your chiropractic exam and consult today. Why wait?

Call 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 find relief at Nachmias Chiropractic!

