

## Relieve Depression And Anxiety Symptoms With Chiropractic Care



A case study published in the Journal of Upper Cervical Chiropractic Research on June 20, 2013, reports on the results of a case series showing chiropractic helping patients with depression and anxiety. This case series was looking for follow up on previous surveys showing that chiropractic patients felt chiropractic care helped with their mental and emotional states.

Depression is the most common emotion associated with chronic pain. It is thought to be 3 to 4 times more common in people with chronic pain than in the general population. In addition, 30 to 80% of people with chronic pain will have some type of depression. The combination of chronic pain and depression is often associated with greater disability than either depression or chronic pain alone.

Trauma (in particular mild concussive injury to the head, neck or upper back) increases the risk of onset of depression. Following the trauma, mood disorders can be triggered immediately or can take months or years to develop. Chiropractic care may reverse the trauma-induced injury; thereby reducing irritation to the injured nerves in the central nervous system (brain and spinal cord).

In other words, chiropractic adjustments reduce pressure on the brain stem and spinal cord caused by misaligned vertebrae, and therefore improves depression symptoms and anxiety. 76% of the patients from the Upper Cervical Chiropractic Research study reported a mental/emotional improvement, as well as positive changes in stress and life enjoyment over a period of several months following the chiropractic care.

Source: yourspine.com, southernchiro.org

Stop feeling miserable and book your appointment with Dr. Adam at Nachmias Chiropractic today. Dr. Adam is here to help you feel good again! Call any of our offices at:

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