

Why You Should See a Chiropractor for Asthma & Allergy Relief



Allergies and asthma are some of the most common health problems in America. Nearly 40 million people, about 25 % of the population, suffer from either asthma or atopic disease. Asthma related deaths are now showing alarming figures of about 5,000 people each year.

Asthma is a very serious disease that can be life threatening in some cases. Attacks are caused by irritants, such as allergens or over-exertion, which cause the bronchioles (the smallest air passage ways in the lungs) to spasm and become congested with mucus. This shrinks the air passage and causes difficulty in breathing, wheezing, and coughing.

Even with traditional treatments like allergy shots, oral medications and corticosteroids, sickness and death from asthma and allergy reactions appears to be rising. Often the mortality is due to the side effects of these medications.

Regular chiropractic adjustments have shown to eliminate spinal misalignments, significantly increasing nerve flow energy and restoring the function of all critical organs, including the lungs, the heart and digestive systems.

Importance of Chiropractic Care when Treating Asthma & Allergies

In a recent study, children with asthma showed an overall improvement in lung capacity after only 15 chiropractic adjustments. Researcher, Alan Stoddard, stated that many diseases are due to mechanical lesions, or vertebral subluxations, of the spine. *There is no question that an intimate relationship exists between the spinal column, the nervous system, and the respiratory system.*

The connection between the spine, nervous system, and respiratory system can be affected in several ways. Vertebral subluxations in the neck can result in associated spasm of the musculature in the neck. When the muscles in the neck become tight, the normal flow of the lymphatic system that helps our immune system to function normally, can be interrupted. Because of this stasis in the lymph system, the immune system can become overloaded. Chiropractic adjustments will produce immediate relaxation of the neck muscles and allow normal lymph drainage to re-occur.

Chiropractic adjustments improve respiratory function by restoring normal nerve function to the muscles, which in turn may result in symptomatic improvement in bronchitis, asthma, and allergies.

The Importance of a Functioning Nervous System on the Diaphragm

The primary muscle used during breathing is the diaphragm that separates the chest and abdominal cavities. This muscle is powered by the phrenic nerve, which is composed of nerves that exit from the 3rd, 4th, and 5th vertebrae in the neck. If the nerve supply to this muscle is interfered with, as may be the case with a subluxation in the neck, the diaphragm may not function optimally and breathing may be impaired.

Accessory muscles of breathing, the sternocleidomastoid, trapezius, scalenes, and pectorals, all operate to assist the diaphragm while breathing, and like the diaphragm, all need to have a healthy nerve supply to function properly. Subluxations can interfere with the normal nerve supply to these muscles leading to muscle imbalances and a weaker respiratory system. Restoring proper nerve function through correction of vertebral misalignments not only improves muscle tone, but also aids in overall body function as well (parts taken from: langfordchiropractic.com & idealspine.com).

If you are seeking allergy or asthma relief, book an appointment with Dr. Adam Nachmias at Nachmias Chiropractic. Dr. Adam will resolve all spinal misalignments (subluxations) and allow the body to function at its very best, thus reducing asthma and allergy symptoms drastically!

Call any of our offices:
Brooklyn: 718-832-7300
Manhattan: 212-924-1700

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

Asthma and allergy relief is here with the help of chiropractic care at Nachmias Chiropractic!