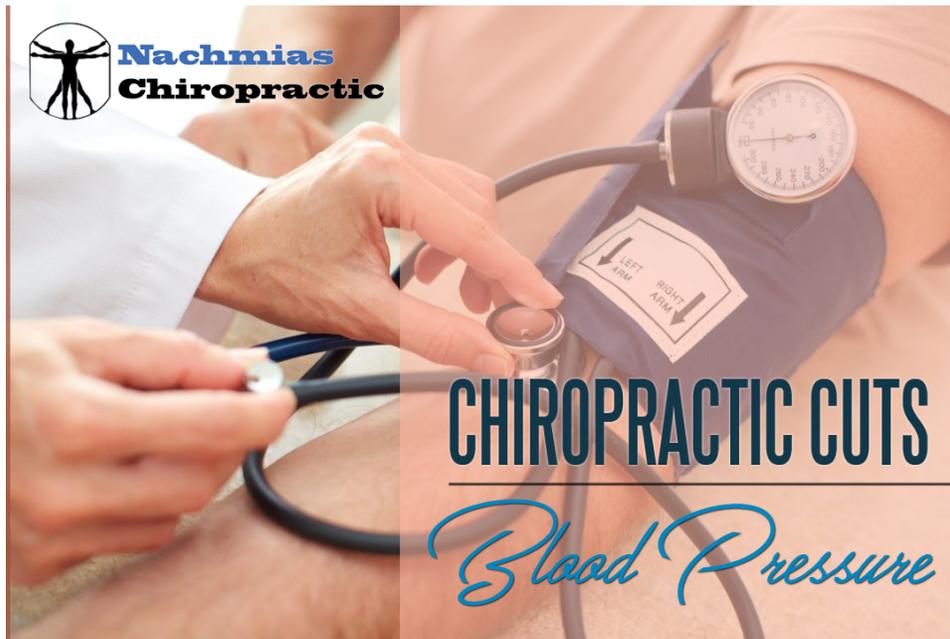


Chiropractic Lowers High Blood Pressure



*Let us start by confirming this with this statement from J.B., Osprey, FL:
I just wanted to advise you that the adjustment that your chiropractor gave me resulted in naturally lowering my blood pressure from a high of 160/90 to 108/68. This is the lowest reading I have had since I was in the Air Force over 50 years ago. The overall treatment at the clinic has increased my energy level from a 4 to a 9 on a scale of 1–10. Source:
<http://www.drwhitaker.com/chiropractics-can-naturally-lower-blood-pressure/>*

What is High Blood Pressure?

Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. If this pressure rises and stays high over time, it can damage the body in many ways. About one in three adults in the United States has HBP (high blood pressure). The scary part of this condition is that it usually has no signs or symptoms. You can basically have it for years without knowing it. During this time, though, your high blood pressure can damage your heart, blood vessels, kidneys, and other parts of your body. It can also lead to other dangerous conditions, like:

- Heart attack: 70 percent of adults who have a first heart attack have high blood pressure
- Stroke: 80 percent of adults who have their first stroke have high blood pressure
- Chronic heart failure: 70 percent of adults with chronic heart failure have high blood pressure
- Kidney failure: High blood pressure is the second leading cause of kidney failure

Research Confirms Lower High Pressure after Chiropractic Adjustments

A study conducted at The University of Chicago Hypertension Center demonstrated that patients who received chiropractic adjustments showed ***lowered blood pressure equal to***

two blood-pressure medications. Eight weeks after undergoing chiropractic adjustments, 25 patients with early-stage of high blood pressure had significantly lower blood pressure than the 25 similar patients who underwent a placebo chiropractic adjustment.

X-rays showed that the real adjustments realigned the Atlas vertebra (the bone at the very top of the spine) with the rest of the spine. The fake adjustments from the placebo-treated patients did not realign the Atlas vertebra. The base of the brain is the actual brainstem. Our brainstem has many important functions, including control of the cardiovascular system. When the Atlas vertebra is subluxated (misaligned) as little as only half a millimeter, it can create abnormal pressure on the brainstem.

Compared to the placebo-treated patients, those who received the real adjustment saw an average of 14 mm Hg greater drop in systolic blood pressure (the top number in a blood pressure count), and an average of 8 mm Hg greater drop in diastolic blood pressure (the bottom blood pressure number). None of the patients took blood pressure medicine during the eight-week study (parts taken from: 100percentchiropractic.com & chiroone.net).

Although, chiropractic adjustments focus on the spine they have huge impact on the whole body. If the spine is misaligned because of subluxations, the nerve flow to the nervous system gets interrupted, and therefore also you immune system and health. To summarize, chiropractic adjustments enhance normal human function and health.

Nachmias Chiropractic wants to advice you to go and check your blood pressure with a doctor and if it turns out to be high, try chiropractic adjustments before you start eating BP medication. Chemical drugs often have unwanted side effects that sometimes can be a lot worse than the actual sickness. Let Dr. Adam Nachmias help you back to lower BP before anything else. Dr. Adam has 26 years experience of healing patients from HBP and tons of other conditions.

To book your appointment, call any of our offices. We are now also located in Bay Ridge, Brooklyn:
Brooklyn: 718-238-8900
Manhattan: 212-924-1700

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

We warmly welcome you to come and check out our new Bay Ridge office AND...cut your BP down to normal at Nachmias Chiropractic!