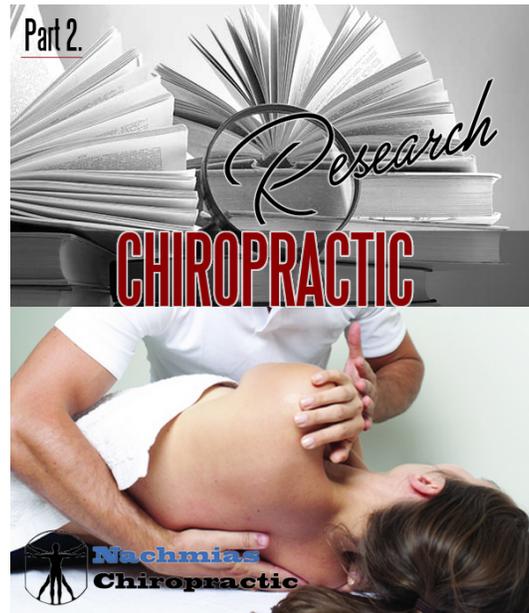


Next 5 (of 10) Researched Benefits of Chiropractic Care



*Presenting the 2nd and final part of our mini series about the **10 Researched Benefits of Chiropractic Care** for your health. We are happy to be able to back up our arguments that chiropractic aids in healing so many symptoms and conditions with accurate research.*

With this being said let us give you the next 5 benefits of chiropractic care:

6. Chiropractic Regulates Blood Pressure

In 2007, George Bakris - the world expert on hypertension - published a study with a team of researchers in the *Human Journal of Hypertension* proving that one upper cervical chiropractic adjustment had the same effect as two blood pressure-lowering drugs. More fascinating, the effects of just one adjustment lasted more than six months, which is fantastic!

Even patients with too low blood pressure (hypotensive patients) have been helped by chiropractic adjustments. After receiving treatment their blood pressure was increased to normal levels.

This proves the body's ability to heal itself and creating a homeostatic balanced environment after subluxations (blockages) of the spine are removed.

7. Chiropractic Helps Prevent Surgery

Chiropractic can prevent invasive back surgery. In fact, the *Journal of the American Medical Association* recently published in their low back pain guidelines a suggestion saying that people suffering from back pain should try chiropractic before resorting to surgery.

There are always risks with surgery, potentially deadly. It would be unwise to not try healing the body naturally with chiropractic first. The numbers of people being treated and relived from back pain by chiropractic adjustments are continuously growing. Not because of the practice getting better in anyway, but because chiropractic care is starting to get a lot more recognition as a legit health care form.

8. Chiropractic Resolves Frozen Shoulder

Last year a clinical trial was published describing how patients suffering from the debilitating condition, frozen shoulder, responded very well to chiropractic care.

A study of 50 patients showed remarkable results: Out of 50 patients 16 were resolved completely, 25 showed a 75% to 90% percent improvement, 8 showed 50% to 75% improvement and 1 patient showed 0% to 50% improvement.

9. Chiropractic Decreases Curvatures of the Spine Caused by Scoliosis

A non-profit organization, called *Clear Institute* - founded by Dr. Dennis Woggon - has perfected a model of chiropractic in order to treat scoliosis and discovered that it is possible to effectively treat this condition without the use of restrictive braces, or dangerous surgeries.

Also, in many other case studies, patients have seen a 10% to 30% decrease in their scoliosis curvatures.

10. Chiropractic Boosts Athletic Performance

There is a reason why athletes like: Michael Phelps, Jerry Rice and Joe Montana, are receiving regular chiropractic adjustments. In fact, over 50% of NFL teams have a chiropractor on staff.

Chiropractic relives most pain conditions and is therefore needed by the professional athletes, who often get injured and over-worked. Moreover, chiropractic also enhances performance, which is another important factor for athletes.

Studies have shown that chiropractic:

- Reduces inflammatory cytokines
- Boosts your immune system
- Enhances pulmonary function
- Decreases mental and oxidative stress
- Relieves muscle tension
- Naturally increases energy levels

Other research has shown that chiropractic patients experience other health benefits like; bowel regularity and mental clarity after receiving chiropractic adjustments.

Conclusion - 10 Researched Benefits of Chiropractic

Since chiropractic adjustments enhance the nervous system and helps it flow freely in the body, it also helps place your body in position to heal itself.

To simplify this, chiropractic boosts the immune system, which in turn keeps you healthy. With a well functioning nervous system your ability to perform and think will be enhanced. Also, since your body will be at its absolute best it can protect you from illness, injuries, stress, allergies and much more.

Ensure optimal health and get pain relief by the best chiropractor in New York – Dr. Adam Nachmias at Nachmias Chiropractic. Dr. Adam got awarded the honorable title of Best Chiropractor in New York, in both 2015 and 2016.

Take a look at his 5 STAR patient reviews and they will ensure you why he is such an awarded chiropractor: <http://calldradam.com/chiropractic/patient-reviews/>

To book an appointment with Dr. Adam Nachmias call any of our offices:
Brooklyn: 718-238-8900
Manhattan: 212-924-1700

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