

Chiropractic Boosts the Immune System And Keeps You Healthy And Strong



Subluxation is the term for misalignments of the spine that cause compression and irritation of nerve pathways, which in turn affects the body's organs. Subluxations are an example of physical nerve stress that affects neuronal control.

According to researchers, such stressful conditions lead to altered measures of immune function and an increased vulnerability to many diseases.

Luckily, there is chiropractic care to adjust the subluxations of the spine and help strengthen the immune system and your overall health. We will explain exactly how chiropractic does this, but first, let us take a look at the nervous system and its connection to the immune system and endocrine system.

The Immune System, Endocrine System, and Nervous System

The nervous system, endocrine system, and immune system are inextricably linked. Together they share tiny messenger molecules that mediate communication between them, creating optimal responses for the body to adapt and heal appropriately.

It is important to stress that the endocrine system also impacts the immune system by producing cortisol in the adrenal glands. Endocrine glands are directly connected to the nervous system through the sympathetic nervous system. Cortisol is a stress hormone that inhibits the immune system and makes it weaker.

How Does Chiropractic Care Help?

Chiropractic is the only way to detect and eliminate subluxations. Chiropractic

adjustments of the spine have shown to reduce stress on the nervous system, thereby boosting the coordinated responses of the nervous and immune systems.

“The chiropractic immunology connection was strengthened in 1991 when Patricia Brennan, Ph.D. and other researchers conducted a study that found improved immune response following chiropractic treatment. Specifically, the study demonstrated the “phagocytic respiratory burst of polymorphnuclear neutrophils (PMN) and monocytes were enhanced in adults that had been adjusted by chiropractors.”

In other words, the cells that act like "Pac-Man" eating and destroying bad cells, are enhanced through chiropractic care. Research has also shown that when a spinal adjustment was performed on a subluxated area, the white blood cell count collected rose significantly.

To simplify this – chiropractic adjustments remove blockages of the spine, which in turn helps the nervous system flow freely - hence boosting the immune system.

Who Is Dr. Adam Nachmias?

Dr. Adam Nachmias is the founder of Nachmias Chiropractic. Dr. Adam has successfully treated patients for 28 years, helping them with various pain conditions and helped them achieve optimal health.

Nachmias Chiropractic has practices in both Bayridge and Manhattan, New York. To find out more, read his outstanding patient reviews on ZocDoc, Yelp and Facebook:

1. Reviews ZocDoc: <https://www.zocdoc.com/doctor/adam-nachmias-dc-49898>
2. Reviews Yelp: <http://www.yelp.com/biz/adam-nachmias-dc-new-york>
3. Reviews Facebook: <https://www.facebook.com/nachmiaschiropractic/reviews/>

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To book an appointment with Dr. Adam Nachmias, call any of our offices:

Brooklyn: 718-238-8900

Manhattan: 212-924-1700

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

Boost Your Immune System With the Help Of Nachmias Chiropractic!