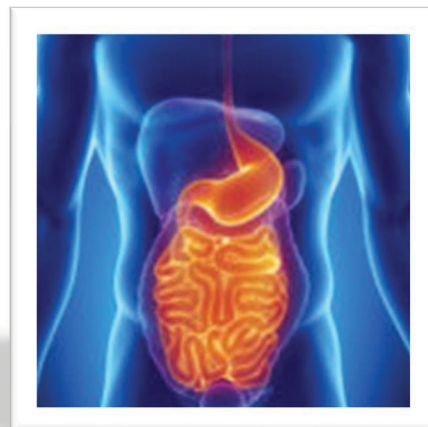


The Benefits of Chiropractic for Irritable Bowel Syndrome Sufferers

Irritable bowel syndrome (IBS) devastates the lives of hundreds of millions of people worldwide. Experts estimate that approximately 15-20% of the world's population suffers from some form of IBS. Many conditions and names describe the different types of IBS that manifest through various characteristics in each individual. The number of people suffering from IBS continues to rise and plague both ordinary citizens and the doctors and experts who pursue a resolution.

Most healthcare professionals overlook the healing potential that exists within the unique relationship between spinal health, nervous system communication, and gut function. Most experts spend countless hours researching nutrients and foods as the primary cause of IBS. Other health professionals evaluate the relationship between emotional health and the gut. Chiropractors continue to focus on the source relationship between the spine and all organ systems, including the digestive system.

Research from 2007 proved a significant link between the alignment and mobility of the neck to the health of the gastro-intestinal system. The science showed that small misalignments of the cervical (neck) vertebrae interfere with the nervous system by creating sympathetic irritability. The heightened nervous system stress leads to many of the unwanted symptoms people suffer from today. Researchers concluded that digestive dysfunction and discomfort serve as a direct result of sympathetic irritability due to altered spinal health. The nervous system operates optimally in an absence of stress, allowing efficient absorption and removal of waste.



Chiropractors witness tremendous results in patients suffering from digestive complaints dating all the way back to 1895. Specific chiropractic adjustments to key areas of the spine influence digestion by reducing interference from the nervous system. This 2007 study helped explain why patients pursuing spinal health experienced relief from IBS. A chiropractic adjustment does not focus on treating a specific complaint. Chiropractic focuses on creating an environment within the body that promotes health, healing, and maximum performance by removing stress and promoting internal communication. The purpose of the adjustment lies in removing interference from the nervous system so the body can heal as it was designed to do.

Reliance on medicines, surgeries, and pills prevents much of the public from experiencing genuine healing and relief. IBS sufferers experience tremendous health advantages when pursuing chiropractic care and proactive resolution to digestive concerns. Scientific research continues to prove the significance of spinal health and the importance of chiropractic care. Evidence-based research promotes a clear pathway to better overall health for the entire family through the addition of chiropractic adjustments.