

# CHIROPRACTIC HELPS PREVENT HEART DISEASE:

## RESEARCH PROVES A LINK BETWEEN THE SPINE AND BLOOD PRESSURE

Chiropractic care continues to increase in popularity across America and the entire globe. People of all ages, genders, and health backgrounds invest in a common experience of shared results that **radiate from proper nervous system care**. Improved health and outcomes provide millions of people with incentive enough to implement Chiropractic care as part of their weekly and monthly health regimens. Tom Brady earned recognition as one of the greatest quarterbacks to ever play professional football. **He proudly visits a Chiropractor on a weekly basis to maximize his physical performance**. A heavy majority of college, professional, and Olympic athletes utilize the performance enhancing benefits of regular Chiropractic adjustments to the nervous system. Those same benefits support the health care of **pregnant mothers, working fathers, growing children, and newborn infants**.

Men and women across the world utilize Chiropractic for health and wellness measures to safeguard the health of their spine and maximize the function of the **brain and nervous system**. Although many patients begin Chiropractic care to alleviate pain or symptoms, most quickly experience benefits far beyond relief for the spine or back. Research specifically proves that both heart and cardiovascular function experience remarkable influence through regular adjustments. The spine directly influences heart health and blood vessel function through the autonomic nervous system. **Science continues to reveal the profound influence the spine has on the heart, blood vessels, and blood pressure**.

A 2007 study selected a random group of individuals who reported that they had never experienced any significant back or neck pain in their life. These individuals were split into two groups. One received genuine Chiropractic adjustments and the other received placebo (or fake) adjustments. Researchers kept the subjects ignorant of which group each person belonged.

The group receiving real adjustments experienced an average reduction in blood pressure of 27 points (17 systolic and 10 diastolic). The conclusion of the study showed that the benefits received by those receiving real adjustments achieved a reduction in blood pressure equivalent to taking two blood pressure medications. A residual discovery of the study discovered that those receiving adjustments all experienced some form of misalignment in the upper neck, although all had reported no experience of back or neck pain.

Millions of people endure blood pressure problems related to their spine and nervous system but remain unaware of natural, **drug free assistance from Chiropractic care** because they do not experience neck or back pain and do not associate heart and blood conditions with proper nervous system care. The concern remains evident in the need for proper education about the power of the nervous system. **Chiropractic care provides benefits far beyond alleviating symptoms of neck and back pain**. Science and research continue to prove the amazing benefits of Chiropractic care on visceral and organ health. **February is heart month!** Everyone deserves to experience improved heart function through powerful neurological health radiating through the hands of gentle Chiropractic adjustments.

