

Chiropractic Improves Heart Rate and Life Longevity

Research proves that longevity and quality of life directly relate with the efficiency of heart rate variability. Heart rate variability (HRV) records the measured changes of time intervals between successive heart beats. The autonomic nervous system directly controls HRV. A balance in heart rate variability has proven to increase both the length and quality of an individual's life. A study in 2010 showed a correlation between an increase in HRV and longevity because healthy longevity depends on the preservation of autonomic function measured through HRV.

Many factors influence heart rate variability. One major influence of autonomic function measured through HRV rests within the alignment and function of the spine. An intimate relationship exists between the spine and autonomic nervous system that usually goes overlooked by most general healthcare providers. Quality of posture and spinal health directly links to the health of the autonomic nervous system and HRV. Chiropractic adjustments focus on improving posture and spinal health through the detection and correction of subluxations. Subluxations are defined as the altered alignment and mobility of a vertebra in the spine. Subluxations produce interference in the central nervous system, altering the information sent from the brain to the body. Chiropractors focus on detecting and correcting subluxations through adjustments scientifically executed to restore appropriate autonomic nervous system function.

Chiropractic gained much notoriety for countless successful interventions on back pain and musculoskeletal health. New research helped further prove the foundational tenets rooted in Chiropractic's development hundreds of years ago. Proper alignment of the spine influences much more than musculoskeletal pain. An amazing study from 2013 helped prove the significant improvements on HRV achieved through spinal adjustive care.

Many autonomic-related benefits occur each day in Chiropractic offices around the world. The latest research and evidence help explain exactly why these results take place. From heart rate and breathing to digestion and immunity, all have an autonomic influence. Chiropractic adjustments improve autonomic function measured effectively through HRV.

The results and research continue to show the amazing influences produced by chiropractic adjustments. Most subluxations do not cause pain and will therefore only produce symptoms after disease onset manifests through physical discomfort. Chiropractic care provides vitality and life for all people, not just those experiencing pain. Entire Chiropractic families benefit from improved function and reduced reliance on medicinal solutions. Performance and longevity is key, and nothing delivers like Chiropractic.

