

# DIGESTIVE HEALTH LINKED DIRECTLY TO SPINAL HEALTH



**Hundreds of millions of people around the world suffer from the devastation of Irritable bowel syndrome (IBS).** Experts estimate that approximately 15-20% of the world's population suffers with some form of IBS. Characteristics of IBS manifest differently in each individual. The number of IBS sufferers continues to increase while the cause continues to plague doctors and experts throughout the world.

An aspect overlooked by almost all medical care professionals is the relationship between **spinal health (nervous system communication)** and **digestive health**. Some experts spend time researching nutrients and foods based causes. Others look for a connection between emotional health and the bowels. **Very few researchers or professionals are aware of the SPINE-GUT relationship.**

**Research from 2007** proved a direct link between the structure and function of the neck and the health of the gastro-intestinal system. Science backing this study shows that irritation (subluxation) of the cervical vertebrae interferes with the nervous system by reaching the brain cortex and creating a sympathetic irritability. Heightened irritability in the nervous system leads to unwanted symptoms in a number of areas, including digestion. **Relaxation of the nervous system promotes proper digestion and efficient absorption and removal of waste.**

Chiropractors see **TREMENDOUS** results with patients suffering from digestive complaints through the power of removing nervous system interference with specific spinal adjustments. Rather than surgical or medicinal solutions to a symptom, a Chiropractic adjustment serves to promote optimal nervous system health. The removal of interference to the nervous system allows the body to heal and function as designed.

Far too many people do not fully understand and experience the vast benefits of Chiropractic care. **Scientific research shows the significance of spinal health and drives home the importance of why EVERY family deserves the right to have their spine and nervous system health evaluated by a Chiropractor on a regular basis.** Digestive health represents one of the countless ways that spinal adjustments help improve all aspects of health.

