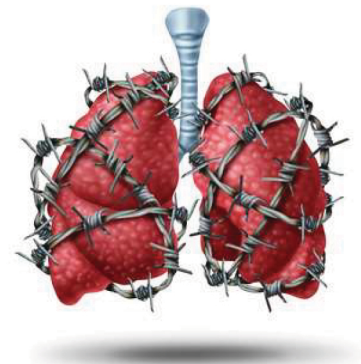


Research Shows Spinal Adjustments Improve Breathing and C.O.P.D.

The spine coexists intimately with the central nervous system by way of tiny neurons scattered throughout small muscles, ligaments, discs, and joints in and around each spinal segment. Normal motion within each vertebra allows proper communication between the spine and brain. The central nervous system controls all autonomic functions. The autonomic nervous system steers all unconscious functions carried out by the body every second of a person's life. These functions include the heartbeat, breathing, pulse, respiration, and immune control. The magnificent power within the body regulates these functions even when the body sleeps or enters an unconscious state. Spinal misalignments (subluxations) alter both the position and movement of a vertebra and produce interference within the central nervous system and subsequently impact the autonomic portion of the nervous system.

Subluxations directly impact the body's ability to function and heal at optimal capacity. Uncorrected subluxations produce long term nervous system dysfunction that contributes to pain and disease. Chiropractors specialize and focus on detecting and correcting subluxations to allow better healing and adaptation to occur, regardless of age, gender, ailment, or diagnosis. Many patients receiving a Chiropractic adjustment for the first time report experiencing autonomic-related improvements in sleep, energy, digestion, and breathing. Removing interference from the spine creates positive autonomic system influence and explains why Chiropractic care allows so many people to experience health benefits which extend far beyond basic back and neck pain.



A study conducted in 2016 evaluated how spinal adjustments influence autonomic function. The research showed that spinal adjustive care produced improvements in patients with C.O.P.D. (chronic obstructive pulmonary disease). The connection between the spine, nervous system, and autonomic functions paved the way for improved lung function and exercise capacity for patients who engaged in both Chiropractic care and exercise.

People across the globe pursue non-pharmaceutical solutions to health problems. The majority of people who wish to live a life free from drugs and unnecessary surgery turn to Chiropractic care and the health potential that already exists in the body. Everyone from neighborhood families to world class athletes utilize the benefits of Chiropractic care to increase energy, strengthen immunity and improve performance. Nearly all professional sports teams employ highly trained Chiropractors, but even more teams made up of moms, dads, and children trust their health and recovery to skilled Chiropractors found in nearly every town and neighborhood across the country.

A healthy autonomic nervous system contributes to better breathing, sleeping, digestion, and energy. A spine free of subluxations also provides health benefits that help overcome COPD and a variety of other diseases without the use of drugs or surgery. Chiropractic care offers a subluxation-free life that unlocks greater health potential within the body. Millions of people experience the pain-free Chiropractic solution that provides everyone with an opportunity to be proactive about their health and future.

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"The Use of Spinal Manipulative Therapy in the Management of Chronic Obstructive Pulmonary Disease: A Systematic Review."

Jaxson Wearing, Sheridan Beaumont, Danielle Forbes, Benjamin Brown and Roger Engel