



BLOOD PRESSURE AND CHIROPRACTIC

Heart Disease continues to be our nation's number one killer and is the greatest burden on our health care system today, costing the United States billions of hard earned dollars each year in health care costs. We are all probably aware that maintaining a healthy diet and exercising are key factors in preventing heart disease, but did you know that chiropractic treatment may also be used to fight heart disease? Research has shown that "Chiropractic adjustments to the upper part of the neck can have a positive effect on significantly lowering your blood pressure for an extended period of time." While other studies have shown that adjustments of the bones in your neck and lower back can stimulate particular nervous system reflexes, causing a decrease in overall heart rate and blood pressure. Here are just a few of the things chiropractic care can do to help maintain heart health:

Educate yourself

In the fight against heart disease, one of the best things to do is *become educated* about how to prevent heart disease, what causes it, and how to combat and recognize various symptoms. Your chiropractor will be able to give you valuable information and come up with a plan to maintain your heart. Apart from performing adjustments, your trained chiropractor is also there to provide information pertaining to your overall health, diet, and exercise. Your chiropractor can provide the support and guidance that you need to change and apply new health strategies.

Relieve stress

Pain is one of the main factors of stress. Of course genetics play a part in heart health, but stress, sadly is truly a killer. We all know that stress affects our heart health enormously, lowering our immune system, and manifesting poorly with regards to our overall health. Adjustments to relieve and prevent pain caused by accident or injury can decrease stress levels and lower blood pressure, leading you towards the path to better heart health.

Boost immunity

Chiropractic care can increase vitality, boost immunity, relieve a variety of musculoskeletal ailments, and strengthen the heart and cardiovascular system for both men and women. A stronger immune system naturally means a stronger, and healthier heart. Because it is important to recognize the symptoms of a heart attack, regular visits to your chiropractor who is trained to diagnose and look out for specific ailments and symptoms could quite literally save your life!

Adjust your thinking

Chiropractic adjustments can correct vertebral subluxations, which interfere with normal nerve and body function, but that's not all! Because chiropractic care is a drug-free approach to healing, you will find yourself adjusting your way of thinking when it comes to your health. The wealth of knowledge that your chiropractor has with regards to pain management and nutrition will have you changing your life for the better in no time.

Jane | April 19, 2013