



DIABETES AND CHIROPRACTIC

The possibility for chiropractic care to help people with diabetes is an up and coming area of research, and it is an important one. Roughly one out of every three men and two out of every five women born in the year 2000 will suffer from diabetes in their lifetime.

Research points to evidence that chiropractic care may make a valuable contribution to a wellness protocol that helps those diagnosed with diabetes. Diabetes is the fifth deadliest disease in the United States and a growing epidemic worldwide, so help is desperately needed!

The average person may not recognize how diabetes and chiropractic are connected. What does the back have to do with blood sugar? Often, an electrician understands this faster than most people. Interfere with the current flowing through the wires and the appliances or areas of the house lose normal function or might even catch fire.

If the nerve supply from the upper neck or middle back (the two areas that supply the pancreas) are disturbed, pancreatic function suffers; maybe in its ability to produce enzymes to digest proteins, fats and carbohydrates, or maybe insulin production, or both. Blood sugar and digestion become unbalanced, resulting in either in diabetes or hypoglycemia.

Studies suggest a chiropractic-spine-nerve-blood sugar connection

A study published in the *Journal of Vertebral Subluxation Research* illustrated the positive effects of chiropractic when used as part of an integrative treatment for adult onset diabetes diagnosed by a medical doctor. Along with chiropractic care, the patient also received nutritional and exercise guidance.

After one month of being on the program, the patient's glucose blood and urine levels normalized and remained stable. His medical doctor, who monitored his progress, said the patient would not need insulin if the condition remained stable.

Canada is currently leading the research effort

The *National Post* reported: "DIABETES BREAKTHROUGH: In a discovery that has stunned even those behind it, scientists at a Toronto hospital say they have proof the body's nervous system helps trigger diabetes, opening the door to a potential near-cure of the disease that affects millions of Canadians. Diabetic mice became healthy virtually overnight after researchers injected a substance to counteract the effect of malfunctioning pain neurons in the pancreas.

'I couldn't believe it,' said Dr. Michael Salter, a pain expert at the Hospital for Sick Children. 'Mice with diabetes suddenly didn't have diabetes anymore.' The excitement of the team from Sick Kids, whose work is being published today in the journal *Cell*, is almost palpable.

A recent case study published in the November 2011 edition of the *Journal of Pediatric, Maternal, & Family Health* documents a case of a four-year-old child who had terrific results stabilizing her blood sugar through chiropractic care. The patient was diagnosed with spinal subluxation in the upper cervical region. She began chiropractic care and was seen a total of 24 times over a two-month period. During this two-month period, she experienced a decrease in hemoglobin A1C from 7.2 percent to 6.5 percent. She also decreased the amount of insulin used from 15 units to 11 units per day.

These results are quite remarkable because the literature states that intensive medical treatment of type I diabetes often does not succeed in lowering A1C levels under 7.0 percent. Chiropractic care works by optimizing the neural connections throughout the body. This enhanced brain-body connection works to better coordinate immunity and hormone function throughout the body.

Article contributed by Murray Galbraith, D.C., of Galbraith Chiropractic.

Sources for this article include:

<http://www.galbraithchiropractic.com>

<http://www.doh.state.fl.us/family/dcp/whatis/impact.html>

<http://chiropracticpediatricresearch.web.officelive.com>