



LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

Asthma Patients may Benefit from Spinal Adjustments

The above were the findings of a research project conducted in Australia where 420 patients were studied. On October 5th 2002 at the 9th International Conference on Spinal Manipulation in Toronto, Ray Hayek, Ph.D., head of the investigative team told the assembly that patients afflicted with asthma may benefit from spinal manipulation in terms of symptoms, immunological capacity, and endocrine effects.

The proceedings and report of this study were published in the August 24, 2002 release from the Foundation for Chiropractic Education and Research, (FCER). In that release Dr. Hayek reported that of the 420 patients in the study only those patients in the group which received spinal manipulation showed significant improvement in asthma symptoms, depression and anxiety.

The report also noted that there were positive biochemical and physiological changes that were not necessarily expected from spinal manipulation. The report suggested, "These biochemical changes not only suggest that the effects of spinal manipulation are more far-reaching than commonly believed, but that they may be more long-term as well."

Although the study was not specific to chiropractic care, chiropractic adjustments are the most specific form of spinal manipulation. The findings of the above study reinforce other studies previously performed that show the benefit of chiropractic care for those suffering with asthma. In a study conducted in 1996 by the Michigan Chiropractic Association (MCA), a panel of doctors performed an outcomes assessment study to test the qualitative and quantitative effectiveness of chiropractic care on children with asthma. The results of this study showed that after 30 days of chiropractic health care, patients averaged only one asthma attack, whereas prior to this study they were experiencing more than four attacks. Additionally, in the Michigan study it was noted that medications, which can be costly, were decreased by nearly 70 percent in the patients who participated.

** Who do you know that could benefit from Chiropractic Care? **

SHARE WITH FRIENDS, FAMILY, AND CO-WORKERS

▪ LAKELAND CHIROPRACTIC IS DEDICATED TO SERVING THE COMMUNITY THROUGH CONSERVATIVE CARE AND PATIENT EDUCATION ▪

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