



## LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

### Chiropractic Care May Reduce Anxiety

The above headline appeared on the October 1, 2004, "Newswise", and the October 6, 2004 "News-Medical.net". These news stories stemmed from a published report appearing in the September 20, 2004 issue of the peer-reviewed periodical, "Journal of Vertebral Subluxation Research" Anxiety(JVSR). The report was a case study of a 19-year old female diagnosed with General Anxiety Disorder (GAD) who suffered from psychiatric symptoms as well as other problems for two years.

This case study noted that this patient's previous medical treatment had included multiple emergency room visits; private specialists; and a rotation of drug therapies including Paxil, Xanax, and Celexa all of which had failed to help her. The patient's history also included at least three motor vehicle accidents between 1995 and 1997, including one where her head shattered the windshield.

The articles note that according to the National Institute of Mental Health, anxiety is the most common mental health illness. It affects more than 19 million Americans ages 18-54. Patients suffering from General Anxiety Disorder make three to five times more visits to doctors' offices and emergency rooms and the Anxiety Disorders Association of America reports that direct healthcare costs and lost productivity of these conditions cost more than \$42 billion per year.

In December, 2001, the patient started chiropractic care for correction of nerve interference called "subluxations". This patient's results were then documented over a four month course of care. It was observed that medication was discontinued successfully. Additionally, the articles noted that after a four-month course of chiropractic care, the young woman reported an 80% reduction in her anxiety symptoms, including a 90% decrease in her headaches. The patient was able to resume a normal lifestyle without resorting to prescription or over-the-counter drugs.

The research was co-authored by Dr. Madeline Behrendt, Associate Editor of JVSR, and Dr. Nathan Olsen, a chiropractor in private practice in Boise, Idaho. They noted in their conclusion that, "These improvements suggest positive changes in mental health function may be associated with subluxation correction from the application of chiropractic care."

Dr. Behrendt additionally commented, "This young woman spent two years in crisis, going from emergency room to private specialist, spending thousands of dollars for tests and drug therapy, without any resolution of her problems. A simple, non-invasive spinal screening ultimately provided the findings that made the difference: her spine was subluxated, impinging on nerves, and altering the proper function of her nervous system." Behrendt continued by asking, "How many other people are suffering unnecessarily because they are missing the proper screening?"

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

**SHARE WITH FRIENDS, FAMILY, AND CO-WORKERS**

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

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