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CHIROPRACTIC IMPROVES BODY PHYSIOLOGY

The reasons for receiving Chiropractic care just got better – physiologically. A recent study confirms that Chiropractic can have a very positive influence on basic body processes that affect cellular condition, thus warding off aging and increasing health.

Much has been written over the last few years about a harmful culprit in the body known as “free radicals.” These are commonly known to be undesirable as they are unstable molecules that can combine with healthy cells and cause damage. The condition is known as oxidative stress and can cause problems to the body’s DNA, the building blocks of life itself.

A study to determine the effects of Chiropractic on this process was conducted at the University of Lund in Sweden. The joint study involving chiropractors and university researchers was aimed at learning if Chiropractic care could influence the basic physiological processes that affect oxidative stress and DNA repair.

What they found was that Chiropractic helps the physiology of the body and aids in DNA repair. Here is how they did it. Researchers took measurements of a primary antioxidant (free radical fighter) in the body known as serum thiols in each of the subjects of the study. Three groups were considered. The first was 21 persons who had a variety of health issues or pain and had undergone short term Chiropractic adjustments. A second group of 25 had received long-term adjustments and a third group of 30 had not received any care.

Results showed that the antioxidant levels were the highest and consequently the most positive in the group with 52-312 weeks of Chiropractic care. Long-term care of two years or more was shown to re-establish a normal physiological state independent of age, sex or nutritional supplement intake. Antioxidant levels were the lowest in persons with active disease as well as patients with initial musculoskeletal complaints.

“Going through life, we experience physical, chemical, and emotional stress,” said researcher Dr. Christopher Kent. “These stresses affect the function of the nervous system. We hypothesized that these disturbances in nerve function could affect oxidative stress and DNA repair on a cellular level.”

“Oxidative stress results in DNA damage and inhibits DNA repair. DNA repair is the mechanism which fixes the damage caused by environmental impact. Chiropractic care appears to improve the ability of the body to adapt to stress,” he concluded.