

# OPTIMAL HEALTH UNIVERSITY™

Presented by Dr. Edwin Lau

## Highlights of 2007 Chiropractic Research: Part I

*2007 was a groundbreaking year for chiropractic research. Many studies focused on the role of vertebral subluxations in wellness. Vertebral subluxations are areas in the spine where motion is restricted or bones (vertebrae) are out of alignment. Dr. Lau corrects vertebral subluxations using gentle maneuvers called chiropractic adjustments. In addition, chiropractors teach patients how to prevent the physical, chemical and emotional causes of vertebral subluxations. This focus on prevention makes chiropractic unique.*



Dr. Lau believes that the doctor-patient relationship is a partnership. When fully informed, patients are better able to make choices that propel them toward optimal health. That's why, at the end of each calendar year, Dr. Lau reviews the past year's research on chiropractic and shares the most cutting-edge studies with patients. Following is a sampling of the landmark research published in 2007.

### Chiropractic Adjustments Lower Blood Pressure

A new study appearing in the January 2007 edition of the *Journal of Human Hypertension*, one of Nature Publishing Group's journals, reveals that chiropractic adjustments to restore alignment to the spine of the upper neck lower blood pressure (BP).

The double-blind, placebo-controlled study enrolled 50 patients with Stage 1 hypertension, who were not taking medication for the condition. During an eight-week period, half of the subjects underwent chiropractic care. A control group received a sham procedure.

Compared with members of the placebo group, those undergoing chiropractic care enjoyed significant drops in both systolic BP (top number) and diastolic BP (bottom number). No adverse effects were detected. However, chiropractic care did not appear to influence heart rate.

The study's authors concluded that chiropractic care "is associated with marked and sustained reductions in BP similar to the use of two-drug combination therapy."

*Journal of Human Hypertension –  
January 25, 2007;Epub.  
www.nature.com*

### Chiropractic Helps Conditions Affecting Organs

A new review study examines the use of chiropractic care for nonmusculoskeletal conditions (those affecting organs or systems involving structures other than muscles and bones). The analysis pooled data on 179 papers

addressing 50 different nonmusculoskeletal conditions.

Findings showed that "evidence from controlled studies and usual practice supports chiropractic care (the entire clinical encounter) as providing benefit to patients with asthma, [neck-related] vertigo, and infantile colic. Evidence was promising for potential benefit of manual procedures for children with otitis media [ear infection] and elderly patients with pneumonia."

In addition, "for the few studies that did report, adverse effects of spinal manipulation for all ages and conditions were rare, transient, and not severe."

*Journal of Alternative &  
Complementary Medicine –  
June 2007;13:491-512.  
www.liebertpub.com/acm*

### Chiropractic Adjustments May Ward Off Asthma

A new case analysis indicates that chiropractic adjustments ease asthma.



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The study followed a 6-year-old girl who had suffered from uncontrolled asthma for six years. She was taking several different medications daily.

The patient underwent chiropractic care, focused on chiropractic adjustments to remove vertebral subluxations detected in her spine.

“The patient experienced instant reduction in cough as reported by the patient’s mother. In 30 days, no medication was being used. Upon subsequent visits to the pediatrician, the patient also demonstrated a marked increase in lung volume.”

The report concludes that “the chiropractic care of a patient with vertebral subluxations, [difficulty breathing], and severe asthma with chronic cough produced marked resolution of the patient’s symptoms, concomitant with an increase in lung volume and a reduction in the signs of subluxation findings.”

*Journal of Vertebral Subluxation Research* – November 26, 2007;1-5.  
[www.jvsr.com](http://www.jvsr.com)



### **Chiropractic Adjustments Improve Lung Function**

Chiropractic adjustments may improve lung function, according to a study published in September 2007.

As part of the experiment, researchers examined 20 healthy, nonsmoking individuals (18 to 28 years old) before and after three interventions: “exercise only, chiropractic manual therapy only, and manual therapy followed by exercise ... Each participant underwent 6 sessions of interventions over a

4-week period.”

Results revealed that chiropractic care “appears to increase the respiratory function of normal individuals.”

*Journal of Manipulative and Physiological Therapeutics* – September 2007;30:509-13.  
[www.mosby.com/jmpt](http://www.mosby.com/jmpt)

### **Women With Depression Turning to Chiropractic**

A whopping 55 percent of women with depression sought complementary and alternative therapies (including chiropractic) over the past year. These findings are from an assessment of 220 women with depression.

“Participants’ most commonly cited reasons for use of these therapies were wanting treatments to be based on a ‘natural approach,’ wanting treatments to be congruent with their own values and beliefs, and past experiences in which conventional medical therapies had caused unpleasant side effects or had seemed ineffective.”

*Psychiatric Services* – March 2007;58(3):349-56.  
[www.psychiatryonline.org](http://www.psychiatryonline.org)

### **Chiropractic Adjustments May Influence Abdominal Musculature**

A novel study indicates that improved abdominal muscle function may be one benefit of spinal manipulation.

In the study, six of nine patients with low-back pain demonstrated increased transversus abdominis muscle thickness during activity following spinal manipulation.

The study’s authors write: “This case series describes short-term changes in lateral abdominal muscle thickness post spinal manipulation.” This finding “could suggest an improvement in muscular function.”

*Journal of Orthopedic Sports Physical Therapy* – August 2007;37:472-9.  
[www.jospt.org](http://www.jospt.org)

### **Can Back Pain Shorten Life Expectancy?**

Among elderly women, daily back pain “is associated with reduced quality of life, mobility and longevity and increased risk of coronary heart events,” concludes a new report in the journal *Spine*.



These findings are from a five-year investigation of 1,484 community-dwelling Australian women, 70 to 85 years of age.

“The adverse health effects of chronic back pain deserve greater recognition,” urge the study’s authors.

*Spine* – August 15, 2007;32:2012-18.  
[www.spinejournal.com](http://www.spinejournal.com)

### **More 2007 Research on Its Way**

Can’t get enough of the fascinating chiropractic research released during the past year? Don’t worry, next week we’ll be presenting part two of this stimulating series. Don’t forget to pick up your copy!

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