

Immune Function, Health And Quality Of Life Improve Under Chiropractic Care

A study in the July 5, 2006 issue of the peer-reviewed Journal of Vertebral Subluxation Research finds that new chiropractic patients experienced improvements in the function of their immune system, quality of life and other aspects of health after being under chiropractic care.

In this pilot study, the researchers measured immune status and quality of life factors to see if that was a good way to measure the effectiveness of chiropractic care.

The 11 subjects were followed over a nine-month period while under chiropractic care. Except for some biomechanical problems, all of the patients represented an otherwise healthy population with a normal health history, normal blood counts and immune function.

At the beginning of their care, they completed a quality of life questionnaire that was repeated at 3 months and again at 9 months. A complete blood workup was also done at the same times.

All of the patients experienced significant reductions in all of the chiropractic factors that indicate spinal problems. They also experienced a major positive change in the Life Enjoyment section of the quality of life questionnaire measured at the 9 month point.

Their blood values stayed within the normal range for healthy adults during the study, leading the researchers to conclude that regarding chiropractic care, there are "possible links to immune status and improved aspects of health and quality of life."

They went on to conclude "long-term chiropractic care provides benefits to recipients. In addition to positive improvements in chiropractic indicators of biomechanical and neurological status, a large clinical effect regarding improvement in self-reported perceptions of Life Enjoyment were associated with care."

Commentary: So, long-term chiropractic patients experience improvement in biomechanical and neurological function and they enjoy their life more. Why would you NOT want your family and friends under chiropractic wellness care? Spread the word!