

# TOP 10 RESEARCH BENEFITS OF CHIROPRACTIC

## 1. SCIATICA:

EUROPEAN SPINE JOURNAL PUBLISHED AN ARTICLE SHOWING 72% SUCCESS RATE FOR CHIROPRACTIC AS COMPARED WITH 50% FOR CORTICOSTEROID INJECTIONS AND ONLY 20% FROM PHYSICAL THERAPY.

British Medical Journal published an article showing faster recovery using chiropractic care than with physiotherapy or general practitioner care. It also showed that chiropractic was only about 1/3rd the cost of PT or GP care & results lasted longer too.

## 2. Low back & Neck Pain:

## 4. Colic, Infantile Reflux, & Ear Infections in children:

All of these have shown complete to near complete resolution just after a few chiropractic visits. Chiropractic has been noted as a viable alternative to medical care which have been associated with adverse events.

## 3. Headaches (Tension & Migraine):

Over 230 peer-reviewed articles reference chiropractic's ability to help rid, prevent, and ease the burden of headaches/migraines around the world.

## 5. NEUROLOGICAL CONDITIONS:

EXCITING MRI & CHIROPRACTIC STUDIES ARE REVEALING UPPER CERVICAL (NECK) ADJUSTMENTS CAN HAVE A POSITIVE EFFECT ON VARIOUS BRAIN CONDITIONS. MULTIPLE SCLEROSIS, BRAIN PLAGUING, EPILEPSY, AND EVEN SEIZURES TO NAME A FEW.

## 6. Blood Pressure:

Published in the Human Journal of Hypertension, one study showed that one upper cervical (neck) adjustment had the same effect as two blood pressure lowering drug. The effects of just one adjustment lasted more than 6 mo.

## 7. SURGERY PREVENTION:

THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION PUBLISHED ITS SURGICAL GUIDELINES SUGGESTING THAT THOSE SUFFERING FROM PAIN SHOULD FIRST TRY CHIROPRACTIC BEFORE RESORTING TO SURGERY.

## 8. FROZEN SHOULDER:

WHILE THE RESULTS OF THESE FINDINGS RANGED IN HOW MUCH RANGE OF MOTION WAS REGAINED, 98% SAW OVER A 50% INCREASE. 82% SAW OVER A 75% INCREASE IN RANGE OF MOTION, AND 32% OF PEOPLE SAW THE PROBLEM GO AWAY 100%.

## 9. Scoliosis:

Chiropractic along with muscular rehab techniques show strong evidence that they may prevent the progression of scoliosis and oftentimes decrease scoliotic curvatures. Most of this research is in the form of research case studies.

## 10. Athletic Performance:

Studies show that the reason chiropractic helps recovery and improves physical performance is because it reduces inflammatory cytokines (inflammation), boosts the immune system, enhances pulmonary (heart) function, decreases mental and oxidative stress, relieves muscle tension, increases energy levels.

Other positive research on chiropractic includes pregnancy pain & delivery times, osteoarthritis & joint pain, asthma & other respiratory issues, ADHD, anxiety, vertigo & dizziness, fibromyalgia, Bell's Palsy, and insomnia. What can chiropractic do for you?

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PRESENT THIS ARTICLE IN THE OFFICE FOR A COMPLIMENTARY NEUROLOGICAL ASSESSMENT TO SEE IF  
CHIROPRACTIC CARE IS RIGHT FOR YOUR HEALTH CONCERNS.



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