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PAIN RELIEF: 90% lower opioid usage in chiropractic patients than in medical patients

9

IMPROVED MOBILITY: 11% increase in flexibility in asymptomatic athletes; 30% increased mobility for patients with LBP within 2 weeks of starting chiropractic care, compared to those receiving only medical care for LBP

8

IMPROVED STRUCTURAL ALIGNMENT: 24% increased cervical lordosis and at 1 yr follow up, 10% loss of correction without regular chiropractic care

7

IMMUNE SYSTEM UPREGULATION: Cervical chiropractic adjustments have been associated with short-term increases in parasympathetic activity and may influence stress hormone levels. ↓cortisol = ↑parasympathetic activity, improving vagal-mediated regulation. Cortisol decreases of ~10–25% have been reported within 15–60 minutes after chiropractic adjustments

SHIFTING to PARASYMPATHETIC DOMINANCE

Vagal stimulation post chiropractic adjustments proven to reduce blood pressure 4-8MM Hg Systolic & 2-5mmHg Diastolic. Heart rate changes (within 10-20 minutes after an adjustment) 3-6 beats per minute. And HRV (High frequency HRV) changes 15-30%

6

5

IMPROVED ACTIVITIES of DAILY LIVING: up to 16% increase in leg muscle force after chiropractic adjustments; 5.4% fall rate in control group compared to 3.8% in chiropractic patients, showing improved balance and strength.

4

PROACTIVELY INVESTING IN WELL BEING: chronic diseases are greatly reduced - 93% diabetes, 81% heart attacks, 50% strokes, 38% cancer - when patients choose healthy lifestyles

2

BETTER BRAIN ACTIVITY AND PERCEPTIONS of our world: internally and externally. Adjustments increase our spinal proprioceptive input by more theta, alpha and beta brain waves which impacts our perceptions of the world-internally and externally.

BETTER MENTAL HEALTH - in a 3 yr, 14,000 chiropractic patient study, the most significant changes with regular adjustments were greater mental and emotional health, wellbeing, and reduced role limitations

3

LONGEVITY: Social isolation is DANGEROUS. 28% increased risk of premature death & 29% increased risk of heart disease. Chiropractic care is

1

care-giving which activates Type 1 interferons and changes our genetic expression. AND chiropractic care makes social connectedness a priority, improving quality and longevity.



10

BENEFITS OF CHIROPRACTIC CARE

SCAN HERE FOR MORE INFO AND RESEARCH



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PAIN RELIEF: █% lower opioid usage in chiropractic patients than in medical patients

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BETTER MENTAL HEALTH: in a 3 yr, █ chiropractic patient study, the most significant changes with regular adjustments were greater mental and emotional health, wellbeing, and reduced role limitations

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LONGEVITY: Social isolation is DANGEROUS. █% increased risk of premature death & █% increased risk of heart disease. Chiropractic care is **care-giving** which activates Type 1 interferons and changes our genetic expression. AND chiropractic care makes social connectedness a priority, improving quality and longevity.



TOP 10

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