

OPTIMAL HEALTH UNIVERSITY™

Presented by Dr. Joseph Baker

Highlights of 2005 Chiropractic Research: Part I

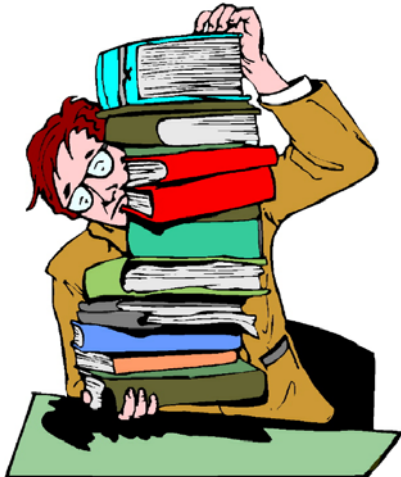
Dr. Baker believes that the doctor-patient relationship is a partnership. When fully informed, patients are better able to make choices that propel them toward optimal health. That's why, at the end of each calendar year, Dr. Baker reviews the past year's research on chiropractic and shares the most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

Vertebral subluxations are areas in the spine where motion is restricted or bones (vertebrae) are out of alignment. Dr. Baker 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.

Study Shows Chiropractic Improves a Vast Array of Conditions

A new international analysis released in June looks into the benefits of chiropractic care that involve organs or structures other than muscles and bones (non-musculoskeletal structures).

The experiment surveyed 5,607 chiro-



practic patients cared for by 385 doctors of chiropractic in Canada, the United States, Mexico, Hong Kong, Japan, Australia and South Africa.

The researchers asked the patients if they experienced improvement in allergies, asthma, breathing, circulation, digestion, hearing, heart function, ringing in the ears, sinus problems, urination and other non-musculoskeletal concerns.

A significant percentage of patients reported experiencing these benefits.

“Most common were improved breathing (27 percent), digestion (26 percent), and circulation (21 percent).”

Journal of Manipulative & Physiological Therapeutics — June 2005;28:294-302.
www.mosby.com/jmpt

Chiropractic Adjustments Affect the Nervous System in Ways Other Procedures Do Not

Chiropractic adjustments, which are sometimes called spinal manipulation, affect sensory nerves in a way that simply moving the spine through its range of motion — a technique termed “mobilization” — does not. These findings are from an analysis by researchers from the University of Newcastle in New South Wales, Australia.

The scientists write: “We hypothesize

that manipulation may particularly stimulate receptors within deep intervertebral [spinal] muscles, while mobilization techniques most likely affect more superficial axial muscles.”

Dr. Baker notes that this research is additional proof that chiropractic adjustments have a direct advantageous effect on the nervous system.

Medical Hypotheses — October 19, 2005;65.
www.sciencedirect.com

Cancer Patients Benefit From Chiropractic

A review study in the journal *Seminars in Oncology Nursing* concludes that “the judicious use of chiropractic services in cancer patients appears to offer many economical and effective strategies for reducing the pain and suffering of cancer patients, as well as providing the potential to improve patient health overall.”

The study's authors urge that “clinicians should assess and support the use of chiropractic services in cancer patients. Chiropractic is one of the leading alternatives to standard medical treatment in cancer pain management.”

Seminars in Oncology Nursing — August 2005;213:184-9.
www.sciencedirect.com

Study Compares Chiropractic With Medical Care

According to a report published in October, chiropractic is more effective than medical care and just as cost-efficient for patients with low-back pain (LBP).

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The study compared 2,780 patients cared for over a two-year period by either doctors of chiropractic or medical physicians.

Initial findings showed no significant difference in costs between the two types of care.

In addition, “acute and chronic chiropractic patients experienced better outcomes in pain, functional disability, and patient satisfaction.”

Journal of Manipulative & Physiological Therapeutics — October 2005;28:555-63.
www.mosby.com/jmpt

Chiropractic Alleviates Migraine

Seventy-two percent of migraine sufferers experience improvement after two months of chiropractic care, according to a scientific trial undertaken by Peter Tuchin, D.C., as part of his recently completed Ph.D. thesis at Macquarie University in New South Wales, Australia.

“Around 22 percent [of patients] had substantial reduction — which means that more than 60 percent of their symptoms reduced during the course of the treatment,” Tuchin says. “What makes this a really strong result is that this was a really chronic group — the average length of time they’d had migraines was 18 years. To get a change of that sort of magnitude in a really chronic group was quite amazing.”

“Another 50 percent had quite noticeable improvement. They either found that the frequency of the migraines was less, the length of time they had them was less or that they didn’t need to use their medications as much.”

Research Australia — July 22, 2005.

Chiropractic Improves Quality of Life Among Homeless Women

Although many doctors of chiropractic participate in outreach programs serving underprivileged populations, no studies have been published on the impact of chiropractic care on quality of life among homeless people — until this past year.

According to the article, “the patients in the cases studied received chiropractic care administered by chiropractic interns for a period of at least four weeks.”

Results of a standard health survey showed that all aspects of well-being increased following chiropractic care.

“It appears that chiropractic care holds promise and merits further investigation as one means of enhancing the quality of life in the homeless population studied in this case series report,” conclude the study’s authors.

Journal of Vertebral Subluxation Research — April 15, 2005:1-3.
www.jvsr.com

Chiropractic Adjustments Alter the Body’s Energy Field

Excessive exposure to electromagnetic energy has been linked to a plethora of diseases, including cancer.

Fortunately, new research shows that chiropractic adjustments may reduce body surface electromagnetic fields (EMFs).

Researchers determined the body surface EMF in 28 participants before and after they received chiropractic adjustments. They also monitored a control group of 17 people for body surface EMF at each session. Participants underwent a total of six sessions over a four-week period.

Body surface EMF declined following chiropractic adjustments at each visit. What’s more, EMF showed an overall downward trend during the four-week study period.

According to the report, “the same

changes were not observed in the control group. The chiropractic adjustment group also had a slight decrease in heart rate over the four-week treatment period, and no significant change was observed in the control group.”

Journal of Vertebral Subluxation Research — April 2005;28(3).
www.jvsr.com

Chiropractic Mitigates Shoulder Injury

A new analysis followed four patients with a common shoulder condition called shoulder impingement syndrome being cared for by a doctor of chiropractic.

The study’s authors write that “at one month follow up all patients continued to be symptom free with full range of motion and complete return to normal daily activities.”

Chiropractic & Osteopathy — September 2005;13:20.
www.chiroandosteo.com

More 2005 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 exciting series. Don’t forget to pick up your copy!

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