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## Chiropractic to the Rescue

### It Helps IBD, ADHD, PMS and Other Conditions

by Edward Group

**C**hiropractic care corrects spinal alignment abnormalities as a means of treating a wide range of health problems.

Addressing skeletal and muscular disorders and relieving pain are just the beginning. Research studies reported in the *Journal of Manipulative and Physiological Therapeutics* and the journal of healing science *Explore* have found chiropractic beneficial in treating connective tissue abnormalities, infant lactose intolerance and even autism.

More than \$13 billion is spent annually on chiropractic health services, making it the largest alternative health

practice in the U.S. Science supports its usefulness in addressing a wide range of conditions.

**BELL'S PALSY.** Recovery varies among patients as chiropractors create patient-centric treatment programs designed to improve facial motion and hearing, relieve pain and address other nerve-related issues (*Archives of Internal Medicine; Journal of Manipulative and Physiological Therapeutics*).

**INFLAMMATORY BOWEL DISEASE (IBD).** A Canadian survey of chiropractors has reported success in using spinal manipulation to relieve IBD, colitis and other bowel disorders (*Canadian Journal*

*of Gastroenterology & Hepatology*).

**CANCER.** The *Journal of Complementary and Alternative Medicine* publishes numerous studies of therapies supporting cancer patients suffering the side effects of conventional treatment. The *American Journal of Clinical Oncology* reports that chiropractic care rates as one of the leading alternative medical treatments for pain management, among other related benefits. Chiropractic offers economical and effective strategies that may help quality of life, as discussed in *Seminars in Oncology Nursing*.

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**HIGH BLOOD PRESSURE.** While many relevant studies can't yet generalize results, the *Journal of Manipulative and Physiological Therapeutics* documents success by chiropractors treating hypertension without the downside of medical drugs that can include the risk of stroke (University of Alabama at Birmingham).

**CHRONIC SINUSITIS.** Patients with nasal and sinus passages that don't drain properly due to physical or nerve-related causes may find relief through chiropractic care. A study cited in the same journal showed that patients experienced relief of all related symptoms after a single adjustment.

**ARTHRITIS.** A study published in a journal from the the University of Virginia School of Medicine Center for the Study of Complementary and Alternative Therapies notes that arthritis patients obtaining chiropractic care enjoyed better health and quality of life than those that did not.

**PREMENSTRUAL SYNDROME (PMS).** In clinical studies, combining manual spinal adjustment with soft tissue therapy has been found to relieve PMS discomfort. In one study, two groups of women were tested, switching off in receiving chiropractic adjustments or a placebo alternative. Each time, the group receiving chiropractic adjustments reported the greatest

improvements (*Journal of Manipulative and Physiological Therapeutics*).

**ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD).** A study published in *Explore* suggests that chiropractic care combined with other holistic elements such as appropriate nutrition may provide a more gentle, yet effective approach than conventional psychotropic drugs. It employed chiropractic treatment for boys 9 to 13 years old diagnosed with ADHD. Spinal manipulation with nutritional supplementation was reported to improve hyperactivity, inattentiveness, impulsiveness and behavioral, social and emotional difficulties.

**HEADACHES.** Based on recent studies, spinal manipulation has proven effective against migraines and headaches originating from the neck. Manual therapy of the spine, along with neck exercises, promotes improvement in patients with neck-related headaches. Side effects are rare and minor (*Journal of Manipulative and Physiological Therapeutics*).

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