
■ Chiropractic restores health in asthma patients

In the May, 1995 *Chiropractic Pediatrics*, a study found that a reduction in asthma symptoms in a group of children correlated to the correction of Vertebral Subluxations in the children's spines.

According to the study, “All participants showed measurable improvement on radiographs [x-ray films] which correlated with an improvement in asthma symptoms in seven of eight cases.”

The study also reported that after the 10th Chiropractic adjustment, an overall increase of 25.38% occurred in the mean average Peak flow meter reading which tests breathing and lung capacity.

Parents of the children involved in the study reported there was a significant reduction in the need for medications to control asthma symptoms. “Seven parents stated that their child reduced the need for medication. Four parents stated that their child did not require any medication to control their asthma symptoms. Additionally, two parents stated that their child did not need to use the inhaler type medication that they had previously needed on a daily basis.”

The authors go on to state, “The obvious clinical importance of this study is that children will benefit by having vertebral subluxations reduced/corrected that could interfere with normal respiratory function, especially lung capacity.” ▲

■ Chiropractic adjustments decrease severity of asthma symptoms

The September, 1995 issue of the *Palmer Journal of Research* reports on a case study where a patient's case of intrinsic asthma decreased in intensity after a series of Chiropractic adjustments.

Intrinsic asthma has no known cause but is associated with allergens coming from within the body (as opposed to extrinsic causes from outside the body) such as bacteria or viruses in upper and lower respiratory infections.

The 18 year-old patient in the study had a two year history of bronchial asthma; the onset of which coincided with trauma to the neck. Specific adjustments to the upper part of the neck were given and focus was on correction of spinal subluxation to restore proper nerve function to the organs of respiration.

According to the study, there were marked improvements in the patient's health status with the greatest improvements reported in the weeks immediately following the adjustments.

A previous pilot study reported similar reduction of severity results in the *Journal of the Australian Chiropractic Association* in 1986 [16(4):137-43]. Researchers found that asthma patients under chiropractic care experienced such a reduction of their symptoms that they were able to reduce their medication intake by an impressive 46.67%.

Vertebral Subluxation reduces your body's abilities to heal and repair itself. Chiropractic is the only Health Care profession that specifically deals with the correction of Vertebral Subluxation and its resulting interference to proper body function. These studies show that the correction of interference and restoration of proper nerve function allows the body to not only function better but maintain proper function with lifetime Wellness Care. ▲

■ Asthma Patients Respond To Chiropractic Care

The November/December 2000 issue of *Today's Chiropractic* reports that patients with persistent asthma that ranged from mildly persistent to severely persistent not only improved dramatically under chiropractic care but maintained that improvement for a two year follow-up period.

In the study, 47 patients from age 7 to 42 participated. The patients were seen between 14 and 44 times and most began care at 3 visits per week for the first 4 to 8 weeks.

Improvement was based on the patient's improvement in their symptoms as well as their use of asthma medication. All 47 of the patients showed significant improvements from 87 to 100 percent. At the two-year follow-up, all 47 of the patients also reported that they maintained the improvements they made at the beginning of the study.

The authors in this study point out that 17 million Americans suffer from asthma and 14 people die in the United States every day as a result. Annually, we spend more than \$13 billion treating asthma medically, more than three times the total amount spent every year on chiropractic care. Yet, asthma is the leading cause of hospitalizations of children and has shown an alarming 58% increase in its death rate since 1979, one of only three diseases to do so.

By way of commentary, it seems obvious that throwing money and medicine at asthma patients clearly isn't working. In fact, a good argument could be made that it is making the situation worse. Might that \$13 billion be better spent, with better results, if it was spent on restoring asthma patient's health and function with chiropractic care? We think so.

The patients in this study achieved improvements in their asthma symptoms not because chiropractic is a cure for asthma. They improved because chiropractic care helps restore normal body function by removing interference to the body's master control system, the central nervous system.

\$13 billion worth of medical care every year and the problem has only gotten worse. Every one of the patients in this study improved a minimum of 87% under chiropractic care. The choice seems very clear. ▲