

■ Patients with obstructive pulmonary disorders improve with chiropractic care

A literature review at the website of the *International Chiropractic Pediatric Association* (visit their website at <http://www.4icpa.org>) finds that patients with obstructive pulmonary disorders improved when they received spinal manipulation (the generic, medical term typically used by medicine when referring to chiropractic adjustments).

Obstructive pulmonary disorders typically result from a narrowing of the air passages in the lungs and can be associated with severe bronchitis and emphysema.

One study reported in the *Journal of the American Osteopathic Association* [1975; 74(8):757-60] found that the average reduction in severity of symptoms was approximately 10.7% in patients undergoing spinal manipulation.

Another case study presented in the *Journal of Manipulative and Physiological Therapeutics* [1988; 11(6): 505-10] noted that a patient with a 20 year history of Chronic Obstructive Pulmonary Disease (COPD) improved under chiropractic care. Improvement was noted in many areas including forced vital capacity, coughing, fatigue and ease of breathing.

By way of commentary, chiropractic helps restore your body's normal function (health) by removing interference to how it works. Your chiropractor focuses on correcting vertebral subluxations, misalignments of the small bones of the spine. In this way, chiropractic care enables your body to work to the best of its ability. Studies repeatedly show that a properly working body is better able to deal with sickness than a malfunctioning body.

■ Lung Function Improves With Chiropractic Care

A study presented in the September, 1997 issue of the *Journal of Vertebral Subluxation Research* finds that patients in the study experienced "significant positive changes" in breathing capacity and lung function under chiropractic care.

55 patients were studied in a private office setting. Of the 55, 33 (60%) of them had lung function outside the normal range. All the patients were monitored with spirometers (instruments which measure lung capacity and function) before and after chiropractic care.

While the average lung function of all 55 patients improved, the 33 whose breathing was most impaired had the best response to chiropractic care. Also, patients who were in the 48-80 age group did better than those in the 18-47 age group.

It doesn't surprise us that those patients with the most impairment improved the most under chiropractic care. This study is a prime example that when nerve interference, such as that which occurs with a vertebral subluxation, is corrected, the body is better able to repair itself and maintain a higher degree of health. Ensuing research supports this fact. The Fall 1999 issue of the *Chiropractic Research Journal* (vol. 6, no. 2) reports that patients under chiropractic care reported an improvement in their general health status after receiving chiropractic adjustments.

Your entire family needs to be under Lifetime Chiropractic Wellness Care so that they can function to the best of their abilities and stay healthy for the rest of their lives. Any questions? ▲

■ Antibiotics useless in upper respiratory infections

Antibiotics are of no value in fighting common upper respiratory infections such as tonsillitis and sinusitis according to two studies from the *British Medical Journal* in March of 1997.

In the first study, 700 patients with sore throats got better in three to five days whether they took antibiotics or not.

The second study compared amoxicillin with a placebo in patients with badly infected sinuses during periods when the infection bothered them and for a year afterward. There was no difference between the amoxicillin and the sugar pills used for the placebo. ▲