

# Reduction in Blood Pressure with Chiropractic

A study published on August 11, 2014, in the scientific periodical the Journal of Upper Cervical Chiropractic Research, added further evidence showing that chiropractic care has a positive effect on blood pressure. Numerous prior studies showed that people with high blood pressure who received chiropractic care experienced a blood pressure reduction. One study even showed that people who had low blood pressure had their pressure return to normal.

In the opening of the study, the author points out, "According to the American Heart Association, hypertension and related cardiovascular diseases continue to be a leading cause of death in the United States effecting approximately 77.9 million adults." He continues by noting, "The American Heart Association reports high blood pressure was listed as the cause of death or contributed to over 348,000 American deaths in 2009."

In this study, twenty people were randomly divided into two groups. One group, the control group, received a simulated adjustment that sounded real but no movement of the spinal bones occurred. The second group received a real chiropractic adjustment. Follow-up data was taken from all subjects at nearly the same times so as to make the collection of results consistent. The adjustments given to the subjects were for correction of detected Atlas (top bone in neck) subluxations.

To give both groups in the study the same experience, an instrument was used to render an adjustment to the group that was getting a real adjustment. In the control group, the instrument was set to make sound but not deliver a thrust, therefore simulating a real adjustment. After either the real adjustment or the simulated procedure, all patients were asked to lay on the table for one minute. Afterward, standard post-adjustment procedures were performed to verify that spinal changes occurred in the group that got the real adjustment while no spinal changes occurred in those