



IF IT AIN'T BROKE, DON'T FIX IT... RIGHT?

Some of you may be wondering: I have no pain, should I see a chiropractor?

Aside from preventing possible health problems, chiropractic care can be very beneficial to asymptomatic subjects. A very interesting review of the scientific literature published in the Journal of Vertebral Subluxation Research in 2004 revealed fascinating results. Dr. Shawn Shannon reviewed over 20 studies that documented objective health benefits in subjects that were described as being asymptomatic healthy or free from physical injury.

What this means in plain English is that the authors of the studies reviewed were able to measure improvements in the health of people receiving chiropractic care, even if these people had no pain or other symptoms. The subjects that were adjusted by chiropractors showed improvements in muscle strength and balance, immunological responses, blood pressure, heart rate variability, aerobic capacity, ranges of motion, athletic performance, anxiety levels, pupillary diameter and beta-endorphin levels, to name a few.

The conclusion of the review was nothing less than mind-boggling: **“The data reviewed lend support to the contention that chiropractic adjustments, often for the purpose of correcting vertebral subluxation, confer measurable health benefits to people regardless of the presence or absence of symptoms. A significant amount of preliminary evidence supports that people without symptoms can benefit from chiropractic care. Improved function can be objectively measured in asymptomatic individuals following chiropractic care in a number of body systems often by relatively non-invasive means. It is plausible that chiropractic care may be of benefit to every function of the body and have the potential for long-term, overall health benefit to those receiving chiropractic care.”** WOW! And you thought chiropractic was just for back pain!

Chiropractors are specialists in the detection and correction of vertebral subluxations. Subluxations in the spine can interfere with the delicate nerves connecting your brain to every single part of your body, even if you don't feel it. Correcting these subluxations can have far-reaching effects in the function of many different body parts.

Have you and your loved ones been checked for subluxations lately?

Dr. Liana Harper and Dr. Pierre Gaulin are in private practice in Coaldale, and are the proud parents of two healthy children. They can be reached at

Harper Chiropractic Health Centre at 345-2266
or their website at
www.harperchiro.ca

Disclaimer: The above represents the opinion of the authors, based on extensive research and years of clinical practice. It is not intended for self-diagnosis and treatment. Please consult a health care professional as your specific condition might require different recommendations.