

# Chiropractic Benefits the Heart

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Your heart is the reason you are reading this, it is the center of your cardiovascular system and is vitally responsible for giving your body life. Keeping your heart healthy may seem like a difficult task. After all, you have to maintain a nutritious diet, stay active, and manage things like cholesterol levels. Your heart health is something that should be taken very seriously. In recent years, studies have shown that chiropractic manipulations can help to prevent heart attacks, reduce heart rate, relieve chest pain, and lower blood pressure.

A chiropractic adjustment, also known as spinal manipulation, refers to a chiropractor applying manipulation with his or her hands to the vertebrae that have abnormal movement patterns or fail to function at their optimal peak. The object of this treatment method is to reduce the subluxation (trapped gas in the joint) with the goals of increasing range of motion, reducing nerve irritability and improving function. With chiropractic care, a patient may not only be able to manage the current condition of their heart, but they may be able to fend off heart disease for good.

## How Chiropractic Care Helps the Heart

Receiving chiropractic treatment doesn't cure heart disease, but it can certainly help prevent it. Chiropractic adjustments can possibly treat people suffering from heart problems, specifically because chiropractic care is based on the theory that the nervous system is responsible for maintaining optimal health in the body. When there are disruptions in the spine, this can interfere with how efficiently the nervous system is transmitting information to the brain and other parts of the body. When the spine is misaligned, the normal function of the nerves is affected and vertebral subluxations have been shown to adversely reduce heart function. When the spine moves back in line, after a few chiropractic adjustments, the body is able to return to its natural state, benefitting the muscles, nerves, tissue, and most importantly, the heart beating in your chest.

Although chiropractic care is mainly associated with alleviating soft tissue discomfort and musculoskeletal issues, the benefits extend way beyond manipulations of the spine. Please consult with your doctor to see if chiropractic treatment is right for you.