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RESEARCH STUDIES CONFIRMING THE BENEFIT OF CHIROPRACTIC CARE

Many people make the claim that there is no scientific proof of the benefit of chiropractic care. Here is a summary of just a few of the research studies that confirm the benefits of chiropractic care.

High Blood Pressure Study: 50 people with high blood pressure were randomly split into two groups. Half received a chiropractic adjustment and half received a “fake” adjustment. The blood pressure was checked before the adjustment and then 8 weeks later. The average blood pressure of the group receiving the adjustment dropped from 147/92 to 130/82. The group with the fake adjustment changed from 145/91 to 142/89. The drop of the adjusted group is comparable to the effect expected with taking two medications. *The Journal of Clinical Hypertension, May 2006*

DNA Repair: Serum thiol levels in a cell is an indicator of DNA repair. The higher the level of serum thiol, the greater the ability of the cell to repair its DNA, so it is an indicator of health status, longevity, and aging. The levels were checked in three groups: patients not under chiropractic care with a disease, patients under chiropractic care for less than a year, and patients under chiropractic care for more than a year. There were statistically significant differences in the serum thiol levels. The group with disease and no chiropractic care had the lowest levels. The group under chiropractic care had higher levels, but the group that had been under chiropractic care for over a year had the highest levels. This would indicate that wellness chiropractic care has a measurable effect on health status, longevity and aging. *Journal of Vertebral Subluxation Research, February 2005.*

Addiction: In a randomized clinical trial with 98 addicts, it was found that daily chiropractic adjustments, 5 days a week, over a 30 day period increased the retention rate to 100%. This was compared to a control group receiving no extra care (56% retention), and a sham group receiving a fake adjustment (75% retention). It was also found that the level of anxiety and the number of visits to the nurses in the program were also significantly less for the adjustment group. *Molecular Psychiatry, February 2001*

Quality of Life: 2818 patients from 156 chiropractic offices were given a questionnaire to rate changes from before they started chiropractic care to the present in four areas of their health:

1. Physical health
2. Mental/emotional health
3. Stress
4. Life enjoyment

All four areas combine to measure quality of life. Patients reported significant positive changes in all four areas, starting as early as 1 to 3 months and continuing to improve while the patient was under care. The longer a patient was under chiropractic care, the more positive the changes they perceived in these four areas. In other words, within this large sample, a maximum level of benefit was never achieved. *Journal of Vertebral Subluxation Research, Volume 1, Number 3*

Effects on seniors: This was an analysis of insurance records comparing persons over 75 who were seeing a chiropractor with non-chiropractic patients. Recipients of chiropractic care reported better overall health, spent fewer days in hospitals and nursing homes, used fewer prescription drugs, and were more active than the non-chiropractic patients. *Topics in Clinical Chiropractic, June 1996*

Absence from work and hospitalization: In 1987 a survey of 17,142 chiropractic patients in Italy were found to have a 55% to 75% reduction in missed days from work and 87% reduction in hospitalization. www.icpa4kids.org

(over)

Maintenance care for seniors: 73 Chiropractors were asked to enlist for this study patients over 65 who had been under maintenance care for over 5 years and were seen at least 4 times a year. The average number of visits to medical providers for this group was 4.76 a year, about half of the national average of 9 visits for individuals over 65 years of age. *JMPT, January 2000*

Headaches: 53 headache sufferers were randomly divided into a group that received chiropractic adjustment and a group that got massage and low-level laser therapy. Both groups got treatment twice a week for three weeks. The use of painkillers was reduced by 36% in the adjustment group but was unchanged in the massage group. The number of headache hours was reduced by 69% in the adjustment group, compared to a 37% drop in the other group. Headache intensity decreased by 36% in the adjustment group, compared to a 17% reduction in the other group. *JMPT, June 1997*

Infant Colic: 316 infants with moderate to severe colic were given chiropractic care. The mothers were provided a diary and kept track of the baby's symptoms, intensity, and length of colicky crying, as well as how comfortable the infant seemed. 94% of the children within 14 days of the chiropractic care (usually 3 visits) showed a satisfactory response. The improvements were maintained after 4 weeks. Of note is that 51% of the infants had undergone previous unsuccessful treatment, usually drug therapy. *JMPT, August 1989*

Children's ear infections: 332 children with otitis media or ear infection were evaluated for the number of adjustments, the length of time to resolve and the overall recurrence rate over a six month period of time. The results showed a strong correlation between the chiropractic adjustment and the resolution of otitis media in this study. *Journal of Clinical Chiropractic Pediatrics, Vol 2, No. 2, 1997*

Pediatric asthma: This study tracked 36 children with chronic mild or moderate asthma. Over 3 months they received either chiropractic adjustments or "fake" adjustments. No difference was found in lung function but the children receiving chiropractic care rated their quality of life substantially higher and asthma severity substantially lower. These improvements were maintained at the 1 year follow up assessment. *JMPT, October 2002*

Review of Literature: In 2004 a comprehensive review of earlier studies was done by Sean Hannon, D.C. specifically looking for the health benefits of adjustments in patients with no symptoms. He reviewed 65 different studies that had been done by other researchers. To quote from his conclusion:

Data reviewed in this article lend strong support to the popular contention that chiropractic adjustments, for the purpose of correcting subluxations, confer health benefits to people regardless of the presence or absence of symptoms...The notion that there is no evidence of chiropractic care being of benefit to individuals without musculoskeletal complaints appears erroneous.

This review collectively documents statistically significant improvements in respiration, range of motion, heart rate variability and autonomic function, endocrine function, cardiovascular function, immune function, muscle strength and overall athletic ability of "healthy" or "normal" individuals. Other studies have documented statistically significant increases or improvements in reaction-time, information processing, visual acuity, stress and reproductive hormones, healing/recovery time, general health of senior citizens, and reduced labor times of pregnant women following or during chiropractic care.

Considering that these initial findings document objectively measured physiologic changes and their associated health benefits in nearly every major system of the human body, it is plausible that chiropractic care may benefit every function of the body. *Journal of Vertebral Subluxation Research, 2004*