

# From Iowa to corners of the globe

## Chiropractic provides better health care for millions

**C**hiropractic continues to gain popularity for a variety of health reasons. Chiropractic represents one of the largest healthcare professions in the world and continues to grow as access, awareness, and education present people with the full scope of benefits radiating from constantly growing data and research which demonstrates massive health potential within a well-functioning nervous system. The profession of chiropractic started in the city of Davenport, Iowa, back in 1895. A hearing-impaired custodian (Harvey Lillard) experienced hearing restored after a series of adjustments from the founder of chiropractic, Dr. D.D. Palmer.



The very first chiropractic patient did not receive adjustments for neck or back pain. **His pursuit was health and restoration.** Approximately 93 percent of current chiropractic patients visit a chiropractor for the first-time seeking relief from back or neck pain but soon discover benefits which extend far beyond the scope of pain relief. Evidence-based research like the initial case of Harvey Lillard continues to grow and educate more people about the science, unique process, and healing philosophy surrounding chiropractic care.

Chiropractic gained an initial following in the early 1900s. The flu pandemic of 1918 served as the major watershed moment in time which earned chiropractic worldwide acclaim. The Spanish Flu epidemic claimed the lives of 500,000 Americans and millions of others around the world. Historical health documents and statistics reveal that people receiving spinal adjustments for nervous system health experienced a much lower casualty rate than those not under chiropractic care. The global fear of flu and sickness led many people to begin utilizing chiropractic care to strengthening their immunity and better preparing their bodies to combat sickness and disease.

Scientists and researchers struggled at the time to understand why such incredible health improvements occurred through the spine that seemed unrelated to spinal health. Better anatomical research and scientific methods evolved with time and helped better explain the function of the central nervous system as it relates to both spinal care and overall health. An intimate connection exists between the spine

and nervous system. **Better mobility and communication through the spinal cord and nervous system allows the body to better regulate immunity, hormones, and healing.** These reasons alone provide ample reason for children, adults, and seniors to investigate and experience chiropractic care without any presence of back or neck pain.

**Chiropractors do not claim to heal or cure diseases.** Chiropractic adjustments focus on removing

interference and immobility from the brain to body communication system. Over 90 percent of people initially go to a chiropractor to address an issue of pain but evidence of improvement in energy, immunity, athletic performance, memory, and concentration circulate as testimonies which continue to increase the number of people who seek nervous system care for optimal health and overall wellness.

Side effects of chiropractic care provide a litany of reasons to pursue nervous system health. **Patients report better sleep, lower stress, and hormonal balance as proactive improvements which lead to healthier relationships, better school/job attendance, and an overall improvement in quality of life.** Recent research determined that 4-5 million Canadians visited a chiropractor in the past 12 months. These growing numbers represent a healthcare option trusted by more and more people in all provinces and around the world as nearly 100,000 chiropractors pursue better health care for millions of people worldwide every single day.

**Spine December 1, 2017**

*"The Prevalence, Patterns, and Predictors of Chiropractic Use Among US Adults: Results From the 2012 National Health Interview Survey."*

J Adams, W Peng, H Cramer, T Sundberg, C Moore, L Amorin-Woods, D Sibbritt, R Lauche



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