

# Chiropractic care & improved vision

## research links vision to musculoskeletal function in the neck

Every year all pilots must pass a rigorous vision test to maintain their pilot's license. A serious concern for aging pilots comes from a loss of visual acuity and strength. Those skills impact licensure, employment, and overall well-being. Even small advantages ranging from nutrients to eye exercises prove valuable to pilots who adopt vision improvement methods and strategies to bolster



an irreplaceable need for impeccable sight clarity. **A group of pilots at Delta airlines discovered an insider secret which produced measurable improvements on the vision test.**

The secret benefit came from chiropractic care. Some pilots discarded the advice while others took a chance on this noninvasive method of maximizing total body health. **The results speak for themselves.** Years passed and masses of pilots still utilize the benefits of chiropractic adjustments to not only improve eyesight before a vision test but also experience optimal health and function. No magic pill existed for these aviation experts. Research simply proves a dynamic link between the spine, a chiropractic adjustment, and vision capacity.

**Chiropractic adjustments improve vision by influencing the central nervous system and the intrinsic muscles of the eye involved with sight.** The Snellen Eye Chart found in doctors' offices comprises the standard eye test with lines of big and small letters used to evaluate the vision strength. Chiropractors report that post-adjustment tests show the ability to improve visual capabilities by as much as two lines. An adjustment delivered such an improved period of function within the nervous system that a subject proved able to increase their sight capacity by an additional two lines beyond their baseline.

The large meta-analysis research confirms a relationship between the visual system and the musculoskeletal system of the neck. The health and function of the neck bones, joints, and muscles directly influence vision. The scientific connection helps explain why chiropractic adjustments help improve visual acuity and sight.

Chiropractic possesses the power to influence and improve the health of a pilot looking to renew a license, a child attempting to maximize their capacity to learn and read, or an adult determined to preserve the most priceless human sense. Every adjustment improves the body's ability to heal itself by improving the brain's ability to send and receive nerve messages. Improved eyesight

and vision represent just one of many benefits achieved through chiropractic adjustments. **People of all ages and conditions deserve to understand and experience the benefits of chiropractic care for maximized function and optimal quality of life.**

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*"Visual system disorders and musculoskeletal neck complaints: a systematic review and meta-analysis."*

MC Sanchez-Gonzalez, E Gutierrez-Sanchez, JM Sanchez-Gonzalez, M Rebollo-Salas, C Ruiz-Moliner, JJ Jimenez-Rejano, V Perez-Cabezas



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