

February is HEART HEALTH Month

Chiropractic has been Helping Hearts for 124 Years!

Spinal health plays a significant role in heart health. The most popular reason to visit a chiropractor tends to be for relief of back and neck pain yet science and research continue to prove that chiropractic helps bring healing and relief to conditions seemingly unrelated to the spine. The spine and nervous system serve as a conduit for the brain's communication with the rest of the body. The brain's ability to send and receive information plays a crucial role in health and immunity.



The spine shares an intimate connection with the entire body through a direct relationship with the brain and central nervous system. The spine contributes to many aspects of health and human performance but requires proper positioning, alignment, and freedom of movement. **Movement of each spinal vertebra ensures good input into the brain.** The health of the heart and other organs depends upon good input into the brain through movement in the spine.

Chiropractic plays a significant role in heart health. When the spine does not move appropriately, stress builds up in the nervous system which directly influences blood hormones and heart health. Spinal adjustments ensure a well-functioning spine operates without misalignment. Gentle movement which aligns the bones of the spine improve alignment and allow movement that lowers stress and improves optimal function in the organs.

February is heart health month. Heart disease continues to rank in the top three causes of death year after year. Heart hospitals and cardiologists get busier every year with no end in sight. Many unhealthy lifestyle factors play a role in the decline of heart health over the past three decades.

Heart disease statistics of note include:

- Someone experiences a heart disease-related event every 34 seconds
- Approximately 787,650 Americans die from heart disease each year (1 in 3 deaths)
- An average of 2,150 Americans die from heart disease each day (1 death every 30 seconds)
- Approximately 68% of people with diabetes will die from heart disease or stroke

Diet, exercise, and a positive mindset play critical roles in heart health. Research evidence also proves that taking care of the spine also plays an important role in maintaining a healthy heart. Heart rate variability (HRV) specific measures heart health. HRV measures changes in time intervals between successive heart beats. HRV operates under

the direct control of the autonomic (automatic and subconscious) nervous system. A balanced HRV proves critical for heart health, organ control, and health optimization. Imbalanced, or lowered HRV links to heart disease, immune challenges, cancer, and virtually every chronic disease. Improving HRV significantly affects heart health, overall health, and longevity.

Studies showed that spinal adjustments to the upper neck region influence the measurement of heart rate variability. Spinal adjustments to the upper neck stimulate a part of the nervous system responsible for balancing heart rhythm, normalizing blood pressure, and improving blood vessel control. Evidence proves that the benefits of chiropractic care extend far beyond back and neck pain. **Better heart health represents one of many major functional improvements which go hand in hand with investing in chiropractic care.**

Journal of Alternative and Complementary Medicine
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"Suboccipital decompression enhances heart rate variability indices of cardiac control in healthy subjects."
PD Giles, KL Hensel, CF Pacchia, ML Smith



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