



Chiro Health & Wellness

Active Chiropractic (519) 256-8966

573 Tecumseh Rd. East, Unit 2, Windsor, Ontario

Dr. A. Angelini, BSc, DC, A.R.T.

Active Release Techniques Provider

This Issue:

- Effects of chiropractic treatments on blood pressure
- Chronic low back pain: Comparison

Book Of The Month

From Hormone Hell to Hormone Well Discover Human-Identical Hormones as a Safe and Effective Treatment for PMS, Perimenopause, Menopause or Hysterectomy

Quote of the Month

"I am seeking, I am striving, I am in it with all my heart".
-- Vincent Van Gogh--

Forward this newsletter to a friend so they may benefit.

Effects of chiropractic treatment on blood pressure and anxiety: a randomized, controlled trial.

In this patient-blinded, assessor-blinded, placebo-controlled study, the authors state that the data "lend support to the hypothesis that chiropractic manipulation of the thoracic spine significantly reduces blood pressure in patients with elevated blood pressure."

Both systolic and diastolic blood pressure decreased significantly in the adjusted group. Adjustments were delivered to segments T-1 to T-5 of the 21 patients in the group adjusted. No significant changes occurred in the placebo or control groups.

Source: Journal of Manipulative and Physiological Therapeutics, 1988; 11(6):484-8.

Chronic spinal pain – a randomized clinical trial comparing medication, acupuncture and spinal manipulation

Three groups of patients with back pain were given a nine week course of care using medicine, acupuncture or chiropractic care. The results showed a significantly higher number of satisfied chiropractic patients.

The 40 medical patients were given two anti-inflammatories (NSAIDs) and the pain killer Celebrex™, Vioxx™ or paracetamol. 18 dropped out early because the drugs either didn't help or caused side effects. Of the 22 who completed the study only two found relief.

Out of 32 patients who tried acupuncture 10 dropped out early because they weren't being helped. Of the rest 3 reported pain relief.

Out of 33 chiropractic patients eight dropped out because they weren't being helped. Of the rest nine reported pain relief.

Source: *Spine* 2003;28:1490-1503.

"It's not that some people have willpower and some don't. It's that some people are ready to change and others are not." - James Gordon, M.D.