

Why would chiropractic be good for your heart?

While most people know that heart health can be improved through diet and exercise, few realize the benefits that certain chiropractic procedures offer.

Adjustments to the neck may lower blood pressure in hypertensive cases as well as provide a better heart rate.

In 2007, a study by the Department of Preventive Medicine at Rush University found that adjusting the atlas (C1 vertebrae of the spine) can help lower systolic AND diastolic blood pressure. The link between the two is seen when there's pressure of the vertebral artery by a misaligned (subluxated) bone, leading to an unhealthy blood pressure reading. By adjusting that bone, the pressure is reduced and the heart's blood pressure is able to return to its normal levels.

The Upper Cervical Health Centers of America have found some indicators that show adjustments also allow the heart rate to return to normal levels. When the body is adjusted, the nervous system is allowed to better communicate through nerves, to the rest of the body and the improved communication allows the body to work better.

If you are looking for a way to improve your overall health, the natural way... Then a consult with a chiropractor is a great place to start. This may just be YOUR answer to living the life you've imagined.

*Submitted by Dr. Heather Yost, DACCP of Yost Family Chiropractic.
3993 100th St, Urbandale, IA. www.YostFamilyChiropractic.com*