

# STEWART CHIROPRACTIC NEWS... *Taking charge of your health!*

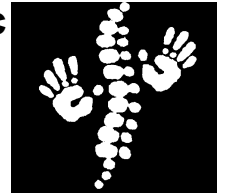
**DR KEVIN L. STEWART D.C. ♥ ADVANCED BACK & SPORTS INJURY CLINIC**

CHIROPRACTIC OFFICE HOURS: Monday, Wednesday, Friday 9 AM – 5 PM

Tuesday & Thursday 9 AM – 1 PM Saturday By Appointment (209) 368-0619

400 E. KETTLEMAN LANE, SUITE 21, Lodi, 95240

[www.bestyoucanfeel.com](http://www.bestyoucanfeel.com)



December 2005

## Update on Chiropractic Research



For many years most patients seem to have come to chiropractors for treatment due to the failures with traditional medical treatments. Americans are waking up to the fact that

better health through better chemistry does not work and are turning to more natural and holistic methods to correct and maintain their health. We are also realizing that each of us is responsible for our health, and that we need to take a more active role in managing that health.

The purpose of scientific research is to discover facts and describe how certain things behave or react. In the case of chiropractic, science has barely scratched the surface of understanding how to explain what has been experienced by millions of chiropractic patients. In many cases, we have theories and we have reports of what happens to our patients in our offices. The goal of chiropractic research is to understand exactly what happens to the body when an adjustment is given and how we can provide even better care. Over time, scientific investigation will discover a number of truths regarding chiropractic care, which will help us understand a great deal more about why chiropractic works in the way it does.



In the past, most of the research for chiropractic has centered on how people responded to the care given in comparison to other forms of treatment. A few months ago, I wrote an article on the results of this type of research, which showed that of the six most popular treatments, chiropractic scored the highest in patient satisfaction. Recently, however, chiropractic research has moved towards investigating how the treatment affects the processes and functions of the body directly. For example, this last year a number of studies have been conducted on the effects of chiropractic adjustments on the immune system. The results of these studies revealed a significant increase in the activity

of T and B lymphocyte numbers, NK cell numbers, antibody levels, phagocytic activity and plasma beta-endorphin levels. The results showed in some cases an increase in activity of up to 900%. It is no wonder that many patients come for treatment to prevent colds and flus or to overcome the effects of colds and flus when they fall ill.

In May of 2004, research into the effects of chiropractic adjustments on blood pressure demonstrated "significant" decreases in systolic, diastolic, and pulse pressures. The difference was noted after each adjustment within minutes. Changes in blood pressure were measured by as much as 25 points. After a course of 10 adjustments there was an average reduction of blood pressure overall by 15 points.



One of the most intriguing studies was conducted at the University of Lund and published in March of 2005. The researchers measured serum thiol levels in four different groups of people. Serum thiols are primary antioxidants serving as a measure of human health and are necessary for DNA repair and enzyme activity; which also correlates with lifespan and aging. The higher the levels of serum thiol, the faster and more effective the body is at healing and repairing damage. The 4 groups in the study consisted of: those who had some health condition or disease; those who had no health conditions and described themselves as healthy, but had never seen a chiropractor; the 3<sup>rd</sup> group had been seeing a chiropractor less than one year; and the 4<sup>th</sup> group consisted of those who had been seeing a chiropractor for longer than 2 years. The researchers demonstrated a linear increase of serum thiol levels starting with the lowest levels found in group 1, those with defined health problems and conditions, with the highest levels of serum thiol in the group which had received chiropractic care the longest; thiol levels being 4 times higher in the 4<sup>th</sup> group than in the first group. These results were demonstrated for all age groups and males

and females equally. The researchers noted, "The results clearly support the recommendations being made for wellness care by chiropractors."

There is a growing body of evidence that wellness care provided by chiropractors can reduce health costs, improve health, and enhance our quality of life. These studies and many more demonstrate chiropractic's ability to not only reduce symptoms, but also to enhance health, help prevent diseases and illness, and allow a person to heal faster.

At this time of the year more than at any other time, we turn our thoughts and attention to those things, which truly matter. Family, health, friends, and freedom top the list for me as well as for many of us. An old Arabic proverb comes to mind, "He who has health has hope; and he who has hope has everything."

I would also like to take this opportunity to thank all of you for enriching my life, allowing me to serve you and do what I love so much. May God bless you all with his goodness and the bounties of life.



DR. KEVIN L. STEWART takes pride in the 12 years he has offered skilled chiropractic care to his clients. His commitment to his patients and their health keeps him abreast of the latest technologies as well



as advances in patient care. In accordance with his commitment to patient comfort, satisfaction and convenience, Stewart Chiropractic is open 5 days a week and provides emergency care 24 hours a day, 7 days a week. In treatment programs, prescribed gentle adjustments, advanced techniques, modern diagnostic, and therapeutic equipment are combined to attain optimum patient care.