

SPINAL HEALTH = ORGAN HEALTH



Optimizing Nervous System Function

Chiropractic care focuses on the relationship between the spine and the nervous system, recognizing that optimal spinal alignment is essential for the free flow of nerve impulses. Regular adjustments support efficient communication between the brain and organs, enhancing their performance and increasing their lifespan. Additionally, a well-functioning nervous system contributes to better coordination of bodily functions, fostering an environment for sustained organ health.



Enhancing Blood Circulation

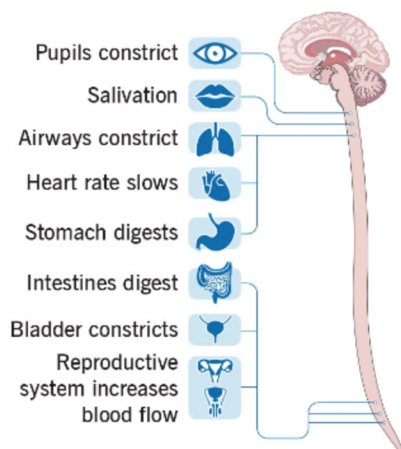
Beyond its impact on the nervous system, proper spinal alignment is thought to promote enhanced blood circulation. Efficient blood flow is critical for the timely delivery of oxygen, nutrients, and immune cells to organs. By aligning the spine, chiropractic care contributes to improved vascular health, creating an environment conducive to the longevity and optimal function of internal organs.

The Surprising Benefits of Chiropractic Adjustments on Internal Organs

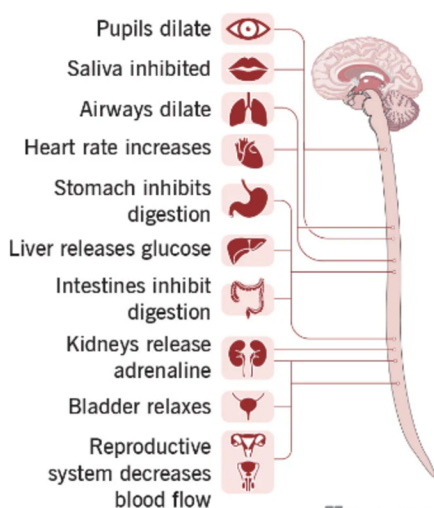
You know how important it is to get adjusted on a regular basis; it can help prevent arthritis, spinal degeneration, and improve flexibility. But what you might not know, is that getting adjusted every week can also increase the longevity of your internal organs. Spinal adjustments play a role in preventative, maintenance, and repair of internal organs.

Autonomic Nervous System

Parasympathetic Division



Sympathetic Division



Reducing Stress and Tension

Chronic stress and tension can take a toll on both mental and physical well-being, affecting various bodily systems, including organs. Chiropractic adjustments alleviate tension in the muscles, promoting relaxation and potentially reducing the overall stress load on the body. A relaxed and balanced system contributes to the durability and resilience of internal organs.

Supporting Organ-Specific Functionality

The connection between specific spinal segments and corresponding organs is a cornerstone of chiropractic philosophy. Through targeted adjustments, chiropractors aim to positively influence organ function. By addressing misalignments in these areas, the goal is to optimize the performance of individual organs, contributing to their long-term health and potential for increased longevity.

Preventing Dysfunction and Disease

Proactive health management is a key principle of chiropractic care. By addressing spinal misalignments early on, chiropractic adjustments are intended to serve as a preventive measure. The rationale is that maintaining optimal spinal function may help prevent dysfunction and disease in various bodily systems, including the organs, thereby supporting a longer and healthier life.



Your autonomic nervous system is the part of your overall nervous system that controls the functions of your body that you need to survive.

One of the most important studies done in chiropractic, performed by Dr. Henry Windsor, found that organ health has a direct correlation to spinal health. Dr. Windsor was a medical doctor who was interested by the fact that chiropractic patients were healing from organ related diseases. His objective was to find the diseased organs and see if the spinal nerves which control those organs were affected. In 3 separate medical studies, Dr. Windsor dissected 75 human cadavers and 22 cat cadavers.

This is what Dr. Windsor wrote:

"[Of the 221 diseased organs] 212 were observed to belong to the same sympathetic (nerve) segments as the vertebrae in curvature... These figures cannot be expected to exactly coincide...for an organ may receive sympathetic filaments (nerve endings) from several spinal segments."

Dr. Windsor found a 95.9% correlation between a minor misalignment in the spine and the diseased organ.

This is why getting a routine adjustment is so important! By maintaining the health of your spine, you're also maintaining the health of your organs!

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