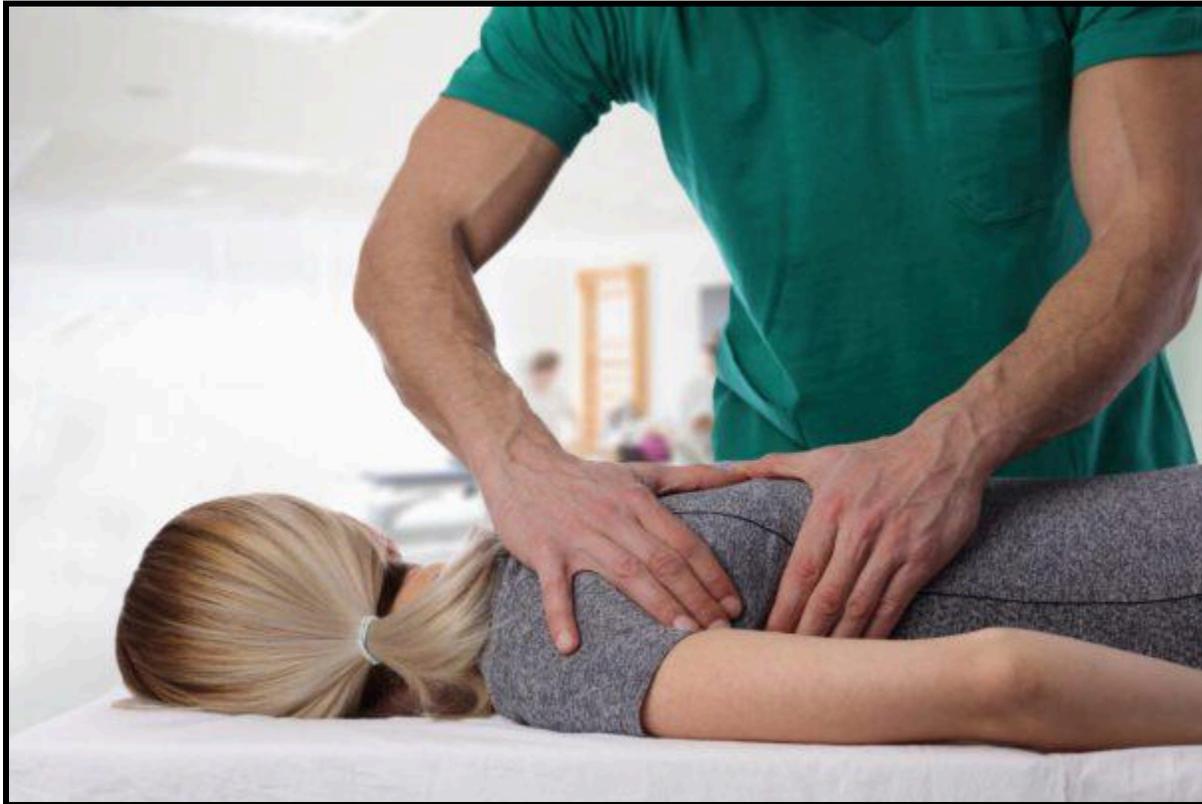




# Adjustments and Autoimmune Disease



## **A healthy nervous system means a healthier you.**

Autoimmune diseases occur when the immune system mistakenly attacks the body's own tissues, leading to chronic inflammation and a variety of symptoms. These conditions include rheumatoid arthritis, lupus, multiple sclerosis, and more. While conventional treatments focus on managing symptoms, chiropractic care is a complementary approach that can offer much needed relief for certain autoimmune symptoms.

Chiropractic adjustments focus on aligning the spine and improving nervous system function. The nervous system plays a critical role in immune regulation, as it helps coordinate immune responses throughout the body. Misalignments in the spine, called subluxations, interfere with proper communication between the brain and the immune system. This can exacerbate autoimmune reactions.

By correcting these misalignments, adjustments help to reduce inflammation, improve circulation, and enhance immune function. A properly aligned spine allows for better nervous system function, which helps the body regulate immune responses more effectively. Additionally, chiropractic care helps alleviate pain, stiffness, and mobility issues—common symptoms associated with autoimmune diseases.

One study published in the *Journal of Manipulative and Physiological Therapeutics* found that chiropractic care can positively affect immune function by enhancing the body's ability to maintain homeostasis. This demonstrates that getting adjusted can play a role in managing autoimmune symptoms by helping the body respond to inflammation more appropriately.

The evidence supports the benefits of spinal adjustments in improving symptoms and overall quality of life for individuals with autoimmune conditions. Everyone can benefit from getting adjusted.

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**Reference:** Brennan, P.C., Triano, J.J., McGregor, M., & Hondras, M.A. (1992). Enhanced neutrophil respiratory burst as a biological marker for manipulation forces: duration of the effect and association with substance P. *Journal of Manipulative and Physiological Therapeutics*, 15(2), 83-89.