



# Chiropractic Care and Diabetes



Diabetes is a growing epidemic in our world. Twelve percent of the United States population have been diagnosed with various kinds of diabetes, subjecting themselves to a lifetime of insulin, strict dieting, and careful blood sugar levels. Like many diseases, chiropractic care can provide aid by adding relief to the body and promote a natural, non-invasive approach to healing.

Diabetes has two general types. Type 1 exists when the insulin cells in the pancreas are destroyed by the body's immune system. Type 2 happens when the cells in the body are unresponsive toward the insulin, causing the pancreas to

produce more insulin. This leads to a deficiency of insulin in the body, which results in high blood sugar. In both cases, there is a common factor: the pancreas.

The nerves that supply your pancreas originate from your middle back and upper neck. When these nerves are unable to function properly—whether from stress, injury, or misalignment—the pancreas may not perform at its best. This can interfere with its ability to produce and regulate insulin effectively. Chiropractic care focuses on restoring and maintaining optimal communication within the central nervous system by correcting spinal misalignments that can disrupt nerve function. Improving spinal alignment may help support better pancreatic health and overall nervous system balance.

Most individuals with diabetes have Type 2 Diabetes. Chiropractors not only work to enhance nervous system function but also help patients adopt healthier habits, including exercise routines and nutritional improvements. For those managing Type 2 Diabetes, regular chiropractic care may aid in slowing the progression of the disease, supporting immune health, and promoting greater overall well-being.

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**Source:**

OC Wellness Physicians: “Chiropractic Care for Diabetes Sufferers”

<https://ocwellnessphysicians.com/chiropractic-care-for-diabetes-sufferers/>

At Last Chiropractic: “ 5 Ways Chiropractic Care Helps Treat Diabetes” (2023)

<http://atlastchiropractic.com/5-ways-chiropractic-care-helps-treat-diabetes/>

Dr. Ted Koziol: “Chiropractic Care: Beneficial For Diabetics”. Back & Neck Center (2012) <https://backandneckcenternj.com/chiropractic-care-beneficial-diabetics/>