



Chiropractic Care and Gut Health



A healthy nervous system equals a healthy gut.

The connection between the spine and digestive system lies in the nervous system. The spine houses nerves that regulate various bodily functions, including digestion. When misalignments, or subluxations, occur in the spine—particularly in the thoracic or lumbar regions—nerve interference can disrupt communication between the brain and digestive organs, potentially leading to issues such as acid reflux, constipation, or irritable bowel syndrome (IBS).

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Adjustments aim to correct these misalignments, allowing the nervous system to function optimally. By improving spinal alignment, chiropractic care can help restore proper nerve function, which may support better digestion and gut motility. Improvements in digestive symptoms such as bloating, cramping, and irregular bowel movements can occur after an adjustment.

One study published in the *Journal of Manipulative and Physiological Therapeutics* found that spinal manipulation had positive effects on patients with non-musculoskeletal conditions, including digestive issues. The research shows that chiropractic care enhances autonomic nervous system function, which plays a crucial role in regulating digestion (Kaminskyj et al., 2010).

By addressing spinal health, adjustments promote overall wellness, including improved gut function, leading to better digestion and reduced gastrointestinal discomfort. Want better gut health? Get your power turned on!

Reference: Kaminskyj, A., Frazier, M., & Johnstone, J. (2010). The Effect of Spinal Manipulation on Non-Musculoskeletal Conditions: A Systematic Review of the Literature. *Journal of Manipulative and Physiological Therapeutics*, 33(9), 682–696.