



Do Adjustments Make You Happy?



Did you know that chiropractic adjustments can improve your mood and gradually make you happier? No! You aren't imagining it! It is a scientific fact that getting adjusted relieves pain from the nervous system, causing the "happy hormones" to flow freely to your brain. This will have a positive impact on your mental health, as well as making your daily experiences much more manageable.

A chiropractic adjustment activates special receptors in your spine called mechanoreceptors, which help your brain understand how your body is positioned and moving. When these receptors send signals to your brain, it responds by releasing "happy" hormones like endorphins, serotonin, and dopamine. Endorphins

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act as natural painkillers, easing discomfort and creating a sense of euphoria, which is why many people feel lighter, more relaxed, and in a better mood after an adjustment. This hormone boost can leave you feeling refreshed and balanced long after your visit.

Research from 2019 shows that spinal adjustments can actually change the way your brain processes pain. Using brain-imaging technology, researchers found that chiropractic care helps your brain's "pain matrix", or the region of the brain that handles uncomfortable sensations, work better at blocking pain signals before you even notice them. Adjustments also help boost something called sensorimotor integration—basically how well your brain coordinates what you feel with how you move—so you feel more balanced and in control of your body. Additionally, research from 2021 suggests that even one chiropractic adjustment can give this brain-body connection an increased potential for healing.

So next time you walk out of our office feeling elated and unstoppable, just remember that happiness is quite literally flowing through your nervous system, allowing you to take on whatever the day throws your way!

Source: Dr Scott McEvoy: "*Why Do I Feel So Good After a Chiropractic Adjustment?*". Five Dock Osteopathic and Chiropractic

<https://fivedockosteochiro.com.au/2025/08/19/why-do-i-feel-so-good-after-a-chiropractic-adjustment/>

Camarata Chiropractic: "*Benefits of "Feel Good Hormones": Feel Good Naturally with Chiropractic Adjustments!*" (2024)

<https://www.camaratachiropractic.com/blog/benefits-of-feel-good-hormones-feel-good-naturally-with-chiropractic-adjustments>