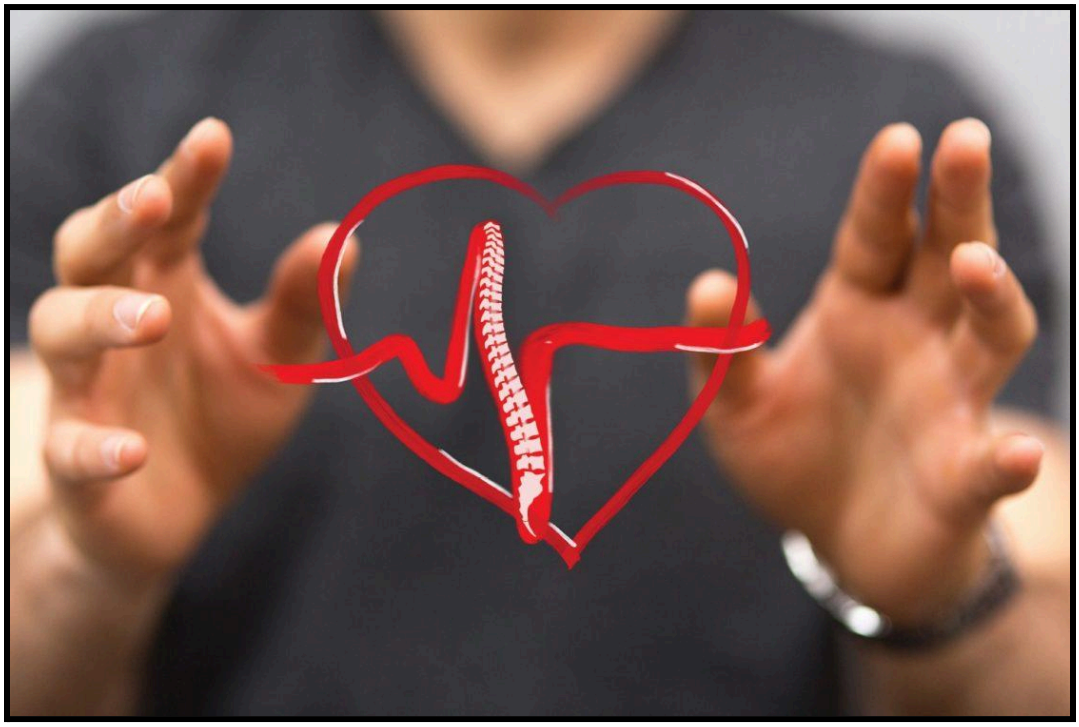
How Chiropractic Care Supports Heart Health



It's more than just your spine, your back pain, or that pinch in your neck.

Chiropractic care is known for improving spinal health and relieving musculoskeletal pain, but its benefits extend to cardiovascular health as well. Emerging research shows that adjustments contribute to better heart function, improved circulation, and reduced risk factors for heart disease.

The spine houses our central nervous system, which controls various bodily functions, including heart rate and blood pressure. A subluxation (misalignment in the spine) can disrupt nervous system communication, potentially leading to issues like hypertension or irregular heartbeats. Adjustments help restore proper

Discover Chiropractic (408) 985-1111 1305C N. Bascom Ave San Jose, CA 95128
https://chiropractor-sanjose.com/

alignment, allowing the nervous system to function optimally and support heart health.

Chiropractic care also helps to reduce high blood pressure. A study published in the *Journal of Human Hypertension* found that an upper cervical spinal adjustment led to significant reductions in blood pressure, comparable to the effects of certain medications (Bakris et al., 2007). By relieving tension in the nervous system, chiropractic care can naturally regulate blood pressure levels.

Chronic inflammation and high-stress levels are major contributors to heart disease. Adjustments help decrease stress by reducing muscle tension and improving blood flow. This lowers the production of stress hormones like cortisol, which are linked to increased cardiovascular disease risk.

Chiropractic serves as a valuable complement to medical treatment by supporting nervous system function, lowering blood pressure, and reducing stress. If you want these kinds of improvements then it's time to get your power turned on.

Reference:

Bakris, G., Dickholtz, M., Meyer, P. M., Kravitz, G., Avery, E., Miller, M., ... & Woodfield, C. (2007). Atlas vertebra realignment and achievement of arterial pressure goal in hypertensive patients: a pilot study. *Journal of Human Hypertension, 21*(5), 347-352.