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Blood pressure goes down after chiropractic adjustments

An interesting study in the August, 1988 issue of the Journal of Manipulative and Physiological Therapeutics found that blood pressure in test subjects dropped significantly after they received a chiropractic adjustment. The study was conducted with 75 students undergoing routine chiropractic health care at the Palmer College of Chiropractic Clinic. The goal of the study was to find out if chiropractic adjustments caused any significant changes in blood pressure. The subjects divided into two groups, the first were adjusted and the second simply had their spines examined. Both groups had their blood pressure tested immediately before and immediately after their adjustment or exam. The doctors measuring blood pressure did not know if the subjects had been adjusted or merely examined.

Both systolic and diastolic (the upper and lower numbers in the blood pressure measurement) were statistically significantly lowered (10-20 points) in the subjects who were adjusted.

Chiropractic care helps restore your body's normal, homeostatic balance by adjusting misalignments of the vertebra (subluxations) that cause interferences to your nervous system, interferences that can stop your body from working the way it should. Everyone with a spine is subject to subluxations and should be regularly checked by their chiropractor.

**Our purpose is to educate and adjust families toward optimal health  
with natural chiropractic care.**