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## Bone Density increases under chiropractic care

A study reported in the September, 2002 issue of the Journal of Vertebral Subluxation Research finds that increases in Bone Mineral Density occur in patients who have been under chiropractic care for a year or more.

The study was presented at the Ninth Annual Vertebral Subluxation Research Conference at Sherman College of Straight Chiropractic in Spartanburg, South Carolina.

In the 34-month study, 33 patients, all over the age of 21, who presented themselves to a private practitioner's office were admitted to the study.

Before their first chiropractic adjustment, each patient had their Bone Mineral Density (BMD) measured. After each patient (all followed their doctor's care plan recommendations) was adjusted, follow-up BMD studies were done at 1 month, 6 months and 12 months.

At the 1 month and 6 month re-exams, the changes in BMD were insignificant. However, at the 12 month interval the results were more encouraging. According to the authors, "Significant positive changes in BMD were noted in the majority of cases" after one year. "3 cases that presented with a BMD lower than what is considered normal moved into the normal range on their one-year follow-up examination."

Commentary: Research repeatedly proves that chiropractic care can produce remarkable changes in how the human body functions. Vertebral subluxations interfere with how your body functions. Since proper function and health are basically the same thing, correcting vertebral subluxations allows your body to be and stay healthier. When function is improved, health is improved. It's that simple. ...

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