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Chiropractic Care Increases "Quality of Life"

Research performed at the New Zealand School of Chiropractic and reported in the Journal of Vertebral Subluxation Research [3 (2), 1999], shows that patients under chiropractic care experienced an increased "quality of life."

Quality of life was determined by asking patients to fill out a survey and assess their own health in four areas: physical state, emotional/mental state, stress, and life enjoyment. These four areas made up a fifth area called "combined wellness." Quality of life was measured as a sixth area of the survey.

Eighty-nine people participated in the study, which was conducted over a five-month period. The patients reported "significant positive perceived changes" in physical state, mental/emotional state, and combined wellness.

The researchers also found that the data from this study suggested that health and wellness may continue to increase over time while under chiropractic care.

By way of commentary, this research points out what chiropractors and their patients have been experiencing for years - that by improving body function, chiropractic helps improve the health and wellness of you and your family.

Staying healthy is an active pursuit. We all need to do those things which help us maintain health. We need to get good food, water, air and exercise. We must have a positive mental outlook and maintain the integrity of our nervous systems through chiropractic care. We can't hope we'll stay healthy; we have to work at it.

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