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Chiropractic helps patients with lumbar disk herniation

The British Journal of Bone and Joint Surgery in the 1997 Supplement III reports that a single chiropractic adjustment caused immediate significant changes in the patient's reflexes in patients with disk herniation that was limited to one side of the spine.

The study was done at the Hadassah University in Jerusalem. The authors reported that "It may be concluded that spinal [adjustments] may promote relief from [abnormal nerve function] by the offending disk herniation."

By way of suggestion, ask your chiropractor about the long-term health effects of reconstructive and wellness chiropractic care.

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