

OPTIMAL HEALTH UNIVERSITY™

Presented by Dr. Randy Roman

Highlights of 2006 Chiropractic Research: Part II

Dr. Roman strives to remain on the cutting edge of scientific research into chiropractic, and educating patients about this late-breaking research is also a top priority. We are thrilled that our patients ask questions about chiropractic research and pass this knowledge on to friends and family interested in learning new ways to prevent illness.



Each year, in an effort to share research data with patients and prevent “information overload,” Dr. Roman presents a synopsis of the most exciting new evidence regarding the science of chiropractic.

Read on for a sampling of this year’s research results.

Chiropractic May Restore Hearing

The first chiropractic adjustment performed in 1895 was reported to cure a patient’s deafness. Now a new study indicates that chiropractic adjustments may indeed restore hearing.

Investigators looked at nine men and six women with impaired hearing, which was greater on the right. The researchers conducted hearing tests before and after the individuals received their first chiropractic adjustments.

Chiropractic appeared to restore or improve hearing in the majority of patients.

*Chiropractic & Osteopathy –
January 2006;14:2.
www.chiroandosteo.com*

Chiropractic Adjustments Influence Heart Rate Variability

Chiropractic adjustments influence heart rate variability (HRV), indicating that they affect the nervous system, say researchers.

Investigators studied 23 men and five women between the ages of 18 and 45 years. The researchers measured HRV of the subjects before and after they received a chiropractic adjustment to the midback. They also measured HRV after the study participants underwent a “sham” procedure.

Results revealed that “in healthy young adults, thoracic spinal manipulation was associated with changes in HRV that were not duplicated by the sham procedure.”

The study’s authors conclude that chiropractic adjustments to the spine appear “to be able to influence autonomic output to the heart in ways that are not duplicated by a sham procedure or by other forms of somatic/physical therapies.”

Journal of Manipulative &

*Physiological Therapeutics –
October 29, 2006;29:603-10.
www.mosby.com/jmpt*

Chiropractic May Benefit Kids With ADHD

Another report indicates that chiropractic care may benefit children suffering from attention deficit/hyperactivity disorder (ADHD).

The case report followed an 8-year-old who developed symptoms of ADHD after incurring a fall 18 months before the study’s onset.

A chiropractic checkup revealed signs of vertebral subluxation and misaligned hip bones. Chiropractic adjustments significantly alleviated the child’s condition.

The study’s authors write: “While prior to care the child’s symptoms had been stable for 18 months, following two months of care his mother noted positive changes in behavior and reduction in his complaints of headaches and neck pain symptoms. During the two month period of treatment, reports from his teachers at school remarked on the positive changes in his behavior and improvements in academic performance.”

*Journal of Vertebral
Subluxation Research –
October 4, 2006:1-6.
www.jvsr.com*



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Chiropractic May Help Correct Infertility

A study released in March of this year suggests that chiropractic care may correct some cases of infertility. The new report followed two women who were unable to ovulate due to Polycystic Ovary Syndrome. The women both underwent chiropractic care.

According to the report, prior to chiropractic care, both women scored a 10 out of a possible 10 on a standard assessment for menstrual irregularity. These findings demonstrated that the women were unable to ovulate. Following chiropractic care, both patients rated 0 out of 10 on the scale, indicating complete recovery.

Chiropractic Journal of Australia – March 2006;36:2-8.
www.chiropractors.asn.au

Chiropractic Adjustments Alleviate Ankle Pain

Chiropractic care may stave off foot pain, according to an analysis published in the summer of 2006.

The analysis enrolled 15 individuals who had recently undergone foot surgery and remained in pain.

The study participants received chiropractic adjustments to the joints in the foot and ankle. They were also instructed to perform at-home exercises.

Findings showed that 11 of the 15 patients “noted significant improvement, 3 experienced moderate improvement, and 1 reported no change.”

Journal of Manipulative & Physiological Therapeutics – June 2006;29:398-402.
www.mosby.com/jmpt

Can Chiropractic Adjustments Make You Smarter?

Another study indicates that chiropractic adjustments affect the nervous system and may boost cognitive function. Chiropractic adjustments appear to speed motor reaction time, or what researchers term “movement time.”

According to the article, “movement time was measured as participants moved a cursor onto a target appearing on a computer screen. A range of target widths and target distances were used to vary the index of difficulty.”

A group of five patients completed the test before and after receiving chiropractic adjustments aimed at removing vertebral subluxation. Another five patients served as a control group.

“All participants in the experimental group had significantly improved movement times following spinal adjustments compared with only 1 participant in the control group.” The average improvement in movement time for the experimental group was a 9.2 percent improvement, whereas the average improvement in movement time for the control group was a mere 1.7 percent improvement.

“The results of this study demonstrated a significant improvement in movement time with chiropractic care,” conclude the study’s authors. “These results suggest that spinal adjustments may influence motor behavior.”

Journal of Manipulative & Physiological Therapeutics – May 2006;29:257-66.
www.mosby.com/jmpt

Adjustments May Affect Biophoton Emissions

According to researchers, “biophoton emission (BPE) is a quantum event characterized by a relatively stable but ultralow-rate emission of visible photons from living organisms. It has been associated with high energy processes such as: cell metabolism, growth, phagocytosis [a cellular “clean-up” process], neural activity, and oxidative stress. BPE has also been suggested to reflect the organism’s global state of health as well as the response to stimulation including therapeutic interventions.”

Investigators at Parker College of Chiropractic in Dallas have evidence suggesting that chiropractic adjustments alter an individual’s biophoton emissions.

The study’s authors tested BPE in pain-free adult male volunteers before and after they received chiropractic adjustments.

“Enough time was allotted for measurements in order to differentiate between natural fluctuation of the BPE and the changes induced by the interventions.”

Results revealed that the adjustments “induced small (up to 20 percent) but statistically significant” changes in BPE.

Journal of Alternative & Complementary Medicine – March 2006;12:119-24.
www.liebertonline.com

Adjustments May Reduce Ringing in the Ear

Tinnitus, or ringing in the ear, is a common malady. Now a case study released this past May suggests that chiropractic may eradicate this disorder.

Following a four-month course of chiropractic care, the patient reported that aside from mild, infrequent episodes, his tinnitus had disappeared. At one-year follow-up, the patient confirmed that the results had persisted.

Alternative Therapies in Health & Medicine – May 2006;12:14-17.
www.alternative-therapies.com

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