
■ Chiropractic reduces blood pressure

A study in the *Journal of Manipulative and Physiological Therapeutics* in December, 1988 reports that patients under active chiropractic care experienced significant decreases in elevated blood pressure.

In the study, each patient was randomly assigned to one of three groups: those receiving active chiropractic care, placebo chiropractic care or no chiropractic care.

According to the authors, results indicated that elevated “blood pressure decreased significantly in the active [chiropractic care group], whereas no significant changes occurred in the placebo and control [groups].”

An October 1993 study in the same journal reports that patients under chiropractic care who are taking high blood pressure medication may experience their blood pressure dropping too far below normal.

As a result of this study, the authors advised that these patients should be monitored by their medical doctor for any downward adjustments in their medication. ▲

■ 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. ▲

■ Popular blood pressure drug may increase risk of breast cancer

In an October 15, 1997 article, *USA Today* reports on a study funded by the Heart, Lung and Blood Institute and published in the journal *Cancer*. The study showed that post-menopausal women taking calcium channel blockers for high blood pressure were two and a half times more likely to develop breast cancer.

The researchers say that calcium channel blockers may contribute to tumor growth by interfering with normal cell death. University of Washington researcher Richard Kronmal says that if the research holds up "It's a substantial risk."

By way of commentary, interfering with the body's normal functions, like cell death, can cause more problems later on. This is a classic example of the "cascade effect" where giving a patient drugs causes other problems to develop as a result. Chiropractic Wellness Care can help you break out of this vicious cycle by allowing your body to function to the best of its ability. ▲

■ Pets better at lowering blood pressure than drug

A report given at the November, 1999 meeting of the *American Heart Association* (AHA) in Atlanta found that pets may well outperform high blood pressure medication at reducing stress-related spikes in blood pressure.

Dr. Karen Allen, of the State University of New York at Buffalo, says "we've shown over and over that it's beneficial to be with a pet when you're under stress."

In the study, 48 stockbrokers were asked to perform stress-tests at home which were designed to produce stress-related spikes in their blood pressure. They succeeded; their pressure reached an average peak of 184/126. Readings under 140/90 are considered normal.

The stockbrokers were prescribed the blood pressure medication lisinopril and half of them received a dog or a cat as a pet.

Six months later, researchers performed a second round of stress tests. The blood pressure of the stockbrokers without pets reached highs of 141/94, easily considered high if sustained for a length of time.

Those stockbrokers who owned pets never achieved a first number in their readings higher than 130, well within normal readings. Stress peaks in the second numbers of their readings reflected similar reductions.

As a result, the researchers concluded that the pets were better at reducing stress-induced spikes in blood pressure.

By way of commentary, we can personally vouch for the positive effects that the unconditional love and acceptance from a good dog can have upon one's health. The healing power of a big, wet, sloppy dog kiss can't be underestimated.

We highly recommend it for everyone. ▲

■ Doctors not following blood pressure drug guidelines

A study highlighted in the May, 1999 issue of the *American Journal of Hypertension* finds that doctors are not following the federal guidelines when they prescribe blood pressure medication. This was especially true among patients who are elderly, black or who have mild kidney failure.

The study, which was performed at Georgetown University in Washington, D.C. mailed questionnaires to 500 doctors at random and just over half, 53.6% responded. The questionnaires were designed to find out if the doctors were following the guidelines of the National Institutes of Health Joint National Committee (JNC) on Detection, Evaluation and Treatment of High Blood Pressure. These guidelines are updated on a regular basis to provide doctors with the latest information.

The JNC guidelines recommend that in blacks and the elderly, treatment should begin with the less dangerous diuretics that produce far fewer side effects.

Only one third of the doctors replying to the survey reported initially using the diuretic with elderly patients and less than half used them in black patients.

By way of commentary, when it comes to your health, the simplest things should be tried first. The simplest thing of all is to make sure that your body is kept working the best it possibly can through regular, Lifetime Chiropractic Wellness Care. By keeping your body free of Vertebral Subluxation interference it will have the best chance to develop into the best organism it can. ▲