

# Today's Chiropractic Weekly Handout

Dr. Charles M. Laycock

## Can Chiropractic Lower Blood Pressure?



Chiropractic adjustments work to harmonize the body's natural systems by realigning the spinal bones and removing pressure and congestion within the nervous system. This process decreases the physiological stress response and restores optimal function and healing to

the body. Along with many other health issues, chiropractic care has been shown to consistently achieve remarkable results in helping to stabilize blood pressure.

The nervous system is what allows our internal physiology to adapt to the stresses and demands of the external environment. The skull and spine surround and protect the nervous system and bear the consistent stress of gravity every day. When the external stressors become too great there is compromise in the spinal structure and resulting interference in the nervous system. This interference is termed subluxation. Subluxations cause the nervous system to move out of balance and towards sympathetic (fight or flight) dominance. This process increases stress hormone secretion, inflammatory processes, and blood vessel tone. For many individuals this results in higher blood pressure. Chiropractic adjustments remove subluxations and restore harmony to the nervous system allowing the body to stabilize and heal appropriately.

In 1988, a double blind study of 75 patients was performed to fully analyze the reports that chiropractic care could help stabilize blood pressure in patients. Within this study, one group of patients with elevated blood pressure received adjustments to the thoracic spine area. Another group received placebos (movements that seemed to be adjustments but were not), and a 3rd group received no treatment. The result was that the adjusted group experienced decreases in both systolic & diastolic blood pressure while no change was noted in either the control or placebo group.

*~courtesy of Natural News*

### TRY THIS HEART HEALTHY RECIPE:

## Baked Salmon With Southeast Asian Marinade

### Ingredients:

- 1/2 cup pineapple juice
- 2 garlic cloves, minced
- 1 teaspoon low-sodium soy sauce
- 1/4 teaspoon ground ginger
- 2 salmon fillets, each 4 ounces
- 1/4 teaspoon sesame oil
- Freshly ground black pepper, to taste
- 1 cup diced fresh fruit, such as pineapple, mango and papaya

### Directions:

In a small bowl, add the pineapple juice, garlic, soy sauce and ginger. Stir to mix evenly.

Arrange the salmon fillets in a small baking dish. Pour the pineapple juice mixture over the top. Put in the refrigerator and marinate for 1 hour. Turn the salmon periodically as needed.

Preheat the oven to 375 F. Lightly coat 2 squares of aluminum foil with cooking spray. Place the marinated salmon fillets on the aluminum foil. Drizzle each with 1/8 teaspoon sesame oil. Sprinkle with pepper and top each with 1/2 cup diced fruit.

Wrap the foil around the salmon, folding the edges down to seal. Bake until the fish is opaque throughout when tested with the tip of a knife, about 10 minutes on each side. Transfer the salmon to warmed individual plates and serve immediately.

## Today's Chiropractic Clinic

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### Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm