



*Advanced Family Chiropractic*  
**“Advanced Chiropractic Care for the Whole Family”**  
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**Exactly how powerful is the experience of receiving a chiropractic adjustment?**

New evidence suggests that chiropractic care does much more than alleviate back pain—it positively affects body chemistry all the way down to the cellular level. In a nutshell, chiropractic adjustments strengthen the body, making cells and DNA more resistant to disease.

In March 2006, the Journal of Vertebral Subluxation Research published a landmark study that offered a long-awaited scientific explanation for why chiropractic patients experience positive health benefits. The article stated that chiropractic care could stimulate basic physiological processes that help diminish bodily stress and enhance DNA repair.

In the study, a diverse group of 76 people were divided into three categories. Group one received short-term chiropractic care. Group two received long-term chiropractic care. Group three was the control group that did not receive chiropractic adjustments. Results indicated that long-term chiropractic care of two or more years produced healthier bodies. Age, sex, nutritional supplements and prior health conditions did not hinder or enhance these results. Basically stated, chiropractic adjustment improved the overall health of everyone in groups one and two.

To look at the study results on a deeper, more scientific level, let's examine the average human body. Everything from your career, to your family dynamic, to your eating and sleeping habits produces physical, chemical and emotional stress in your body. These stresses can obstruct and negatively affect your nervous system, which in turn hinders your body's ability to produce naturally occurring antioxidants that fight off disease and other illness.

However, chiropractic adjustment works to remove obstructions to the nervous system. This allows internal body processes to begin functioning at normal levels, thus enhancing the body's ability to produce healthy chemicals that work to protect cells and DNA from becoming mutated by disease.