



FEBRUARY 2023 NEWSLETTER



-February is heart health awareness month-



Keep Your Heart Healthy With Chiropractic Care

Taking special care to make sure that your heart is strong and healthy is a priority that everyone should take seriously. In the United States, heart disease is the number one cause of death in both men and women, with many people actively living with it today.

It's important to understand that heart disease is not just one condition, but that it can come in many forms. The most widely known heart problem is coronary artery disease, a condition that causes the arteries that go to and from the heart to narrow, constricting blood flow. However, cardiovascular disease can also mean heart attack, arrhythmia, valve disease, congenital heart disease, cardiomyopathy, pericardial disease and vascular disease, all potentially fatal conditions. Don't freak out too much though, there are many things you can do to drastically reduce your risk of getting all of these diseases.

With chiropractic care you might be able to not only manage your current heart condition, but you may also be able to ward off getting heart disease all together. It may seem shocking to most people that chiropractic treatments may be able to help treat people suffering from heart problems, especially since chiropractic is usually associated with chronic back pain, neck pain and headache issues. But, chiropractic is a natural, non-invasive therapy that has been used to treat heart disease in many different patients.

One case study was done on a 54-year-old man who began receiving chiropractic treatments in an effort to restore his lipid panel back to a healthy state. It was found that after six months of regular adjustments, the man's lipids were reduced down to normal levels without any other lifestyle changes being done concerning his diet or activity levels. Prior to receiving chiropractic treatments the man was on ten different types of heart medications. After his six months of chiropractic therapy, his LDL, HDL and triglycerides were healthy enough to not require him to be on any of his heart prescriptions.

Since chiropractic is a drug-free treatment, all the therapy done on the man in the case study was through various spinal manipulations and adjustments. Chiropractic is based on the theory that the nervous system is responsible for maintaining optimal health in the body.

When it is functioning properly, it helps transmit information between the brain and every other part of the body. When there are dysfunctions in the spine, this can cause



disruptions in how efficient the nervous system is at transmitting this information. These problem areas of the spine are known by chiropractors as subluxations. They are able to be corrected by manipulations that return the spine back to its proper alignment. When the spine is free of subluxations, then the body returns to a state of healing, affecting every muscle, nerve, tissue and, most importantly, the heart.

What impact does being grateful have on your health?

You'll have a healthier heart: The University of California conducted a study of 186 men and women with heart damage, researchers rated the people's levels of gratitude and spiritual well-being. They found that higher gratitude scores were linked to having a better mood, higher quality sleep and less inflammation—which can worsen the symptoms of heart failure. They also found that having high levels of gratitude explained a lot of the benefits of spiritual well-being. In addition, some of the men and women were also asked to write down things they were grateful for over an eight-week period. “We found that those patients who kept gratitude journals for those eight weeks showed reductions in circulating levels of several important inflammatory biomarkers, as well as an increase in heart rate variability while they wrote. Improved heart rate variability is considered a measure of reduced cardiac risk,” said study author Paul J. Mills, a professor of family medicine and public health at the University of California, San Diego in a statement about his research.



More shuteye: If you're having difficulty sleeping, writing down a few things you are thankful for before bed can help. A 2011 study of college students who struggled to fall asleep due to racing minds and worries found that those who underwent a gratitude intervention (they were asked to spend 15 minutes in the early evening writing about a positive event that occurred recently or one they anticipated in the future) were able to “quiet their minds and sleep better.”



It makes you more optimistic: Being gracious can contribute to a healthier outlook. In a 2003 study, researchers split up a group of people and had some of them write about what they were grateful for during the week, some write about hassles, and a third group write about neutral things that happened to them. After a few weeks, the researchers found that the people who wrote about things they were grateful for were more optimistic and reported feeling better about themselves. They even exercised more than the group that wrote about things that irritated them. “Results suggest that a conscious focus on blessings may have emotional and interpersonal benefits,” the study authors write.

Being thankful improves physical health: An analysis of nearly 1,000 Swiss adults published in the journal *Personality and Individual Differences* found that higher levels of dispositional gratitude were correlated with better self-reported physical health. The people who felt more gracious had a notable willingness to partake in healthy behaviors and seek help for their health-related concerns. Other research has suggested that people who are grateful are more likely to do physical activity.