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STIMULATING THE NERVOUS SYSTEM IMPROVES THE FUNCTION OF THE WHOLE BODY

Now there is some actual proof that measurable changes to the body's nervous system occur as a result of a Chiropractic adjustment.

“By stimulating the nervous system, we can improve the function of the whole body,” said Dr. Heidi Haavik-Taylor. “This is something that chiropractors and their patients have known for years, and now we have some scientific evidence to prove it.”

Dr. Haavik-Taylor has been researching the effects of Chiropractic on the nervous system for the past 7 years. Her study included the use of an electroencephalograph (EEG) to measure brain waves before an adjustment and how these waves were altered afterwards. Her work was conducted at the New Zealand College of Chiropractic where she is director of research. Her findings were published in the *Journal of Manipulative and Physiological Therapeutics*.

The research involved 12 subjects who were documented as having reoccurring neck pain. All of the adjustments involved manipulations of dysfunctional cervical joints. Using a series of EEG evaluations, researchers were able to show that signals are carried by the nervous system to the brain and change the way muscles are controlled. “This is the first time that anyone has used EEGs to prove that there are definite changes to the way the brain processes information after Chiropractic care.”

Dr. Haavik-Taylor summed up the action in very simple terms. “The process is like rebooting a computer. The signals that these adjustments send to the brain via the nervous system reset muscle behavior patterns.”

People who have enjoyed successful Chiropractic adjustments can certainly relate to the findings of this research. Is it any wonder that people frequently notice immediate changes in the way they feel or the way a particular part of their body is functioning after an adjustment – and in many cases, notice it immediately? If body systems do indeed reboot along the lines of a computer, changes can happen quickly with marvelous results.

Even the president of the New Zealand Chiropractors Association, Dr. James Burt, was favorably impressed. “Dr. Haavik-Taylor's work is ground-breaking on an international level by proving that Chiropractic adjustments do alter and benefit the nervous system.”