

Healthy lifestyles prevent strokes in women

Question: Many of the women in my adult community go to chiropractors on a regular basis. One said she goes because it helps her prevent having a stroke. Is this true?

Answer: Many educated chiropractic patients understand that a balanced uninterrupted nervous system means a healthier functioning mind and body. Blood vessels travel through the body in unison with nerves. Uninterrupted blood supply can also enhance health and well being. Chiropractors adjust vertebra and joints that when misaligned can inhibit vascular and neurological function. Emotional, physical or chemical stress can interrupt circulation to the brain from the spinal cord. Although chiropractors can assist in some of these conditions, it is the lifestyle of the individual that can truly effect their potential for a stroke.

A healthy lifestyle consisting of abstinence from smoking, low body mass index, moderate alcohol consumption, regular exercise, and healthy diet coupled with regular chiropractic adjustments is associated with a significantly reduced risk of total and ischemic stroke.

Trauma and genetic background due play roles in heightened potential, but even these conditions will have greater opportunity for minimal occurrence and recovery if healthy behaviors are performed.

Many people may find this news shocking considering all the negative publicity that was falsely disseminated regarding chiropractic and strokes. Your chance of getting a stroke from a chiropractic adjustment is less than your

chance of getting hit by lightning. Your chance of improving your health and well being from a chiropractic adjustment is almost a sure bet.

Quote of the week: “Multitasking is doing several things badly at once.” –

Anonymous