EXCITING RESEARCH RESULTS FOR CHIROPRACTIC!

A recent study showing that spinal function affects brain function has been published in the highly regarded journal Neural Plasticity[1].

Not only does this confirm previous research findings that adjusting the spine affects the brain, this particular study indicates that adjustments impact the function of the prefrontal cortex.

The prefrontal cortex is located in the very front of the brain, just behind the forehead. In charge of abstract thinking and thought analysis, it is also responsible for regulating behaviour. This includes mediating conflicting thoughts, making choices between right and wrong and predicting the probable outcomes of actions or events. Since the prefrontal cortex is the brain centre responsible for taking in data through the body's senses and deciding on actions, it is most strongly implicated in human qualities like consciousness, general intelligence and personality.

This study was conducted in an independent medical professor's lab, where his bioengineer collected and analysed the data. This is an important bonus for this study as all data was collected and analysed by scientists who had no preconceived ideas about chiropractic. This greatly lowers the level of bias.

Chiropractors have long observed a wide variety of changes in the people under their care, following adjustments. Common reports from those under care are that they feel better, focus better and many notice improvements in movement and coordination as well.

If, as this research suggests, adjusting improves prefrontal cortex activity, a part of the brain that is responsible for so much higher level function, then it is possible that a chiropractic adjustment could well impact on things like behaviour, decision making, memory and attention, intelligence, processing of pain and the emotional response to it, autonomic function, motor control, eye movements and spatial awareness. It would seem that chiropractic really does have a lot to offer!

Reference: [1] Lelic, D, Niazi, IK, Holt, K, Jochumsen, M, Dremstrup, K, Yielder, P, Murphy, B, Drewes, A and Haavik, H (2016), "Manipulation of dysfunctional spinal joints affects sensorimotor integration in the pre-frontal cortex: A brain source localization study," *Neural Plasticity*, Volume 2016 (2016).