

HEART HEALTH & SPINAL FUNCTION

HEALTH ISSUES ©

It is a well established fact that cardiovascular disease is the number one cause of death in the United States. An often overlooked contributing factor to heart conditions is spinal health and this is why the use of chiropractic care has been shown to have positive measurable outcomes. Research demonstrating the relationship between spinal function and heart health is impressive.

Low vagal nerve activity may interact with genetic susceptibility, which could explain why, in people with the same low vagal activity, some people may develop Alzheimer's Disease whereas others develop cancer or other types of cardiovascular disease.

De Couck M., Mravec B., Gidron Y. Clin Sci (Lond). 2012 Apr;122(7):323-8

Marked height loss in older men, often due to degenerative changes in bones, muscles and joints, is independently associated with an increased risk of all-cause mortality and coronary heart disease.

Arch Intern Med. 2006 Dec 11-25;166(22):2546-52

“Heart attacks are often brought on by spasms in the spinal column.”

Dr. Paul Sherwood M.A.M.B.B. Ch Cardiologist

A link between the muscles in the neck, blood pressure and heart rate has long been suspected. Researchers have found a direct neural connection between these neck muscles and a part of the brain stem called the nucleus tractus solitarius (NTS), which plays a crucial role in regulating heart rate and blood pressure.

THE JOURNAL OF NEUROSCIENCE

DOI: 10.1523/jneurosci.0638-07.2007

“The majority of these heart disease cases involve spinal mechanical problems and are not due to loss of blood supply to the heart because of coronary artery problems. The vertebrae in the spine may be misaligned and locked, affecting the nerves so that the chest wall starts to tighten.”

Dr. Wayne Gallagher, The Heart MD Institute

