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## REDUCING BLOOD PRESSURE

The popularity of chiropractic care has grown dramatically since the middle of the 20th century. Although most people seek chiropractic treatment to relieve musculoskeletal pain, certain types of pain may be indicative of the patient experiencing a heart attack just before or during treatment.

Chiropractors should expect to have at least one presentation of a myocardial infarction, or heart attack, during their careers, according to chiropractor Dr. Dwain M. Daniel. Research indicates that regular chiropractic adjustments may prevent heart attacks, lower blood pressure, reduce heart rate, relieve chest pain and support the cardiovascular system, according to the Palmer Chiropractic College.

Studies at the College investigated the effects of chiropractic treatment on the sympathetic and parasympathetic nervous systems in reference to an analysis of heart rate variability. Findings indicated that chiropractic adjustments do reduce pain and lower participant's mean heart rate

### Reducing blood pressure

Chiropractic treatment also has a significant effect on blood pressure and anxiety levels, according to a study reported in the *Journal of Manipulative and Physiological Therapeutics*. The study examined systolic and diastolic [blood pressure](#) levels and patients' anxiety levels before and after an adjustment. In all cases, those subjects who received active treatment experienced a distinct drop in blood pressure and a decrease of their anxiety levels. Results of this study provide evidence that chiropractic [treatment](#) offers support to the cardiovascular system

### Sources for this article include:

*Journal of Chiropractic Medicine*; Sympathetic and parasympathetic responses to specific diversified adjustments to chiropractic vertebral subluxations of the cervical and thoracic spine; Arlene Welch, et. al.; September 2008

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Dr Terry Notaras is a Doctor of Chiropractic and Doctor of Osteopathy. He is registered as a Chiropractor and Osteopath with the Chiropractic Board of Australia and is a member of the Chiropractors Association of Australia. Dr Notaras is also an Associate Member of the Australasian College of Chiropractors.

Dr Terry Notaras has lived in the local area for 39 years and has been in private practice for 28 years. He has served on the Executive Committees of the Chiropractors Association of Australia.

Dr Notaras has looked after the health of some of the world's best professional Golf Tour. He has also looked after the Olympic Cycling Squad as well as many other elite athletes. This background allows the technique used at Southern Spinal Care to be the latest and the most effective in the world.

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