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Chiropractic treatment improves functionality of individuals with rheumatoid arthritis

Rheumatoid arthritis is a chronic auto-immune disease where the body's immune system attacks different regions of the body. This disease is characterized by chronic inflammation that destroys joints, tissues and organs over a period of time. A recent study published in the *Annals of Vertebral Subluxation Research* describes how specific chiropractic adjustments and rehab exercises demonstrated outstanding results in a woman with long-term rheumatoid arthritis.

A 54-year-old woman went to see a chiropractor after having been diagnosed seven years prior with rheumatoid arthritis. Her chief complaint was severe bilateral polyarthralgia, especially in the hands and fingers. The patient also had marked swelling in her hands, fingers, knees, toes and feet. The patient exhibited difficulties with weight bearing, ambulation, and had recurrent stiffness every morning. The patient was taking Methotrexate and Prednisone daily to manage her symptoms. She described her pain as a constant nine on a 1-10 scale of severity.

Subluxation contributes to chronic inflammatory states

Chronic inflammatory based disease processes are influenced by the

nervous, endocrine and immune systems. Nerve stimulation is essential for the growth, function and control of inflammatory cells. Researchers have noted that abnormal neurological control results in the development of various auto-immune based inflammatory conditions such as rheumatoid arthritis.

Wellness based chiropractors give a detailed analysis of the spine to locate areas of vertebral subluxation. Specific corrective adjustments are given to reduce the subluxation and restore normal function to the nervous system. A group of researchers found that when a thoracic adjustment was applied to a subluxated area, the white blood cell count collected rose significantly. Many studies have confirmed that specific adjustments of the upper cervical spine and improvements in posture have a major effect on normalizing immune function.

Dr Notaras would like to thank Natural News .com for this article.

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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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