

Surprise: Chiropractors Can Treat These 5 Conditions

Read on if you're stressed, have a migraine or struggle with flexibility.

By David Starr, Contributor Nov. 30, 2015, at 7:00 a.m.



YOU MIGHT THINK chiropractors are only able to help with [back aches](#), stiff necks, slipped discs and [whiplash injuries](#). If so, **you're not alone – but you're missing out!**

Chiropractic care – which is based on the understanding that, given the opportunity, the mind and body can heal itself – can treat many issues that might surprise you.

Here's a look at the TOP FIVE most surprising conditions a [chiropractor](#) can treat:

1. Migraines and tension headaches

Research shows that chiropractic spinal adjustments are the most effective way to treat tension headaches and headaches that begin in the neck.

What Can a Doctor of Chiropractic Do?

- Perform chiropractic adjustments to improve function and alleviate stress on your system.

2. Stress and anxiety

We perceive [stress](#) from three basic sources: our **environment**, our **body** and our **emotions**.

Environmental stress includes noise, weather, physical threats, time constraints and performance standards – there are a **MILLION** things that stress us out in the modern world!

What Can a Doctor of Chiropractic Do?

- Chiropractors can release muscle tension, one effect of chronic stress that leads to nerve irritation and creates uneven pressures on the body's bony structures, which can cause the spinal column to become misaligned. This, in turn, helps the body return to a more balanced, relaxed state.

3. Fibromyalgia

Fibromyalgia is a chronic disorder involving widespread pain and sensitivity throughout the entire musculoskeletal system.

Recent studies show that chiropractic adjustments are very effective for FM patients.

In one study, 60 percent of the subjects treated by a chiropractor experienced a *significant* improvement: reduced pain, improved sleep and decreased fatigue.

What Can a Doctor of Chiropractic Do?

- Chiropractors are trained as neuromusculoskeletal specialists, and **one of the main focuses of chiropractic care is the positive impact it can have on a person's *nervous system*.** Therefore, chiropractic adjustments can improve a FM patient's nervous system, which gives them a better chance for recovery.

4. Weak immune systems

The nervous system, endocrine system and immune system are inextricably linked. Together they share tiny messenger molecules that mediate communication between them, creating optimal responses for the body to adapt and heal appropriately.

What Can a Doctor of Chiropractic Do?

- Chiropractic care is the only way to detect and eliminate subluxation, and chiropractic adjustments have been shown to reduce the stress on the nervous system, **thereby boosting the coordinated responses of the nervous and immune systems.**
- One research group found that when an adjustment was applied to a subluxated area, the white blood cell count collected rose significantly.
- Another study measured the effects of six months of regular chiropractic care on the immune system function of HIV patients. At the end of six months of care, the patients who had received regular adjustments showed a 48 percent increase in the number of CD4+ T cells, whereas patients who had not been adjusted showed an 8 percent *decrease* in CD4+ T cells.

5. Flexibility

A decrease in range of motion and [flexibility](#) can result in a downward spiral of disability.

Regular chiropractic can help increase both range of motion and flexibility.

What Can a Doctor of Chiropractic Do?

- A chiropractor uses spinal adjustments to realign the bones and joints so as to reduce pain, restore range of motion and [improve flexibility](#), balance and coordination.