

In this final installment of my review of natural methods to lower blood pressure I will reveal something that many would find surprising: chiropractic care can lower blood pressure! How is this possible? How can adjusting the back reduce blood pressure? Well it is actually quite simple.

Within the spine is the spinal cord which carries signals from the brain to the body. These signals are responsible for controlling the function of the various organs, glands, muscles and even our immune system. One of the categories of nerves that branch off of the spinal cord is called the sympathetic nerves. These nerves exit the spine in the upper and middle parts of the back. The primary function of these nerves is to regulate blood flow to all parts of the body.

These nerves control the tone of the microscopic muscles that are embedded in the walls of the arteries. If these muscles contract, the interior size of the artery gets smaller and the blood pressure will go up. If these muscles relax, then the opposite occurs.

Typically, when a nerve that controls a muscle is pinched or irritated, the muscle will contract or spasm. If this occurs with the arterial muscles, the blood pressure can go up.

A study presented at the most recent annual meeting of the American Society of Hypertension revealed that a group of individuals with high blood pressure experienced a significant drop in blood pressure after three weeks of chiropractic care and after eight weeks their systolic blood pressure (the upper number) averaged less than 130.

Since not all high blood pressure is caused by constricted blood vessels, not all chiropractic patients will experience this benefit. In our clinics, 44% of patients complaining of high blood pressure expressed improvement following an average of 12 visits.

So if you are suffering from high blood pressure and would like to try to avoid the potential negative consequences of medication, you might want to give chiropractic a try.