

Chiropractic Adjustments Improve Brain Function

Approximately 100 volunteers were examined with an electroencephalogram (EEG) before and after chiropractic adjustments.



A study presented at the *International Research And Philosophy Symposium* held at Sherman College of Straight Chiropractic finds that Chiropractic adjustments have a positive effect on the Central Nervous System (CNS), specifically on the four primary frequencies of brain function.

Brain function is measured on four primary frequencies: Beta, Alpha, Theta and Delta. Alpha waves reflect the meditative, relaxing healing mode. Beta waves represent the active, busy brain. Theta waves reflect light sleep, relaxation and conceptual development. Delta waves represent the brain activity during deep

sleep, repair mode and energy storage.

The study was conducted over a three year period. Approximately 100 volunteers were examined with an electroencephalogram (EEG) before and after chiropractic adjustments.

The EEG scans were examined to check the right/left balance, the amount of total activity, the primary regions of activity and the effect of the adjustment.

After receiving a chiropractic adjustment, post EEG scans revealed improvement in all areas of the volunteer's brain function. Particularly, the researchers noticed an increase in the meditative Alpha brainwave patterns that are associated with a greater degree of relaxation, health and healing.

The researchers noted that some of the volunteers already had balanced and active brain scans and the adjustments had little effect on their post scans. They felt this was a good indicator that the adjustments had no negative effects on brain activity.

Commentary: The implications of this study are profound indeed. Over and over research is proving that chiropractic care has the ability to positively affect body function on a far greater level than simple pain relief.