

Change Your Brain

Our brain works hard every single day to process both internal and external factors. Our senses work with our brains to process sight, touch, smell, sound, and taste. Our mind is also subconsciously working to keep our body functioning and moving. Even when we aren't thinking about these processes – our brain does the work for us!

Knowing this, it's safe to say that our brain function is essential. It works with the rest of our nervous system to ensure that our bodies can keep going. Without it, our body wouldn't be able to signal internally to perform essential functions that keep us alive such as breathing! We must ensure that the connection between the brain and nervous system are functioning to the best it possibly can, without any interference! This is where neurologically-based chiropractic care comes in. Neurologically-based chiropractic care works to remove interference (subluxation) from the nervous system so that the nervous system can function optimally.

Researchers recently turned their attention to the brain to understand the role that chiropractic care plays on the brain itself. We know that when the nervous system functions more optimally, the brain is working better also. In a randomized trial, patients received adjustments for one month. Those receiving care demonstrated a better brain response rate. Through the use of imaging, researchers were physically able to see the changes in brain response before and after care! This means that chiropractic care not only impacts the brain's function via the nervous system, but it directly plays a role in the brain function itself!

Cerritelli, F., Chiacchiaretta, P., Gambi, F., Perrucci, M. G., Barassi, G., Visciano, C., . . . Ferretti, A. (2020). Effect of manual approaches with osteopathic modality on brain correlates of interoception: An fMRI study. *Scientific Reports*, 10(1). doi:10.1038/s41598-020-60253-6



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