

# Natural Anti-Inflammation

Inflammation can occur in virtually any part of the body, usually as a result of infection, injury, or even exposure to irritants. Dealing with inflammation can be difficult and often causes us to seek external help. What many don't realize, however, is that the nervous system has a direct link to inflammation.

Seeking an outside-in approach, medical researchers have realized what chiropractors have been saying since 1895: that the nervous system is hugely important for the function of the immune system.

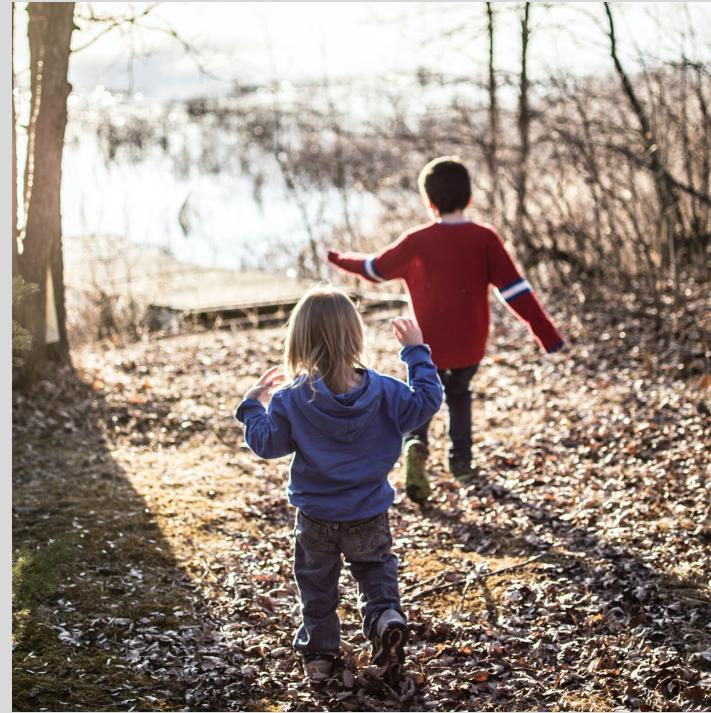
They have found that an improperly functioning vagus nerve, a nerve that passes directly past the atlas vertebra, can have huge effects on inflammatory diseases such as Crohn's disease and ulcerative colitis.

Seeking to help, medical researchers have begun implanting electrical stimulators into the necks of chronic inflammatory disease sufferers and have seen excellent outcomes. Like any medical intervention, though, implanting an electrical stimulator is not without side effects.

Fortunately, chiropractic care, since its inception, has been improving the function of the nervous system, particularly the vagus nerve. It is often hard for many to understand how adjusting the spine for subluxation can affect things like our whole body inflammation and digestion. Yet, healing from these very same diagnoses happens every day in chiropractic offices, not from electrically implanted devices, but from freeing the nervous system from interference and allowing it to heal from the inside-out.

Regardless of what an individual suffers from, a natural approach to health should always be a first step, not the last resort. It is unarguable that the nervous system directly impacts inflammation and inflammatory diseases. It's time we helped our friends and families who are suffering, without hope, get checked for subluxation and adjusted so their body can heal and function as it was designed.

Payne SC, Furness JB, Burns O, Sedo A, Hyakumura T, Shepherd RK and Fallon JB (2019) Anti-inflammatory Effects of Abdominal Vagus Nerve Stimulation on Experimental Intestinal Inflammation. *Front. Neurosci.* 13:418. doi: 10.3389/fnins.2019.00418



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