

# Our Body's Alarm System

Our heart works hard to keep blood circulating throughout our body, ensuring the proper function of our organs and limbs. We often forget how hard our heart is working until something feels as though it's wrong. Pain is typically our body's primary way of getting our attention to alarm us that something is going wrong. There are other cues our body can give us, and it's up to us to pay attention to differences in the way we feel and function.

Researchers have recently studied the impact that chiropractic care can have on patients suffering from musculoskeletal pain. Musculoskeletal pain has been found to increase the risk of cardiovascular events in patients. This connection places emphasis on ensuring we have optimal cardiovascular health. In a recent study, 59 patients suffering from musculoskeletal pain were chosen at random to receive different care methods – including chiropractic! It was found that those who received chiropractic care focused on realignment of the spine (and removing interference of the nervous system and restoring optimal function) had improved resting cardiovascular autonomic control.

When we aren't consciously thinking of how our body functions, it's easy to forget that we need to take care of our body to ensure that function remains optimal. Typically we don't think about our function until it's too late, and we need to step in with corrective care. With the help of neurologically-based chiropractic care, we can take steps to ensure our nervous system (and organs!) are functioning as optimally as possible at all times, helping move corrective measures to maintenance measures.



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Rodrigues PTV, Corrêa LA, Reis FJJ, Meziat-Filho NA, Silva BM, Nogueira LAC. One Session of Spinal Manipulation Improves the Cardiac Autonomic Control in Patients with Musculoskeletal Pain: A Randomized Placebo-Controlled Trial. *Spine (Phila Pa 1976)*. 2021 Jul 15;46(14):915-922. doi: 10.1097/BRS.0000000000003962. PMID: 33496535.



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