

Study links chiropractic care with a reduction in respiratory illnesses

Chiropractic Care Helps Treat Asthma in Children

A case report authored by Curtis Fedorchuk, a doctor of chiropractic in Dahlonega, Georgia, credits chiropractic care with the successful treatment of a 7-year old girl who had severe asthma and chronic cough for almost her entire life.

The published work entitled "*Correction of Subluxation and Reduction of Dyspnea in a 7-Year-Old Child Suffering From Chronic Cough and Asthma: A Case Report*" was published on November 26, 2007, in the *Journal of Vertebral Subluxation Research*.

Asthma in children is a prevalent, sometimes deadly and very costly disease. In the United States, nine million children under 18 suffer from this debilitating lung ailment, four times as many as 20 years ago. Direct health care costs for asthma-related illnesses in the U.S. skyrocket and amount to more than \$11.5 billion annually. Now, a case study of a young girl has shown that long-term regular spinal adjustments can reverse the disease to a point where no more medications are required.

"Chiropractors believe that consistent spinal adjustments have an enormous positive impact on your overall health," said Dr. *John Doe*, a *town*-based chiropractor, when contacted about the study. "Now we see that chiropractic care can also provide a better, more cost-effective way to treat and relieve even the most severe and persistent of respiratory illnesses — asthma."

The girl in the case study had severe asthma and chronic cough for more than three years. She was on ten different medications and was using an inhaler. Yet, she still endured daily numerous asthma attacks. Her attacks were triggered by almost anything, from dust to cold drafts. And even with all the medications administered, her condition still worsened.

The girl underwent chiropractic evaluations that revealed subluxations on her upper spine and shoulders with no history of trauma. She was taken off her asthma and allergy medications and received manual anterior adjustments to the spine several times a week. After the first adjustment, the girl noticed a decrease in her asthma

symptoms and cough; her overall health and respiratory function continuously improved until, after three weeks of treatment, the girl was virtually symptom-free. After a month, the girl's asthma attacks had diminished to zero. Within ten months of the onset of chiropractic treatments, the patient no longer needed medications or her inhaler.

"Asthmatic children have a higher misalignment of the upper and lower thoracic region, which is the area of the shoulders and below," explains Dr. *John Doe*. "That condition can lead to dyspnoea — physiologic reactions that lead to organ dysfunction — which in turn cause abnormal tonic muscle activity. Shoulder tension triggers a decrease in lung volume, which increases the likelihood of respiratory ailments. The patient simply has less air to breathe. Since dyspnoea can lead to asthma, your chiropractor can help prevent or manage the disease by treating its underlying cause."

Reference:

Curtis Fedorchuk, "*Correction of Subluxation and Reduction of Dyspnoea in a 7-Year-Old Child Suffering From Chronic Cough and Asthma: A Case Report*," *Journal of Vertebral Subluxation Research*, November 26, 2007.

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