



Dr. Malott-Brechtel

Blood Pressure Wows!

Dear Dr. Brechtel,

I am interested in managing my blood pressure naturally. What do you suggest?

Recently, a landmark article was published on chiropractic and blood pressure control. In this University of Chicago study, blood pressure was monitored for 6 weeks post chiropractic adjustment. The control group was individuals given a sham adjustment, and the results were quite astounding. Patients receiving upper-cervical adjustment only (an adjustment to the first cervical vertebra -the atlas) had a 14 mm Hg drop in their average systolic reading. This drop was so significant that the statistician researcher involved ran the analysis twice to confirm the results. These amazing results are likely due to chiropractic's effect on the autonomic nervous system (that part of the nervous system that controls things like blood pressure and heart rate). Other natural ways to control blood pressure involve co-managing diet and exercise, and reducing your daily stress level. Natural blood pressure management is not difficult and requires some life-style changes, but it is certainly a safe place to start.

Dr. Mary Malott-Brechtel is a chiropractor and Board Certified Clinical Nutritionist and can be reached at (409) 744-2225 or via www.malottchiropractic.com