



# Discover Chiropractic

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## More than a Misalignment

Chiropractors claim to have a direct influence on a person's nervous system through the chiropractic adjustment. We further claim that people who remain subluxated (having a misalignment in the spine which causes a distortion in the communication of the nervous system) will have some form of neurological dysfunction.

The most powerful connection between a chiropractic adjustment and a person's global health changes is the direct effect the adjustment has on the brain and central nervous system.

So how does a spinal subluxation affect the brain and nervous system? The subluxation acts as both a physical stressor, due to the strain of the supporting structures connecting to that vertebra, and a chemical stressor, due to the accumulation of inflammation inside the joints. These physical and chemical stressors flood the brain with negative information from the body.

The negative stress information is the neurological connection between the subluxation and the limbic system, which launches the stress response.

The stress response activates the sympathetic nervous system which tells the adrenal glands



Photo Courtesy of Lisa DeNardo

to release adrenaline and cortisol into the bloodstream.

This stress response is a normal response, provided the stressor is removed within a short period. However, when the stressor is not removed quickly, this chronic release of stress hormones negatively alters the immune, reproductive, and gastrointestinal systems, triggering a cascade of disease and illness.

By removing the stressor (the subluxation) via chiropractic adjustments, we help stop the chronic stress response and allow energy to be reallocated to the centers that promote growth, expansion, and health.

-John Minardi, B.H.K., D.C