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CHIROPRACTIC TREATMENT MAY REDUCE ANXIETY

When a person complains of anxiety to a member of the medical community, chances are pretty high that a prescription will be written in an attempt to handle the symptoms. The instructions that follow will be along the lines of, "Take two Paxils and call me in the morning."

Unfortunately, this is a scenario that plays out way too often in the office of a doctor or a psychiatrist in America. Fortunately, for those who visit a chiropractor to get help with their symptoms, a non-drugging solution that brings true help may be in the offing.

A case of a person helped through Chiropractic care for what was medically diagnosed as General Anxiety Disorder provides evidence of the real improvements that can be gained over a relatively short period of time. The subject of this case study published in the *Journal of Vertebral Subluxation Research* (JVSR) was a 19-year-old woman who had been suffering from anxiety and physical problems for 2 years.

The woman had suffered some real trauma, in that she has been involved in at least 3 traffic accidents between 1995 and 1997. One was so severe that her head shattered a car windshield upon impact. As she had been experiencing both pain and anxiety, she had been placed on various prescription anti-depressant drugs over a 2-year period including Paxil®, Xanax® and Celexa®. None of these drugs handled her symptoms or brought her relief.

During her initial Chiropractic exam it was discovered that she had a number of vertebral subluxations (slight separations of the vertebrae) as a result of her accidents. These spinal distortions are known to interfere with the healthy and efficient operation of the nervous system. Additionally, they can affect a person's mental outlook and could have been the likely source of this patient's anxiety.

The woman received 4 weeks of Chiropractic treatment. The results were quite remarkable in this case as she reported an 80 percent reduction in her anxiety and a 90 percent decrease in her headache pain.

"This young woman spent 2 years in crisis, going from emergency room to private specialist, spending thousands of dollars for tests and drug therapy, without any resolution to her problems," said study co-leader Dr. Madeline Behrendt who is the associate editor of JVSR. "A simple, non-invasive spinal screening ultimately provided the findings that made the difference."

According to the National Institute of Mental Health, some 19 million Americans between the ages of 18-54 suffer from some form of anxiety, making it the most common form of mental illness. These individuals make three to five times more visits to doctors and emergency rooms than are normal and account for more than \$42 billion annually in healthcare expenses and lost productivity. Unfortunately, the most common therapy they receive is drugs that have a poor rate of effectiveness, which generate potentially harmful side effects and cause increased suicidal tendencies.

It's time that America wakes up to the fact that non-invasive therapies and non-drugging solutions are available through Chiropractic and can provide real, lasting help as in the case of this young woman.

Source: The World Chiropractic Alliance. "Study Explores Possibility that Chiropractic Care May Reduce Anxiety Symptoms." October 2004. <http://www.worldchiropracticalliance.org/media/anxiety.htm>