



Chiropractic care can improve brain function

Why this study matters.

A brain that's functioning and conducting its activities better has a positive effect on the body. Research shows when a subluxation is adjusted it changes brain function by 20%.

An adjustment impacts the function of the prefrontal cortex, a part of the brain that is responsible for behavior, goal directed tasks, decision making, memory and attention, intelligence, motor control, eye movements and more

"We do know that spinal function does affect brain function. There's now solid evidence that adjusting the spine changes brain function. This is the fourth time that the effect of adjusting the spine has on the brain has been studied. This last time it was studied and confirmed by an independent medical researcher."

Neuroscientist and Chiropractic
Researcher Heidi Haavik

Lelic et al. "Manipulation of dysfunctional spinal joints affects sensorimotor integration in the prefrontal cortex: A brain source localization study,"
Neural Plasticity, Volume 2016