Upper Cervical Research Study

The National Upper Cervical Chiropractic Association have been able to publish a number of significant research articles over the years.

In this newsletter, we will break down the Blood Pressure Study

Our goal as upper cervical chiropractors is to communicate that the upper cervical subluxation (misalignment) not only can lead to pain and other symptoms but can also have a dramatic impact on the function of your body.

The NUCCA blood pressure study published in the Journal of Human Hypertension was one of the most significant accomplishments chiropractic has ever made in demonstrating the impact of the subluxation on the health and function of an individual.

What was the study?
This pilot study tests the hypothesis that correcting misalignment of the Atlas vertebra reduces and maintains a lower Blood Pressure. Using a double blind, placebo controlled design at a single center, 50 patients with Stage 1 hypertension were randomized to receive a National Upper Cervical Chiropractic (NUCCA) procedure or a sham procedure. Patients received no antihypertensive meds during the 8-week study duration. The primary end point was changed in systolic and diastolic BP comparing baseline and week 8.

What were the results?
"This procedure has the effect of not one, but two blood-pressure medications given in combination," study leader George Bakris, MD, told WebMD. "And it seems to be adverse-event free. We saw no side effects and no problems," adds Bakris, director of the University of Chicago Hypertension Center.

Eight weeks after undergoing the procedure, 25 patients with early-stage high blood pressure had significantly lower blood pressure than 25 similar patients who underwent a sham chiropractic adjustment. Because patients can’t feel the technique, they were unable to tell which group they were in.

X-rays showed that the procedure realigned the Atlas vertebra -- the doughnut-like bone at the very top of the spine -- with the spine in the treated patients, but not in the sham treated patients.

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number in a blood pressure count), and an average 8 mm Hg greater drop in diastolic blood pressure (the bottom blood pressure number).

“When the statistician brought me the data, I actually didn’t believe it. It was way too good to be true,” Bakris says. “The statistician said, ‘I don’t even believe it.’ But we checked for everything, and there it was.”

Why is this important?

This study is important for a number of reasons including:

• It was published in a major medical journal, The Journal Of Human Hypertension
• Dr. George Bakris a leading medical expert on hypertension with over 100 published research articles was the lead author on the study
• It demonstrated that upper cervical chiropractic had an impact on health that was not related to pain
• The study was highlighted on national television on Good Morning America and a major Internet site Web M.D.

This study is an excellent example of how a problem in your neck is doing much more than just causing the pain or other symptom you are feeling but is affecting the way that your body is actually working including your blood pressure and other important health functions.

Next Month we highlight the Immunity and Chronic Fatigue Studies

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Have Dr. Schurger speak for your organization!

If you’ve had trouble explaining Upper Cervical to your friends, family or coworkers, there are two ways to help them out:

1. Bring them to the Special Report (check with Kirsty for date/time)
2. Have Dr. Schurger come to your group and give a presentation on Upper Cervical!

Dr. Schurger loves speaking to groups and meeting new people, and your group would benefit from his expertise, even if that group is your family & you want him to do a presentation in your home! Let us know the details, and we’ll be glad to set something up.