

# ALLERGIES AND SPINAL FUNCTION

HEALTH ISSUES #28

As many as 40 percent of people in developed countries suffer from at least one allergic condition. Over 40 billion dollars is spent annually on allergy diagnostics and treatments.

Chiropractic adjustments do not treat allergies or the immune system. They remove interference to the nervous system to allow the body to function properly and to heal itself.

Abnormal autonomic nervous system responsiveness may contribute to the pathogenesis of allergic disorders.

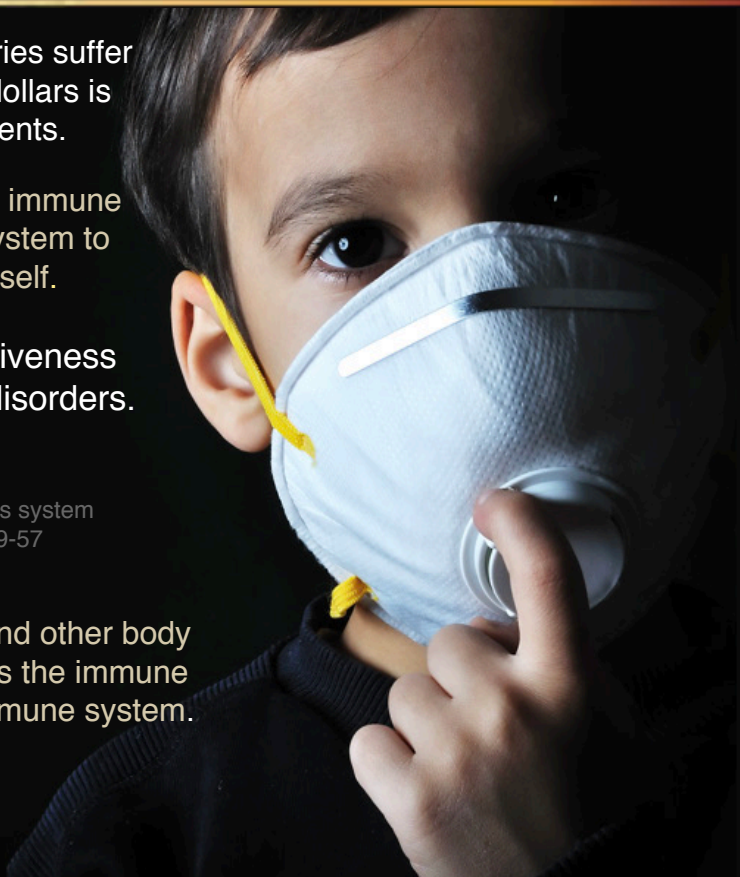
## ANNALS OF INTERNAL MEDICINE

Kaliner M, Shelhamer JH, Davis PB, Smith L. Autonomic nervous system abnormalities and allergy. *Ann Intern Med.* 82 Mar;96(3):349-57

Nerve dysfunction is stressful to the visceral nerve and other body structures and the lowered tissue resistance modifies the immune response and lessens the overall capability of the immune system.

## SCIENCE

Schwartz, J. (1981). pp. 1100-1109



Among 120 patients who received spinal adjustments, 106 showed improvement in skin itching and 86 showed improvement in skin condition. Vertebral misalignment is a common finding in patients with atopic dermatitis.

## THE JOURNAL OF ORTHOPEDIC SURGERY

Y. Takeda, S.Arai. Relationship Between Vertebral Deformities And Allergic Diseases. *The Journal of Orthopedic Surgery.* 2003 Vol 2 (1)

**Research suggests that spinal adjustments may have a direct effect on certain aspects of immune function.**

Brennan, P. & Hondras, M. Priming of Neutrophils for Enhanced Respiratory Burst By Manipulation of the Thoracic Spine. 89, *JMPT*

Studies measuring the effect of Chiropractic adjustments on the immune system have showed that Chiropractic may influence T and B lymphocytes, NK (natural killer) cell numbers, antibody levels, phagocytic activity, and plasma beta endorphin levels.

Allen JM, The effects of Chiropractic on the immune system: a review of the literature, *Chiropractic Journal of Australia*, 1993; 23:132-135

