



Basile Spine Sport and Wellness

Health Promotion
Strategies

To Optimize Your Results, Create Better Life
Performance and Greater Longevity with
Chiropractic Care

Chiropractic Adjustments Affect the Autonomic Nervous System, Study Shows

In a recent study published in the September 2000 issue of the Journal of Manipulative and Physiologic Therapeutics, researchers showed that chiropractic adjustments have an effect on the Autonomic Nervous System. This research was designed to measure the changes in "Edge Light Pupil Cycle Time"

(ELPCT) which is one of the light reflexes of the eyes.

This reflex is controlled by the Autonomic Nervous System. The results showed a decrease in the Edge Light Pupil Cycle Time therefore showing a direct link between a chiropractic adjustment and a response in the Autonomic Nervous System.



The implications of this research go well beyond the eye itself.

The Autonomic Nervous System is that part of the nervous system responsible for the control and function of internal body organs. Chiropractors have said for over 100 years that interference to the nervous system creates a situation whereby various parts of the body will not be functioning at their fullest innate potential. Despite all the reported cases of people with a variety of internal problems responding to chiropractic care, the medical community would always dismiss these cases as a coincidence.



This new research adds much credibility to the reports of miraculous results under chiropractic by scientifically showing a link between chiropractic adjustments of the spine and the part of the nervous system responsible for the control of internal organs. This clearly validates and reinforces the great results that chiropractors have reported to see over the last 100 years. Chiropractic care can have a positive effect on organ system health problems.

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