

Cardiovascular Disease Risk Factors

Cardiovascular disease can be severe and scary. Whether it's cardiac arrest, high blood pressure, stroke, or heart failure; whatever form cardiovascular disease presents as, it's a time in our life where a person can feel kicked back, unable to help themselves. When it comes to handling cardiovascular disease, preparation and prevention are our best tools for taking care of ourselves. Identifying and reducing risk factors is how we give ourselves the freedom of our health.

A recent case study described the chiropractic care of a 30-year old male who had been diagnosed with hypercholesterolemia, hypertriglyceridemia, and gout. In addition to these diagnoses, his chiropractor found many subluxations in his spine that were affecting his ability to heal and function at his optimal level. Over the course of 10 weeks of care, the patient's subluxations were reduced, and the previous cardiovascular disease risk factors were found to have decreased as well! Testing revealed an improvement in serum cholesterol and lipid panels!

Taking care of our health isn't linear! The human body is complex, and we must consider our health from all of the possible angles. When we look at our health as maintaining health rather than treating illness, we can work to prevent those diseases from the start! Chiropractic care allows us to unleash the healthiest, highest functioning version of ourselves!



The nervous system controls the function of every system in the body, including the cardiovascular system!

Slinger, A., DC, & Lesho, S., DC. (2014). Reduction in Cardiovascular Disease Risk Factors Following Chiropractic Care: A Case Study & Selective Review of the Literature. *A. Vertebral Subluxation Res.*, 2014, 80-88.



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