

Chiropractic and Mental Health

It's essential that we care for our bodies to maximize our health. Offering exercise, nutrition, rest, water, and chiropractic care for our body are some of the best ways to ensure a higher quality of life. Our wellbeing consists of our physical and mental health. When our mental health suffers, our quality of life can be impacted. So, how can we help develop a plan that not only attends to our physical needs but our mental health needs as well?

In the 1920s, chiropractic care was often used alongside traditional therapy to help manage mental health conditions. Several facilities centered around chiropractic care were created, and in comparison, the discharge rate at one of the facilities (Chiropractic Psychopathic Sanitarium, later known as Forest Park Sanitarium) was 65% while a standard mental health facility (North Dakota state mental hospital) was only around 18-25%.

A recent study of chiropractic patients in a residential addiction center highlighted the use of chiropractic care on restoring proper function to the nervous system through neurologically-based chiropractic care. The test group receiving neurologically-based chiropractic care reduced their anxiety significantly, while the placebo group saw no reductions. In other cases, neurologically-based chiropractic care has been demonstrated to help with numerous mental health issues such as ADHD, depression, dyslexia, and learning disabilities, as well as autism.

How does this work? Subluxation creates unnecessary pressure and interference on the nerves that impacts the way the nervous system – and as a result, the body – functions. When the body is able to function without subluxation, its physiology begins to change. The regulatory activity of sensory receptors, neuroendocrine organs, blood vessels, and muscles all improve! When we can function better, our body can process and communicate within itself better. For example, we can use heart rate variability (HRV) as a reliable tool for measuring the function of the nervous system and the impact of subluxation. When the nervous system function is impaired, the HRV is impaired. Impaired HRV has been associated with a decrease in a positive outlook and mental state; a higher functioning HRV has been associated with a more positive outlook in life. Luckily, chiropractic care has been shown to improve HRV drastically! When it comes to self-care and living our healthiest lives, it's important that we choose a path that takes care of us from the inside-out!



The positive effects of chiropractic care on mental health date back past the 1920s, including highly successful facilities like the Forest Park Sanitarium!

Kent, C., DC, JD. (2018). Chiropractic and Mental Health: History and Review of Putative Neurobiological Mechanisms. *J. Philosophy, Principles & Practice of Chiropractic*, 2018, 8-14.



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