

Scientific Evidence on Chiropractic & Women's Health

- **“A study published in The Journal of Manipulative and Physiological Therapeutics (2021) found that chiropractic adjustments influence the autonomic nervous system, reducing stress and improving relaxation.”**
- **Haavik, H., et al. (2021). The Effects of Spinal Manipulation on Heart Rate Variability and the Autonomic Nervous System. JMPT.**
- **“A study in Pain Medicine (2019) found that chiropractic adjustments significantly reduce inflammatory markers (cytokines), which contribute to chronic pain and arthritis.”**
- **Teodorczyk-Injeyan, J., et al. (2019). Spinal Manipulative Therapy Reduces Inflammatory Cytokines in Patients with Chronic Low Back Pain. Pain Medicine.**