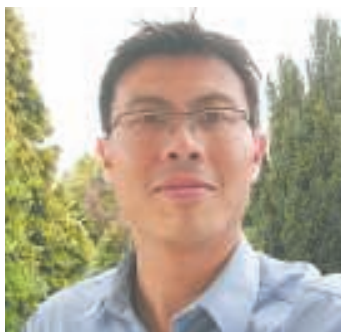


# Chiropractic Care and Brain Function

Chiropractic was originally based on the idea of the “vertebral subluxation”. That is, a problem area of the spine locking out of alignment, impeding the flow of nerve signals between the brain and the body. The role of the chiropractor: restoring function to the spine so that nerve impulses between brain and body could flow properly. It was believed that with this communication channel working at 100%, the brain could fully direct the functions of the body to support optimum health and wellbeing. The concept of the “vertebral subluxation” in this form has never been formally accepted in science, although as a starting idea, many chiropractors still subscribe to it. What we do know today in science may provide even more powerful explanations for why chiropractic care works, when it works.

Joint motion is crucial for health: not just the health of the joint, but the health of the brain.



**Dr Tat Loo: Chiropractor**

Why? Because different areas of the brain are tasked to look after different joints. Areas on the left side of the brain look after joint function of the right side of the body. Areas on the right side of the brain look after joint function on the left side of the body. These brain areas need quality signalling from correctly moving joints to do their job properly. Without good signalling from the joints – which happens when a joint is actively

locked or jammed out of normal position – those specific joint-related brain cells come under increasing stress and cannot operate at their best.

This is important because brain cells do not work individually. They are networked together (almost like PCs on the internet). Networked groups of brain cells are connected to other groups of brain cells. A single brain cell can be connected to tens or hundreds of thousands of others, some near and some far away. The brain cells talk with each other – a lot. A single brain cell can influence the way whole areas of the brain operate.

Medical science is developing advanced electronic technologies designed to stimulate specific brain areas as specific treatments. In my view, chiropractic joint adjustments may make use of the body’s pre-existing wiring to the brain to do a similar thing, but naturally.

This content reflects personal opinions of Dr Tat Loo, a Dunedin-based chiropractor.

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