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Chiropractic for Whiplash Lowers Dangerous Inflammatory Protein

September 15, 2009

A VERY important study was just published on chiropractic ([click here for the study](#)):

Ormos G. *Reduction in High Blood Tumor Necrosis Factor- α Levels After Manipulative Therapy in 2 Cervicogenic Headache Patients.* JMPT 2009; 32(7): 586-591

In the study, 2 patients suffered neck pain from whiplash:

1. A 27 year-old with severe headaches 3-4 days per week receiving 6 treatments (2 times/week for 2 weeks, then once/week for 2 weeks)
2. A 62 year-old with 31 hours per week of severe headaches receiving 16 treatments (2 times/week for 8 weeks)

How did patients' symptoms change?

- For the 27 year-old, she had full range of motion in her neck and had a blood protein called TNF-alpha reduced by 64% (63 picogram/mL to 23 pg/mL) by the end of 4 weeks
- For the 62 year-old patient, her pain disappeared after 2 weeks and her TNF-alpha levels dropped by 51% at the end of 2 months (72 pg/mL to 35 pg/mL).

- For the researchers:

"These are the first whiplash patients with chronic headaches in whom very high TNF-alpha levels were substantially reduced after successful restoration of the spinal segmental function and reduction of the intervertebral compressive force by [chiropractic care]."

What is TNF-alpha?

- TNF-alpha is a protein in the blood associated with inflammation. Normal levels of TNF-alpha in the body are between 0 and 5 pg/mL and found in high levels in patients who suffer from [asthma](#), [Crohn's disease](#), [heart disease](#), and [rheumatoid arthritis](#).
- But TNF-alpha has also been [shown to worsen nerve function](#) and this is the role of chiropractic in improving pain by lowering TNF-alpha levels.

What should we take away from this study?

- Chiropractic's greatest benefit to your health is through PREVENTION. This is not a claim that chiropractic can treat the conditions mentioned above but that chiropractic can help keep your body in balance beyond joint and muscle function and improve the function of your nervous system.

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