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Research shows chiropractic affects your brain not just your back

Launch of Spinal Awareness Week, 2016 - Chiropractic, Keeping You Connected

London, United Kingdom: This week marks the start of Spinal Awareness Week 2016, an initiative from the United Chiropractic Association aimed at promoting the importance of spinal health and Chiropractic care.

The theme of this years week is **Chiropractic, Keeping You Connected** and is directed towards educating the public how Chiropractic care is a vital part of healthcare for not only those in pain, but those who want to live a healthier life and stay well. Recent research being released is finally proving what chiropractors have known since the invention of Chiropractic by D.D. Palmer in 1895.

The Spinal Research Foundation has released results of a recent breakthrough study that shows Chiropractic care can increase strength, decrease fatigue and improve the brains ability to drive muscles.

“What we can say based on this study is that when we adjust spinal subluxations, we improve strength, we prevent fatigue and we change the way the brain drives our muscles. That’s pretty cool” said Dr. Heidi Haavik, one of the brains behind a recent study examining changes in H-reflexes and V-waves following chiropractic spinal adjustments.

- Recent research released, shows how Chiropractic care may improve brain function
- The importance of spinal health and the powerful impact of Chiropractic care is becoming more widely known
- As a result, more and more people are looking outside the traditional medical model to chiropractors for help with their health issues.

About The UCA: The United Chiropractic Association exists as a body representing chiropractors.

The UCA stand behind the underlying principle of chiropractic: “healthy spine, healthier life.” By offering expert drug-free spinal health care and lifestyle advice, UCA chiropractors can help you to lead and maintain a healthy life.

The UCA is the fastest growing chiropractic association in the UK with membership growing steadily since 2000.