

## **Chiropractic Helps Normalize Blood Profile Of Patient With Early Onset Diabetes**

The December 7, 2006 issue of the Journal of Vertebral Subluxation Research highlights a case study where the glucose blood and urine levels of a patient with early onset diabetes returned to normal after a short course of chiropractic care.

As reported in other chiropractic journals such as Chiropractic Technique and the Chiropractic Research Journal, numerous case studies as far back as 1989 have shown that patients with diabetes improve under chiropractic care.

The patient in this case was a 48 year-old man whose medical doctor had diagnosed him with early onset diabetes mellitus. Wishing to take a non-medical approach with the goal of avoiding insulin injections, he consulted a chiropractor. After his spine was analyzed and vertebral subluxations were found, he decided to begin a course of chiropractic care to help normalize body balance and function.

He also consulted a doctor of oriental medicine who suggested he begin other wellness approaches such as nutritional supplements and exercise along with acupuncture.

After a month of care, the patient experienced improvement in the chiropractic indicators of subluxation. At the same time, his blood and urine sugar levels returned to normal. Throughout the process, his diabetic symptoms were monitored by the medical and oriental doctors who determined that he would not need insulin as long as his condition maintained itself.

The author points out that it is not clear that chiropractic itself was responsible for the health improvements the patient experienced. He goes on to say, however, that if "chiropractic care can offer assistance in treatment of 5% of the diabetic conditions commonly presented to health care providers this alone could offer significant life style enhancement for those patients positively influenced."

Commentary: This study is a good example that people are more and more willing to explore their health care options. In the introduction, the author mentions one European study that examined 115 families with children under the age of seven with asthma, diabetes and epilepsy. One third of them had received some form of non-medical health care, the majority of it chiropractic. Less satisfaction with medical care, information and general guidance concerning the illness was cited by the families as reasons to choose other forms of health care.