



The month of May arrives, along with numerous warnings that allergies will be even stronger this year. But it doesn't have to be that way! Every year, more chiropractic patients report feeling better in spring—without allergies or with fewer asthma attacks. Why? How can Chiropractic help? Because health comes from the INSIDE out.

Read on to understand the mechanisms that are activated to ease asthma or other respiratory system disorders. (You can also consult the May 2008 issue on allergies.)

On the last page, we have replaced our "sweet tooth corner" with very important information for women.

Happy Reading!

Dr. Kinnison

ASTHMA: A DISORDER ON THE RISE

It is a very serious condition that affects the lungs. The alveolus, an air sac inside the lungs, and/or the bronchus does not fully open, resulting in poor oxygen-to-carbon-dioxide exchange or airway constriction. The result is a dramatic inability to breathe properly. Traditional treatments are inhalers that temporarily force the lungs to open by drugging the nervous system. As effective as these inhalers may be, they have many side effects and, over time, end up damaging lung tissue. Chiropractors know that the control of all lung functions begins in the nervous system. If this system has not been functioning properly since birth, it can manifest in diseases such as asthma. There are literally thousands of chiropractic patients who claim to have been cured by receiving regular chiropractic adjustments.

CHILDHOOD ASTHMA

Childhood asthma is the most common chronic disease among children under 14 years of age. It is a condition of the airways characterized by recurrent episodes—more or less frequent—of coughing, wheezing when breathing, and shortness of breath. *It is estimated that, depending on the geographic area, between 5% and 15% of children suffer from it.* But the most striking fact is that its incidence is increasing alarmingly, and in the last two decades the cases have doubled.

In childhood, it is more frequent in boys than in girls, with a ratio of 2 to 1, but as they approach puberty and adolescence, the frequency between the sexes evens out. In general, asthmatic children improve during puberty and adolescence, but between 30% and 50% will have symptoms again after the age of 20. *Childhood asthma reduces children's activity levels and causes school absenteeism.*

THE RESPIRATORY SYSTEM AND ITS VARIOUS FUNCTIONS

The respiratory system generally includes tubes, such as the bronchi, used to carry air into the lungs where gas exchange takes place. The diaphragm, like any muscle, can contract and relax. When it relaxes, the lungs have space to expand and fill with air, and when it contracts, the air is expelled.

The respiratory system consists of airways, lungs, and respiratory muscles that mediate the movement of air both in and out of the body.

Gas exchange: This is the exchange of oxygen and carbon dioxide. Within the alveolar system of the lungs, oxygen and carbon dioxide molecules are passively exchanged, by diffusion, between the gaseous environment and the blood. In this way, the respiratory system facilitates oxygenation while exchanging carbon dioxide—and other metabolic waste gases—into the circulation.

The system also helps maintain the body's acid-base balance through the efficient removal of carbon dioxide from the blood.

CONTROL OF THE RESPIRATORY SYSTEM

The respiratory system, like every system in the body, receives its commands from the nervous system, mainly from the autonomic nervous system, through both its sympathetic and parasympathetic components. The dual purpose of the system is as follows: the sympathetic system provides **bronchodilation** (increasing oxygen supply to the system), while the parasympathetic system increases respiratory secretions and causes **bronchoconstriction**, which enhances exhalation. In addition to these nerves, the sensory receptors of the respiratory tract respond to chemicals in order to trigger a forced exhalation when necessary.

AN INTERFERENCE IN THE NERVOUS SYSTEM (OR SUBLUXATION) AFFECTS THE RESPIRATORY SYSTEM, CAUSING ANY DISORDER/DISEASE OF THE RESPIRATORY SYSTEM.

CHIROPRACTORS CORRECT SUBLUXATIONS, ALLOWING THE BODY TO FUNCTION AT 100% OF ITS CAPACITY.

“Chronic Asthma and Chiropractic Spinal Adjustment: A General Clinical Trial.”

Nielsen N.H., Bronfort G., Bendix T., Madsen F., Weeke B.

National University Hospital (Rigshospitalet), TTA Medical Department and Allergy Unit, Copenhagen (Denmark). 1995

The purpose of this blinded, randomized, crossover trial between patient and observer was to evaluate the effectiveness of chiropractic treatment in controlling chronic asthma in combination with maintenance drug therapy. The trial was conducted at the outpatient clinic of the National University Hospital in Copenhagen, Denmark.

Thirty-one patients aged 18 to 44 participated, all of whom suffered from chronic asthma controlled by bronchodilators and/or inhaled steroids. Patients who had received chiropractic treatment for asthma within the last 5 years, or who had been treated with oral steroids and immunotherapy, were not admitted.

Patients were randomly assigned to receive either active chiropractic spinal adjustment or sham chiropractic spinal manipulation, twice a week for 4 weeks, and then crossed over to the alternative treatment for another 4 weeks. Both phases were preceded and followed by a 2-week period without chiropractic treatment.

The most important outcome measures were:

- Forced expiratory volume in the first second (FEV1)
- Forced vital capacity (FVC)
- Daily use of inhaled bronchodilators
- Asthma severity rating
- Nonspecific bronchial reactivity (n-BR)

Using crossover analysis, no statistically or clinically significant differences were found between active chiropractic intervention and sham treatment in any of the primary or secondary outcomes. Pulmonary function did not change during the study, but throughout its course, nonspecific bronchial hyperreactivity (n-BR) improved by **36%**, and asthma severity ratings decreased by **34%**, compared with baseline values.

Source: Spanish Association of Chiropractic, www.quiropractica-aeq.com

A study suggests that antibiotics may increase the risk of childhood asthma

Canadian researchers report that children exposed to antibiotic treatment during their first year of life may be at greater risk of developing childhood asthma.



According to the study, exposure to just one course of antibiotics appeared to double the risk of asthma. And that risk

seems to increase with each additional course of antibiotics taken during the first year of life, the report noted. This potential relationship could affect millions of people, the researchers pointed out, given the fact that antibiotics are commonly used to treat infants and children with ear infections, upper respiratory tract infections, and bronchitis. It is estimated that 18 million Americans of all ages have asthma.

Dr. Marra and his colleagues analyzed seven previous studies published in English between 1999 and 2004.

These studies, which included more than 12,000 children in total, compared antibiotic exposure among infants under one year of age with infants who had no exposure, while following up on the subsequent development of childhood asthma. More than 1,800 of the children developed asthma. The studies suggest that antibiotic exposure doubles the risk of asthma.

In addition, a later analysis of five studies involving more than 27,000 children, of whom nearly 3,400 developed

asthma, revealed a similar dose-related association. Children who received a greater number of antibiotic courses in the first year of life appeared to be at greater risk of developing asthma.

Marra and his associates cautioned that not all findings point in the same direction. Those studies designed to review past medical records were more likely to indicate a connection between asthma and antibiotics, compared with those designed to study current cases. Thus, the authors conclude that although there appears to be an association, larger-scale studies are needed to better understand this connection.

[Fuente: Artículo por HealthDay, traducido por Hispanicare -HealthDay](#)

A study was conducted to investigate the effects of chiropractic care in children with asthma. The results showed that **87% experienced significant improvement in their breathing** and were able to reduce their medication.

[Fuente: Pest JB, Marko SK, Pickarczyk W. Chiropractic Pediatrics Vol. 1, No. 4, May 1995, Páginas 9-13](#)

In another study, **95% of participants reported improved breathing** while receiving chiropractic care. (2)

[Fuente: Miller W: Bethesda; Dept. HEW. 1975:295-301](#)

