

## Health Report

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### **CHIROPRACTIC ADJUSTMENTS REDUCE SYMPTOMS OF FIBROMYALGIA**

Fibromyalgia disables muscles and muscular tissue fibers. Those who suffer from this epidemic are in constant pain, sleep poorly, feel fatigued and are depressed. So far, little relief or treatment is available, but there is good news – Chiropractic adjustments are helping to reduce the symptoms of Fibromyalgia.

John C. Lowe, M.A., D.C. in Houston, Texas recently concluded a yearlong study supporting Chiropractic care as a proper and effective treatment for Fibromyalgia. He found repetitive adjustments reduced muscle inflammation and reduced pain.

His report is timely. Chiropractors have been under attack for adjusting Fibromyalgia patients. But, as more and more patients turn to Chiropractic, support is growing.

Rheumatologist Dr. Frederick Wolfe, a well-known investigator of Fibromyalgia, clinical professor, Department of Medicine, University of Kansas School of Medicine, pointed out Chiropractic does help. Wolfe and his colleagues recently completed a study showing Chiropractic among the most effective Fibromyalgia treatments.

Dr. Bernard Rubin conducted a study at the Texas College of Osteopathic Medicine. He studied the effects of spinal manipulation, drugs and placebos on Fibromyalgia patients. One group received only placebos, the second only manipulation, the third were given drugs and the fourth, drugs with manipulation.

Results showed drugs were effective, but manipulation improved the patients most, giving them a better sense of well being.

*SOURCE: "Fibromyalgia: Are Chiropractic Adjustments Appropriate,"  
By John Lowe, M.A., D.C., ChiroWeb/DC archives.*