

Treating Asthma Symptoms with Chiropractic Care



Leading Theories in the Rise of Asthma

Introduced in 1989, the "hygiene hypothesis" has long been considered a leading theory in the increase of asthma and allergies. The hypothesis states that an increase in the cleanliness of our living conditions may suppress the development of the immune system, leaving children more vulnerable to autoimmune diseases like asthma and allergies. New research suggests that this theory doesn't fully explain the rising rates; there are other theories experts are currently exploring:

Increase in acetaminophen use for children. Acetaminophen (Tylenol) lowers levels of antioxidant glutathione, which can protect against lung damage caused by antioxidants. In a massive study involving 200,000 6 and 7-year-olds, researchers found that acetaminophen use in the first year of life is correlated with a 46% increase in the prevalence of asthma symptoms.

Rise in sedentary lifestyle and obesity. Sedentary lifestyle may have an effect on lung strength. Also, obesity increases inflammation in the body, which experts theorize may also play a role.

Widespread vitamin D deficiency. Vitamin D is linked to lung and immune system development in utero, and a deficiency in the mother may impact lung growth after birth.

Use of spray cleaners. The spray mist from household cleaners and air fresheners can irritate the lungs when inhaled, which increases risk of asthma. Studies have shown that weekly use of cleaning sprays increased risk of adult asthma by 50%.

The Chiropractic Connection to Asthma

Several studies have explored the connection between the chiropractic adjustment and improvement in the symptoms of asthma. Both parents and children have reported lowered severity of asthmatic symptoms following chiropractic care. Additional case studies have also shown a link between chiropractic adjustments and a decrease in asthmatic symptoms.

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