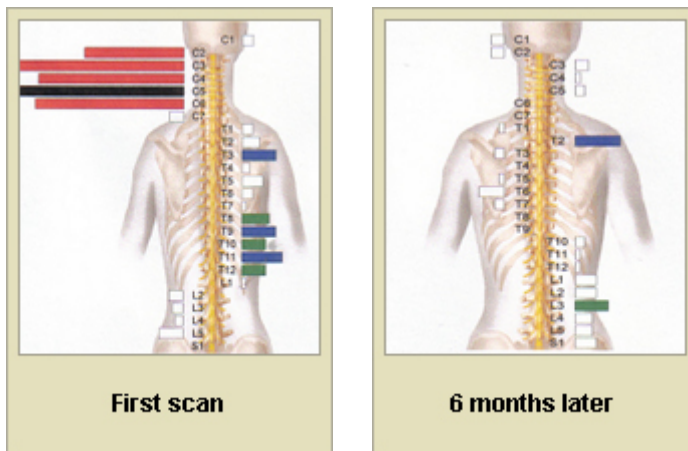


## ❑ 22 Year old female with severe high blood pressure and stress

This patient presented to us with severe high blood pressure of unknown origin. Her heart was deemed healthy by her medical doctor; she had normal cholesterol levels and was in good general health, aside from her recurring bouts of high blood pressure.

On examination, we found several severe subluxations in her neck. Here is her first scan and follow up scan.



When we first began adjusting, her blood pressure would drop substantially within minutes of the adjustment. Pre-adjustment pressure would read up to 195/120 (normal = 120/80); immediately following an upper cervical toggle adjustment, her pressure would drop to 140/95. Over the course of 6 months, her blood pressure stabilized.

Some other health improvements she documented were:

- Better emotional control
- Better able to handle stress
- Less anxiety
- More restful sleeps
- No more headaches
- Better concentration

## ❑ Want Research?

***Panic attacks and the chiropractic adjustment: a case report. Potthoff S. Penwell B, Wolf J. ACA J of Chiropractic, 1993 (December) 30:26-28.***

This is the case of a 52-year-old female diagnosed with long standing panic attacks. She had been prescribed a variety of antidepressants and tranquilizers over the years, underwent counseling and relaxation training - all to no benefit. Chiropractic examination revealed areas of upper and mid cervical, upper and mid thoracic and right sacroiliac fixations. The patient's blood pressure was 182/102 mm Hg,

pulse rate 120 beats/minute during an attack. However it would drop to 140/80 and her pulse to 76 beats/minute four minutes after the adjustment. After beginning chiropractic care she had been free of panic attacks for more than two months which is the best she had been in years.