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Studies explore link between chiropractic care and fertility

According to the Centers for Disease Control, more than 6 million women in the United States are infertile, and over 9 million use some kind of infertility service.

A series of research papers published in the *Journal of Vertebral Subluxation Research (JVSR* -- www.jvsr.com) suggests that chiropractic adjustments, performed by chiropractors to address nerve interference caused by spinal distortions, could offer hope to many of these women.

The 12 studies in the series found that chiropractic had positive results regardless of the woman's age, number of years infertile, previous medical intervention or health history including miscarriages, blocked fallopian tubes, amenorrhea, colitis, or trauma.

The first in the series, "Insult, Interference and Infertility: An Overview of Chiropractic Research," reviewed 14 retrospective articles on the possible effect of spinal problems on fertility. All of the women in these studies were found to have vertebral subluxations - misalignments and/or related problems of the spine that interfere with how the nerves work. These problems in the spine can be corrected by chiropractors with painless adjustments to the affected spinal area.

The stress histories of these infertile women included -- but were not limited to -- previous motor vehicle accidents, childhood falls, blocked fallopian tubes, scoliosis, and work stress that affected both mind and body. All of the women became pregnant after their subluxations were detected and corrected.

Among the cases cited in the first *JVSR* study was that of a 32-year-old infertile woman who had not menstruated for 12 years. The woman had undergone a number of medical infertility treatments, but still could not conceive. After two months of chiropractic care, with attention on adjustments in the lumbar region, her menses started and after regular cycles for four months, she became pregnant.

In explaining how chiropractic adjustments could affect fertility, Madeline Behrendt, D.C., associate editor of *JVSR* and lead researcher of this project noted, "Essential to all processes of life is the nervous system, which perceives the environment and coordinates the cellular community's biological response to the impinging environmental stimuli. It is reasonable to consider that a system that is properly functioning to its potential may resist destructive forces more successfully and with less damage." Earlier this year, Behrendt was named the recipient of the World Chiropractic Alliance's "Researcher of the Year" award and is chair of the WCA Council on Women's Health.



Dr. Madeline Behrendt

In the *JVSR* paper "A Commentary on Infertility," Ogi Ressel, D.C. notes that "The vertebral subluxation is an entity which has profound effects on the neuromusculoskeletal system, yet is amenable to correction... With attention focused on subluxation correction, chiropractic care is an option for the subluxated infertile population." Dr. Ressel is author of the book, "Kids-First: Health With No Interference. How to Raise a Healthy Child Outside the Medical Model."

Other papers in the *JVSR* series include:

*** "Successful Pregnancy following Diagnosis of Infertility and Miscarriage"

*** "Successful In Vitro Fertilization in a poor Responder while under Network Spinal Analysis Care"

*** "The Reduction of Chronic Colitis with Chiropractic Care Leading to Increased Fertility"

*** "Response to Gonstead Chiropractic Care in a 27 year old Athletic Female with a 5 year history of Infertility"

*** "Chiropractic and Nutritional Management and its Effect on the Fertility of a Diabetic Amenorrheal Patient"

*** "Healthy Pregnancy in a Previously Infertile Patient Following D.N.F.T. Chiropractic Care"

*** "Female Infertility and Chiropractic Wellness Care: A Case Study on the Autonomic System Response"

*** "Torque Release Technique in the Clinical Management of Infertility Related to Cultural or Religious-Based Lifestyle"

*** "Sacro Occipital Technique Management of a Thirty Four Year Old Woman with Infertility"

Dr. Behrendt noted that, although not conclusive, the results of the research should stimulate consideration of structure as a factor in infertility and increase awareness of the role of the central and peripheral nervous system in fertility.

"I asked 50 women in my local community if they knew where in the spine the nerves to the reproductive organs are," Dr. Behrendt stated. "When they realized how basic and essential this approach is, they were stunned this information is not commonly available."

The World Chiropractic Alliance, publisher of *JVSR*, submitted a press release on the research to a major news wire service and says it will continue its efforts to raise awareness of the possible link between subluxations and infertility.

Abstracts of all articles may be found at www.jvsr.com.

