

Chiropractic Validated by Medical Research Part 2

Ladies and gentlemen, I present to you:

The Winsor Autopsies

Henry Winsor, a medical doctor in Haverford, Pennsylvania, asked the question:

"Chiropractors claim that by adjusting one vertebra, they can relieve stomach troubles and ulcers; by adjusting another, menstrual cramps; and by adjusting others conditions such as kidney diseases, constipation, heart disease, thyroid conditions, and lung disease may resolve--but how?"

Dr. Winsor decided to investigate this new science and art of healing--chiropractic.

Dissections

After graduating from medical school, Dr. Winsor was inspired by chiropractic and osteopathic literature to experiment. He planned to dissect human and animal cadavers to see if there was a relationship between any diseased internal organ discovered on autopsy and the vertebrae associated with the nerves that went to the organ. As he wrote:

"The object of these necropsies (dissections) was to determine whether any connection existed between minor curvatures of the spine, on the one hand, and diseased organs on the other; or whether the two were entirely independent of each other."

University Permission

The University of Pennsylvania gave Dr. Winsor permission to carry out his experiments. In a series of three studies he dissected a total of 75 human and 22 cat cadavers. The following are Dr. Winsor's results:

"Two hundred twenty-one structures other than the spine were found diseased. Of these, 212 were observed to belong to the same sympathetic (nerve) segments as the vertebrae in curvature. Nine diseased organs belonged to different sympathetic segments from the vertebrae out of line.

These figures cannot be expected to exactly coincide ... for an organ may receive sympathetic filaments from several spinal segments and several organs may be supplied with sympathetic (nerve) filaments from the same spinal segments. In other words, there was nearly a 100 percent correlation between minor curvatures of the spine and diseases of the internal organs."

Diseases examined:

1 Stomach Diseases

All nine cases of spinal misalignment in the mid-thoracic area (T5-T9) had stomach

disease.

2 Lung Disease

All 26 cases of lung disease had spinal misalignments in the upper thoracic spine.

3 Liver Disease

All 13 cases of liver disease had misalignments in the mid thoracic (T5-T9)

4 Gallstones

All five cases with gallstone disease had spinal misalignments in the mid thoracic.

5 Pancreas

All three cases with pancreas disease had spinal misalignments in the mid thoracics.

6 Spleen

All 11 cases with spleen diseases had spinal misalignments in the mid thoracics.

7 Kidney

All 17 cases with kidney disease were out of alignment in the lower thoracics.

8 Prostate and Bladder Disease

All eight cases with kidney, prostate and bladder disease had the lumbar (L2-L3) vertebrae misaligned

9 Uterus

The two cases with the uterine conditions had the second lumbar misaligned.

10 Heart Disease

All 20 cases with heart and pericardium conditions had the upper five thoracic vertebrae (T1-T5) misaligned.

Dr. Winsor's results are published in The Medical Times, November 1921, and are found in any medical library.

That's right, folks: 1921.

Modern Research Also Shows Benefits of Chiropractic

What is incredible is that there is much more research, a majority of it done in recent years, that shows the benefit of chiropractic care in many aspects of health such as the immune system. Wouldn't you want to know that chiropractic care could allow your family's immune systems to be as healthy as they are meant to be?

The latest research shows people without any symptoms at all who receive chiropractic care IMPROVE their health.

That means there is valid scientific documentation that as you incorporate chiropractic care into your lifestyle you continue to get healthier even if you don't have any current symptoms!

Now let me just acknowledge that many in our profession of chiropractic educate people to know that judging their health based upon symptoms is not wise and that even in the absence of

symptoms someone can be quite sick. I am not disagreeing with that at all.

However, I am simply shifting the focus onto creating health, wellness and wholeness. We have no choice in that life is a continuous process that goes on with or without us. We do have a choice in either taking a passive and unaware role in the processes of creating a downward spiral of sickness and disease, or an informed and active one in creating an upward spiral of health and vitality. Which would you choose for yourself? How about for your child?