



# Chiropractic Care & Cognitive Function



Chiropractic care can boost your cognitive function. Our ability to think and make critical decisions is determined by the state of our central nervous system. A spinal adjustment can benefit you in many ways, but the impact that an adjustment can have on our brain is overlooked.

Let's dive into how an adjustment can make you smarter.

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**Adjustments increase prefrontal cortex activity.** The prefrontal cortex is the most studied area in chiropractic. The prefrontal cortex is important because it oversees the information processing required to problem solve and make decisions. If you've ever been stuck on two answers for a multiple-choice test, then you know what it feels like to have a prefrontal cortex that's not working. Prefrontal cortex changes occur as a result of spinal adjustments.

**Adjustments stimulate neuroplasticity.** Neuroplasticity is the brain's ability to reshape itself with new neural connections, improving our ability to solve problems. Impaired neuroplasticity results in memory loss and that "brain fog" feeling. This is caused by spinal restriction that weakens the connection between the brain and nervous system. A spinal adjustment can improve your brain's neuroplasticity.

**Adjustments sharpen cerebellum function.** The cerebellum is very important for allowing our bodies to physically execute tasks. It also plays a role in managing mood, anxiety, and depression. Neck pain can inhibit cerebellum function. Cerebellum issues can clear up when an adjustment is made for neck pain.

Chiropractic adjustments improve the messaging between our brain and body, and they also improve blood flow to our brain. When we are subluxated we are inhibiting the full potential of our minds. Want better mental clarity? Get adjusted.