



Yes, an adjustment improves gut health.

When nerve interference is corrected, your gut motility improves



There's a connection between your brain and your gut. This is called the gut-brain axis. The gut-brain axis is the communication pathway between the gastrointestinal tract and the central nervous system. It plays a pivotal role in regulating various physiological functions, including digestion, immune response, and emotional well-being. The gut-brain axis manages interactions between the enteric nervous system (ENS), which is a network of neurons in the walls of the gastrointestinal tract, and the central nervous system (CNS), which is the brain and spinal cord.

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Subluxations can disrupt the proper functioning of the nervous system, interfering with the gut-brain axis. This interference damages the communication between the brain and the gut, leading to imbalances in digestive processes and overall gut health. An adjustment corrects subluxation, which restores alignment of the spine. This reduces nerve interference, which enhances communication along the gut-brain axis.

In addition to improving communication between the gut and brain, an adjustment has anti-inflammatory effects that can improve the symptoms of inflammatory bowel conditions. This includes irritable bowel syndrome (IBS) and Crohn's disease. In combination with improvements in nutrition and the other 5 Essentials, an adjustment has an even greater impact on your gut health.

It's also worth mentioning that an adjustment improves blood flow and nutrient delivery to cells. The nutrients from the food that you eat are readily absorbed when you're getting adjusted. Improved communication between the gut and brain, anti-inflammatory effects, and enhanced nutrient absorption are just a few of the benefits that you get from a chiropractic adjustment.

Want to learn more about how you can improve your gut health? Come and join us for our upcoming Gut Health Talk. We'll be discussing the role of your gut in your overall health and how the 5 Essentials are critical to maintaining a healthy gut.

Gut Health Talk is on May 20th at 6:15 PM