

## Research Determines Chiropractic Care Provides Military Personnel with Relief from both Pain and Opioids

The pain and suffering experienced by military men and women all over the world escalated to epidemic proportions long ago. The rigors of training, physical demands of duty, and the unique levels of stress experienced by most military men and women increase the likelihood of pain and other health challenges. **No other profession deserves adequate attention and care for their health and bodies like the men and women of the military.** Unfortunately, care for veterans ranks as mediocre at best and leaves most members of the armed forces underserved or dependent on drugs manufactured to mask pain and the underlying sources of pain and dysfunction.

New research shows revolutionary evidence which supports the need for veterans to have greater access to Chiropractic care. Veterans comprise of one of the largest populations of people who seek relief from physical and emotional pain. The current care model prescribes powerful medications to the majority of military veterans who seek care for physical or emotional pain. When less potent medications such as non-steroidal anti-inflammatories (NSAIDs) fail to resolve the pain, medical professionals prescribe more addictive and potent drugs like opioids. A vast number of these veterans do not find relief from NSAIDs and begin an undesirable and harmful path that too often becomes the norm. Veterans exist as one of the most prevalent populations to be prescribed opioids at unprecedented levels.



Research published this year in the Journal of Pain Medicine provides promising evidence for veterans and their families. The study showed that veterans of recent wars who received Chiropractic care consumed less opioids than those who were not receiving Chiropractic adjustments. Nearly one-third of veterans in the study who received Chiropractic services from the Veteran Affairs also received an opioid prescription. Yet the significance of the study revealed the frequency of opioid prescriptions became lower after the veterans began utilizing Chiropractic. The military personnel being prescribed opioids began to reduce their consumption after they began receiving Chiropractic care.

Chiropractic does not seek to treat ailments, pain, or conditions. Chiropractors focus on restoring the relationship between the spine and central nervous system by specifically assessing and gently adjusting areas of stress and dysfunction in the spine. **Because of the intimate connection between the spine and the nervous system, many unwanted symptoms, pain, and conditions improve through better nervous system balance.** Chiropractic care provides a unique advantage for veterans seeking help with pain, stress, and dysfunction without the use of more drugs or surgery. This study provides further evidence that military veterans represent another populace which deserves the benefits of Chiropractic as part of their health care plan. Long term health and healing do not involve a relationship with opioids and pain medications. Military personnel deserve the freedom to live an active life full of potential. That journey begins with Chiropractic.