

Princeton Chiropractic Wellness Center

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Chiropractic Care Stabilizing Emotional State & Mood Swings

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The purpose of chiropractic care is to bring balance to the nervous system, the control center of the body, by correcting subtle disturbances in nerves with specific adjustments to spinal bones. (1) Nervous system balance creates more control in the body and awareness so the body can begin to release proper hormones and neurotransmitters at proper times to create balance in emotions and mood. (1,2,3,4)

Since the beginning of chiropractic in 1895, there have been dramatic improvements documented in all types of cognitive and mental disorders with chiropractic care as a sole intervention. These cases range from mild mood swings to depression, paranoia, anxiety attacks, insomnia, Tourette's syndrome, ADD/ADHD, autism, various phobias, PMS and many more. (1,2,3,4) Chiropractic care had such positive results when it was introduced that in the early to mid 1900's there were even chiropractic psychiatric hospitals where patients were evaluated by MD's and adjusted by chiropractors. (1)

People of all ages can benefit from chiropractic adjustments. Children with problems ranging from severe ADD to severe lethargy and not being able to speak show great improvements with chiropractic care. (4,5,6) Studies have also shown links between certain spinal problems and certain personality problems including paranoia and depression. (6)

The purpose of chiropractic is to balance the nervous system. (1) This balance can help restore proper emotional balance, whether the imbalances are mild or severe. (1,6)

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