

# DID YOU KNOW...

that chiropractic care may reduce anxiety symptoms?



A recent study, published in the *Journal of Vertebral Subluxation Research*, co-authored by Dr. Madeline Behrendt, Associate Editor of *JVSR*, and Dr. Nathan Olsen, a chiropractor in private practice in Boise, Idaho, describes a 19-year old female diagnosed with General Anxiety Disorder (GAD) who suffered from somatic and psychiatric symptoms for two years. After a four-month course of chiropractic care, the young woman reported an 80% reduction in her anxiety symptoms, including a 90% decrease in her headaches. The patient was able to resume a normal lifestyle without resorting to prescription or over-the-counter drugs.

The patient's previous medical treatment had included multiple emergency room visits; private specialists; and a rotation of drug therapies including Paxil, Xanax, and Celexa -- which all failed to manage her symptoms.

According to the National Institute of Mental Health, anxiety is the most common mental health illness, affecting more than 19 million Americans ages 18-54. These patients make three to five times more visits to doctors' offices and emergency rooms and the Anxiety Disorders Association of America reports that direct healthcare costs and lost productivity of these conditions cost more than \$42 billion per year.

For more information visit: [www.medicalnewstoday.com/articles/14354.php](http://www.medicalnewstoday.com/articles/14354.php)