

*The Truth*  *About Health*

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CHIROPRACTIC AND EXERCISE REGIMEN CAN EFFECTIVELY HANDLE DEPRESSION

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In response to the FDA warnings that antidepressant drugs may cause an increased risk of suicide in children, several studies have shown that exercise and Chiropractic care can be an effective treatment for depression.

One such study, published in the journal Pediatrics, found that teens who reported physical symptoms with unknown causes faced the possibility of panic attacks and major depression.

According to a study published in the Journal of Clinical Psychology, injuries to the head, neck and back have been linked to depression. And, according to the Journal of Clinical Epidemiology, pain was one of the chief determining factors for continuing episodes of depression.

Cardiovascular exercise has also been found to significantly improve depression. According to the British Journal of Sports Medicine, 50% of the men and women who participated in the study who suffered with depression improved faster from exercise than from antidepressant drugs.

“In just the last five years, studies have shown that physical symptoms, such as headaches, neck and back pain, are contributors to depression,” said Dr. David Latch, a chiropractor in San Francisco.

One of Dr. Latch’s patients sought treatment to relieve the pain in his spine that resulted from a back injury 10 years earlier. Since his injury, the patient had taken Lithium<sup>®</sup>, Prozac<sup>®</sup>, Wellbutrin<sup>®</sup>

, Paxil

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, Depakote

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, Neurontin

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, Atiban

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, Klonopin

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, Luvox

<sup>®</sup>

, and Zyprexa

<sup>®</sup>

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He reported depression during the time he was taking these drugs.

Chiropractic addressed the underlying cause of the depression — the pain in his spine. According to Dr. Latch, the patient has been off drug therapy for six years and Chiropractic has improved his mood and disposition.

SOURCE: PR Newswire, Yahoo News, [www.biz.yahoo.com/prnews](http://www.biz.yahoo.com/prnews), September 30, 2004.