

Swiss researcher Dr. Yannick Pauli identifies link in published work.

Chiropractic Care May Ease Learning Disabilities

(October 29, 2007, Briarcliff Manor). A renowned Swiss doctor has authored research which concludes that chiropractic care has benefited those with learning disabilities and should be included in a multidisciplinary approach to treat affected individuals.

The published work of Dr. Yannick Pauli – the president of the Swiss Chiropractic Pediatric Association – is entitled *The Effects of Chiropractic Care on Individuals Suffering from Learning Disabilities and Dyslexia: A Review of the Literature*. “Pauli’s culmination of data certainly gives hope to those afflicted and their loved ones,” said Dr. Robert Abbruzzese, a chiropractor whose family wellness practice is located in Briarcliff Manor, NY.

Of all school-age children in the United States, 3-10% are affected with a learning disability. These range from speech and language disorders to academic skills disorders like dyslexia (which affects 8 in 10 children diagnosed as learning disabled) and include motor skills disorders such as Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD). These neurodevelopmental disorders have long-term effects as well. It is not only about the inability to read, write or concentrate. The disorders may also interfere with self-esteem, family and peer relationships later on in life. And, they can cause loss of motivation and/or problems in socializing.

“Since most learning disorders are based in the brain, they are central nervous dysfunctions thought to be triggered by nerve interference or misalignments called vertebral subluxations,” added Dr. Abbruzzese. Pauli writes that these spinal misalignments “alter the quality and quantity of neural inputs to the central nervous system [...] and result in an asymmetric function of brain hemispheres [...], [thus preventing] the achievement of temporal coherence between the two hemispheres.”

“In other words, a reduction of spinal misalignment may restore proper joint and central nervous system function and improve motor balance overall,” noted Abbruzzese.

In his analysis, Pauli also found that chiropractors are not primarily interested in the cure of cognitive and behavioral disorders. He states, “The chiropractor does not attempt to take over the role of a speech therapist, educational psychologist or neuropsychologist in diagnosing or treating the disorder, but rather offers a unique perspective by attempting to correct a central nervous system dysfunction thought to impair the individual’s potential to learn properly.”

Pauli explains that correcting the underlying cause may be the key in maintaining various cognitive abilities that are essential to learning, because the only source of constant stimulation to the brain comes from the spine. Misalignments of the spine cause inadequate stimulation of the brain, which in turn triggers problems throughout the body.

“It is important to point to Dr. Pauli’s call for a multi-disciplinary approach when assisting those with a learning disability,” said Abbruzzese. “Chiropractic care – a combination of adjustments, proper diet and exercise plus a healthy mental approach – is not a cure all. But, it is a wonderful maintenance program for the nervous system. A full functioning nervous system allows the incredible organism known as the human body to do the most amazing things,” concluded Abbruzzese.