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A nutritional program improved lipid profiles and weight in 28 chiropractic patients: a retrospective case series☆

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Abstract

Objective: This study retrospectively examined the effects of a 21-day nutritional intervention program, which included fruit and vegetable consumption, energy restriction, and nutritional supplements, on serum lipid measures in 28 chiropractic patients.

Methods: Medical records were reviewed for 28 chiropractic patients who had completed a commercially available 21-day nutritional intervention program between April 2005 and August 2007 and for whom complete serum lipid and weight measures immediately pre- and postintervention were available. The primary outcome was change in serum lipids, and change in body weight was a secondary outcome variable.

Results: Significant reductions in total, low-density lipoprotein, very low-density lipoprotein, and high-density lipoprotein cholesterol, and triglycerides were observed. Serum triglycerides decreased from 116.3 ± 54.6 (mean ± SD) to 88.6 ± 40.5 mg/dL ($P < .01$). Total cholesterol decreased from 223.3 ± 40.7 to 176.2 ±-30.0 mg/dL ($P < .0001$). Low-density lipoprotein cholesterol decreased from 145.7 ± 36.8 to 110.9 ± 25.3 mg/dL ($P < .0001$). High-density lipoprotein cholesterol decreased from 54.3 ± 14.6 to 47.6 ± 10.5 mg/dL ($P < .001$). Weight for patients decreased from 191.2 ± 38.8 to 182.2 ± 36.3 lb ($P < .0001$).

Conclusions: This retrospective case series supports the hypothesis that a nutritional purification intervention program emphasizing fruit and vegetable consumption, energy restriction, and nutritional supplements reduces serum lipids and weight.

Introduction

Chiropractors regularly provide preventive health interventions based on lifestyle and nutritional factors (smoking, exercise, diet, etc) to promote the health of their patients, to prevent disease conditions, to provide

☆ Competing interests: JL is employed by Standard Process Inc as the Manager of Outcomes Research, Department of Research and Development. JP sells Standard Process products in his practice and earns income from the sale of these products.

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