



# Chiropractic and Your Health

*A Conversation about Chiropractic*

## Chiropractic and Your Health

### A Conversation about Chiropractic

Linda was looking forward to meeting her friend Nicole for their monthly lunch plans. When Nicole showed up, Linda could not help but notice that she was not as energetic as usual. Linda inquired as to whether Nicole was feeling fine. 'To tell you the truth, I feel like I am falling apart. The headaches that I used to experience monthly are now almost daily, my neck feels tight and sore, my right hand is tingly and to top it off my sinuses feel full. It has gotten so bad that I haven't worked out in a month, it is really getting to me.'

Nicole continued to explain that she had tried muscle relaxants and pain killers but they seemed to provide very temporary relief of her symptoms. She did not feel right about taking them because she knew that they were not addressing the underlying cause of what was affecting her health. Nicole seemed exhausted, she wanted to feel better and get back to her regular routine but wasn't sure where to turn for help.

Linda felt badly for her friend. She had known Nicole for a long time and knew that she was not one to complain. Nicole had always been very dedicated to her workouts, she referred to them as her 'me-time'. If she had not made it to the gym lately, she must have really been suffering.

'Have you ever considered seeing a chiropractor?' Linda asked. Nicole was confused. 'I don't have back pain.' she replied. 'I know, said Linda, 'I thought that your problem might be coming from a pinched nerve.' Now Nicole was really confused. 'What does a chiropractor have to do with nerves? I thought they checked the bones of my spine.'

'That's what I thought', said Linda. 'I began to see a chiropractor a few months ago at the suggestion of my sister. My lower back had been bothering me and was beginning to keep me up at night. I needed to get some rest. When the chiropractor took my history he asked me if I had any digestive troubles. I told him that I had been more constipated lately, but at the time I couldn't figure out what that had to do with my back pain.'

'Did you ask? Did he explain it to you?' Nicole asked.

'Yes. I actually found it very interesting. I knew that my

chiropractor was checking to see if the bones of my spine were in proper alignment. What I didn't know was that one of the main concerns of a chiropractor is how your misaligned spinal bones are affecting your nerves.'

'OK, now I'm completely lost,' said Nicole.

'My chiropractor had a model of the spine. He showed me how the brain sends the messages down the spinal cord, which runs down the center of the spine. The nerves come off the spinal cord and exit between the bones in the spine.'

'What does that have to do with your constipation?' Nicole asked.

'Your nerves control everything in your body. They control your organs, your muscles and all the functions in your body. If a bone in your spine is out of alignment, it affects not only that particular spinal joint but also the nerve exiting at that level.' Linda explained.

'Hence a pinched nerve.' injected Nicole.

'Yes, but here's the interesting part', Linda continued. 'As I mentioned, the nerves exit between the spinal bones, divide and regulate every part of the body. Each nerve that exits the spine regulates specific functions of the body. When the nerves aren't effectively communicating with the areas they control those areas cannot function or heal the way they were designed to. Of course, this leads to symptoms a health problems.' Linda then pulled out the nerve function chart her chiropractor had given her from her purse.

'My chiropractor gave me this chart that shows what the nerves at each level control. Take a look at this.' Linda pointed to the area of the chart that represented the lower back. She continued to explain: 'The nerves in the low back control many functions including part of the digestive system. That explains why my bowels were affected when I had issues with my lower back. My chiropractor suggested that I think of my spine as a fuse box, each level controlling different areas of my body. His job is to make sure that none of my fuses are malfunctioning.'

'So you think that my problem might be coming from my

## Chiropractic and Your Health

2

nerves?’ Nicole asked, as she looked closer at the diagram.

‘I think it might be.’ said Linda. ‘Think of it like this, if you came into a room and you noticed that the electric heater and the lights were both not working what would you do? Check the fuse box, right? The heater and lights can’t possibly work properly without power going to them. In the same way, you need to make sure that your nerves are sending power to the areas of your body that are affecting you. If the nerves to that area are being affected, you cannot heal. You have to make sure that your power is on.’

‘Maybe I should get the name of your chiropractor.’ said Nicole. Nicole looked closer at the nerve function chart and pointed to the area on the diagram that corresponded to her neck. ‘The nerves in my neck control the feeling in my hands, the muscles in my neck, and the drainage of my head and neck. So it could be my nerves! That would explain why it isn’t going away.’

‘Exactly! Once I began to get adjusted, my body began to heal, my low back felt much better and my bowels returned to normal. Let me get you my chiropractor’s name and number.’ Linda said as she handed Nicole her chiropractor’s card.

Nicole quickly reached for her cell phone to call for an appointment. ‘Thank you so much.’ She said to her friend. ‘It all makes so much sense. I am calling your chiropractor right now, I can’t wait to feel like myself again and get back to the gym. Me-time, here I come.’

Here we could putÖ.Top 5 things to look for when choosing a chiro..

Orthotics - are they for you?

Many problems such as an imbalanced gait, or flat feet have a negative impact on spinal health. The answer is often orthotics to correct the imbalance and restore normal spinal alignment.

The question then arises –

Should you buy over-the-counter shoe inserts or do you need custom-made orthotics?

Over the counter insoles may help somewhat with minor problems but for more serious or chronic situations, these "one size fits all" products often do more harm than good.

According to R. Positano, DPM, a foot and ankle specialist at

the Hospital for Special Surgery in NY:

“When orthotics aren't prescribed correctly they may be dangerous. This is because any orthotic alters the way a person walks, stands and absorbs shock from the ground.”

Unless an orthotic is customized to a person's foot, and made to correct the problem in the proper way, the changes it causes can aggravate rather than diminish the problem.

What makes our ‘Superfeet’ custom-made orthotics unique?

- This type of orthotic was first designed for Olympic athletes
- The orthotics are made in the office in approx. 40 minutes and can be worn the next day.
- The orthotics are not hard plastic (rigid) or too flexible. They are semi-rigid allowing them to be comfortable without sacrificing support.
- The Doctor will perform a foot assessment in order to decide if you would benefit from custom -made orthotics.
- Your spinal alignment will be considered when molding your orthotics.
- The Doctor will provide you with information about the type of footwear that would allow you to benefit most from your orthotics
- The orthotics are custom molded to each foot separately.
- There are many different styles of orthotics that the Doctor can make in order to accommodate any footwear, from high heels to workboots.
- The orthotics are guaranteed for one year. This means that any modifications within the first year are at no additional fee.
- The Doctor will ensure that the orthotics fit any new footwear purchased at no additional fee.
- If necessary, your feet will be adjusted by the Doctor before molding the orthotics to ensure maximum correction.
- We will provide you with any paperwork necessary for your insurance.
- We are a registered Green Shield orthotics providers

### Beat Those Winter Colds

Have you been starting to notice the sniffles, coughs, and sneezes lately? Are you afraid to ‘catch’ that bug that’s going around the office or your child’s daycare? Instead of putting on your gas mask or running to the closest drug store, why not look to boost your body’s own immune system-the best

## Chiropractic and Your Health

3

defense against colds and flus. Your immune system's function is regulated by your nervous system. When your nervous system functions at an optimal level, your resistance to disease is higher.

As a result, chiropractic care and your ability to fight diseases are connected!

Viruses and bacteria will not attack healthy tissue - it is when our resistance is lowered that we succumb to illnesses. Our resistance is lower when we are under more stress, not eating well, put chemicals into our bodies (cigarettes, alcohol, medications) or have a physical trauma, leading to subluxations (endangering stress to the nervous system). If you are suffering from an illness, the health of your nervous system will play a decisive role in how rapidly you will recover. Here is what research has confirmed:

Dr. Ronald Pero, Ph.D., chief cancer prevention researcher at New York's preventative medicine institute studied the immune systems of 107 people under chiropractic care for five years or more compared to those in the general population and to those with cancer and other serious diseases. The chiropractic patients have 200% greater immune competence than those with cancer or other serious diseases. None of the chiropractic patients tested had any decrease in their immune response with age. He concluded that 'chiropractic may optimize whatever genetic abilities you have', so that you can fully resist serious disease. Dr. Pero also considered the absence of chiropractic care as one of the major factors leading to cancer, due to immune system weakness.

### **Why is it so important to correct forward neck posture through Chiropractic?**

Accidents, stress, poor sleeping and posture habits, birth trauma and many other incidents cause subluxations in your neck. These misaligned spinal bones result in tight, weak neck muscles and, therefore, limit neck motion. This will produce a forward head posture.

In most cases, a forward head position will cause a loss of the cervical lordotic curve; the normal 'C' curve in your neck.

An incorrect head position leads to improper spinal function throughout the entire spine. A chain reaction will occur throughout the entire spine when the head/neck position isn't correct.

A head in a forward posture can add up to 30 pounds of abnormal leverage on the neck. This results in a loss of lung capacity by as much as 30% which can lead to heart and vascular problems.

A secondary reaction to a loss of the normal neck curve is that the gastrointestinal system is affected, particularly the large intestine. A loss of good bowel function and evacuation is a common result.

A forward head position can also cause discomfort and pain. When the spinal vertebrae are not in proper motion, there is a decrease in endorphin release and therefore more pain is experienced.

A common cause of fatigue is an unbalanced spinal column. Your head weighs about as much as a bowling ball. If your head is off-centered, 'carrying' it can exhaust you. You will have the sense that your head is 'heavy'. Your 24 moveable vertebrae, sacrum, hips and pelvis also need proper alignment in order to make efficient use of your energy. A modest imbalance in the spine can translate into a considerable amount of wasted energy as the days, weeks and months add up.

For years, researchers have been aware that people receiving chiropractic care have fewer colds, less asthma, fewer allergies and digestive troubles etc. In the later years of life, when growing problems become most evident, chiropractic patients have fewer hospital visits, require fewer or no drugs and have a lifestyle far and above those people using conventional medicine.

At Pure-health we are pleased to offer chiropractic care that not only relieves but also corrects underlying spinal problems. Optimal health = spinal health. We love to see you have a blast in life!

### **Chiropractic and Ear Infections- some research**

Ear Infections: forty six five-year-olds with otitis media were placed under chiropractic care. 93% of all ear infections improved, 75% in 10 days or less and 43% after only one or two adjustments. Improvement was based on parental decision (they stated that the child had no fever, no signs of ear pain and was totally asymptomatic), and/or the child was asymptomatic to the DC and/or the parent stated that the child's MD judged the child to be improved.

## Chiropractic and Your Health

4

Interestingly, those children who had a history of antibiotic use took longer to heal. (4). Ulcers: sixteen adult men and women (16-47 years old) with endoscopically confirmed duodenal ulcers received chiropractic care. A control group received traditional medical treatment. On average, the chiropractic group had pain relief and healing of the ulcer after 3.8 days while the medical group took 14 days. (5).

Two hundred pediatricians and two hundred chiropractors that were selected were surveyed to determine what, if any, differences were to be found in the health status of their respective children as raised under the different health care models. The "chiropractic" children showed a 69% otitis media free response, while the "medical" children only had a 20% otitis media free response.

Van Breda WM; van Breda JM. A comparative study of the health status of children raised under the health care models of chiropractic and allopathic medicine. *J Chiro Res* 1989

93% of all episodes of otitis media treated with chiropractic care improved, 75% in 10 days or fewer and 43% with only one or two treatments. This study's data indicates that limitation of medical intervention and the addition of chiropractic care may decrease the symptoms of ear infection in young children.

Froehle RM; Ear infection: a retrospective study examining improvement from chiropractic care and analyzing for influencing factors. *J Manipulative Physiol Ther* 1996

Antibiotic treatment of otitis media is no more effective than placebo, and increases the risks of reoccurrence. *Cantekin EL. Antibiotics to prevent acute otitis media and to treat otitis media with effusion. JAMA* 1994.

Otitis media with effusion usually resolves spontaneously. The available literature indicates that antibiotic treatment has at most a short-term effect. Therefore it is not indicated for the treatment of otitis media with effusion.

*Grote JJ; Antibiotics in otitis media with effusion. Ned Tijdschr Geneesk* 1997

Records from 2,089 otitis media patients were examined to determine incidence and treatment success. There was no difference in success rates between antibiotic and no antibiotic therapies.

Tilyard MW; Dovey SM; Walker SA. Otitis media treatment in

New Zealand general practice. *N Z Med J* 1997

### Chiropractic and ADHD articles

New evidence links vertebral subluxation (a bone in your spine out of alignment, interrupting the flow of messages along the nerves from your brain to your body) with attention deficit hyperactivity disorder (ADHD).

The subject of one recent study was "a 5-year-old patient (who) was diagnosed with ADHD and treated by a pediatrician unsuccessfully with the commonly used ADHD drugs Ritalin, Adderall and Haldol for three years."

Upon chiropractic examination, it was determined that the child's neck curved forward, a reversal of the natural curve of the neck. This condition, called cervical Kyphosis, is associated with vertebral subluxations.

A course of chiropractic care completely corrected the abnormal curvature. At the same time, the patient's ADHD symptoms resolved.

The study's authors write that "after 27 chiropractic visits, the child's pediatrician stated that the child no longer exhibited symptoms of ADHD. The changes in structure and function may be related to the correction of cervical kyphosis."

### Chiropractic Improves Overall Well-Being, Not Just Pain

Chiropractic care appears to boost patients' general well-being, according to a new report by researchers at the University of California, Irvine.

The investigators sent surveys to 2,596 patients care for by 156 doctors of chiropractic. A total of 69 percent of the patients responded. The researchers determined that the patients were likely to report positive changes in wellness and the adoption of a healthier lifestyle due to chiropractic care. *Journal of alternative and complementary medicine-April* 2004

### Studies explore link between chiropractic care and fertility

According to the Centres for Disease Control, more than 6 Million women in the United States are infertile, and over 9 million use some kind of infertility service.

## Chiropractic and Your Health

5

A series of research papers published in the Journal of Vertebral Subluxation Research (JVSR-[www.jvsr.com](http://www.jvsr.com)) suggests that chiropractic adjustments, performed by chiropractors to address nerve interference caused by spinal distortions, could offer hope to many of these women.

The 12 studies in the series found that chiropractic had positive results regardless of the woman's age, number of years infertile, previous medical intervention or health history including miscarriages, blocked fallopian tubes, amenorrhea, colitis or trauma.

The first in the series, 'Insult, Interference and Infertility: An Overview of Chiropractic Research', reviewed 14 retrospective articles on the possible effect of spinal problems on fertility. All of the women in these studies were found to have vertebral subluxations-misalignments and /or related problems of the spine that interfere with how the nerves work. The stress histories of these infertile women included-but were not limited to previous motor vehicle accidents, childhood falls, blocked fallopian tubes, scoliosis, and work stress that affected both mind and body. All of the women became pregnant after their subluxations were detected and corrected.

Among the cases cited in the first JVSR study was that of a 32-year old infertile woman who had not menstruated for 12 years. The woman had undergone a number of medical infertility treatments, but still could not conceive. After two months of chiropractic care, with attention on adjustments in the lumbar region, her menses started and after regular cycles for four months, she became pregnant.

### Chiropractic, The Brain and The Immune System

David Felten, M.D., is professor of Neurobiology and Anatomy at the University of Rochester School of Medicine. He and his wife, Suzanne Felten, Ph.D., have discovered nerve fibers that physically link the nervous system and the immune system. Dr. Felten was the recipient of a MacArthur Foundation Prize Fellowship in 1983 and is Associated Editor of the journal *Brain, Behavior and Immunity*.

In the middle of these vast fields of cells of the immune system, was a bunch of nerve fibers. I looked at them and thought, what is this? Nerve fibers aren't supposed to talk to cells of the immune system. What are they doing here?

So we cut some more sections, and looked-and there they were

again. We tried other blocks of tissue, and there they were again. They kept showing up again and again. We and others eventually discover nerve fibers going into virtually every organ of the immune system and forming direct contacts with the immune system cells.

Much to our surprise, we found that if you took the nerves away (as a subluxation does) from the spleen or the lymph nodes, you virtually stopped immune responses in their tracks.

D. Felten, "The Brain and the Immune System", Bill Moyer *Healing and the Mind*.

Textbook of Medical Psychology:

### Cancer

Only a minute fraction of the cells that mutate in the body ever lead to cancer. There are several reasons for this: First, most mutated cells have less survival capability than normal cells and therefore simply die. Second, only a few of the mutated cells that do survive lose the normal feedback controls that prevent excessive growth. And, third, those cells that are potentially cancerous are usually destroyed by the body's immune system before they grow into cancer.

### Chiropractic and Carpal Tunnel

When you feel pain in your lower back, you go to your chiropractor. But when you feel pain (especially numbness, pressure and inflammation) in your wrists and hands, where do you turn? Before running to a medical doctor, consider the results of a recent study comparing chiropractic and medical management of carpal tunnel syndrome. Carpal tunnel syndrome (CTS) can affect just about everyone, but particularly people involved in occupations requiring repetitive use of the hands and wrists (i.e., office and skilled labor jobs). This study showed that chiropractic was as effective as medical treatment in reducing symptoms of CTS. Chiropractic care included spinal adjustments and the use of nighttime wrist supports. (Anti-inflammatory drugs, which prove ineffective in some patients and cause adverse side effects in others, are commonly prescribed by medical doctors) Numerous studies (including this one) have illustrated chiropractic's effectiveness in managing a variety of conditions -- not just low-back pain. If you're experiencing tightness or pain in your wrists/hands, make an appointment with your chiropractor to take of the nerve pressure on your arm, wrist

## Chiropractic and Your Health

6

and hand nerves.

### Beat Those Winter Colds

Have you been starting to notice the sniffles, coughs, and sneezes lately? Are you afraid to 'catch' that bug that's going around the office or your child's daycare? Instead of putting on your gas mask or running to the closest drug store, why not look to boost your body's own immune system—the best defense against colds and flus. Your immune system's function is regulated by your nervous system. When your nervous system functions at an optimal level, your resistance to disease is higher.

As a result, chiropractic care and your ability to fight diseases are connected!

Viruses and bacteria will not attack healthy tissue - it is when our resistance is lowered that we succumb to illnesses. Our resistance is lower when we are under more stress, not eating well, put chemicals into our bodies (cigarettes, alcohol, medications) or have a physical trauma, leading to subluxations (endangering stress to the nervous system). If you are suffering from an illness, the health of your nervous system will play a decisive role in how rapidly you will recover. Here is what research has confirmed:

Dr. Ronald Pero, Ph.D., chief cancer prevention researcher at New York's preventative medicine institute studied the immune systems of 107 people under chiropractic care for five years or more compared to those in the general population and to those with cancer and other serious diseases. The chiropractic patients have 200% greater immune competence than those with cancer or other serious diseases. None of the chiropractic patients tested had any decrease in their immune response with age. He concluded that 'chiropractic may optimize whatever genetic abilities you have', so that you can fully resist serious disease. Dr. Pero also considered the absence of chiropractic care as one of the major factors leading to cancer, due to immune system weakness.

### Chiropractic and Colic

Having to deal with a child that is suffering from colic is very frustrating to new parents. Typical response from doctors is, 'if it is colic, it would run its course in three months'. Recent studies show that chiropractic care may be useful in managing the situation.

In a study conducted in South Africa by Mercer and Cook, thirty infants who had been diagnosed medically with colic were randomly divided into two groups. One group received chiropractic care while the other group did not. All infants in this study were newborn to 8 weeks old and had been diagnosed with colic by a pediatrician.

The infants in the chiropractic group received care for a two-week period with a maximum of six adjustments (spinal adjusting). In the group that received chiropractic care, there was complete resolution of symptoms in 93 % of the infants within the two-week period. What is more impressive, though is the finding that in a follow up survey performed one month later, none of the infants had experienced a reoccurrence of problems from colic.

In another study, the National Health Service in Ballerup (Copenhagen, Denmark) conducted a study involving 50 infants diagnosed with infantile colic. Half of the group was given the drop dimethicon while the other half was given chiropractic care. In this study, nine of the 25 taking the drug dropped out of the study because the infants were getting worse. These infants were then not counted in the final results which would have shown a worse result for the drug than published.

After 4 to 7 days into the study, the infants remaining in the drug group had reduced their hours of crying by only one hour while the entire chiropractic group had reduced crying hours by an average of 2.4 hours. After 8 to 10 days, the study continued to show the drug therapy infants at a one hour improvement while the chiropractic group further improved to 2.7 hours less of crying. The researchers noted that the removal from the study of the infants that got worse from the drug made the results from the drug look better than they actually were.

Taken from Holistic-online.com

### Snow Shoveling Hazards

There's nothing prettier than a new-fallen snow- nothing more dangerous either.

The same snow, which causes heart stress also, causes dangerous spinal stress to the shoveler. When you consider that a shovel of snow weighs 5 or 7lbs, you realize the

## Chiropractic and Your Health

7

tremendous accumulative weight one has to lift to clear an area. The average driveway or walk will hold hundreds of pounds of snow.

Snow seems to present challenges to most shovelers; the cold air invigorates them to action and the same cold air numbs their sense of pain and fatigue, thereby masking the severity of sprain and strain. The result: too much exertion and too much work without rest breaks.

Doctors of chiropractic, who are spine and nervous system specialists, recommend the following to guard against the snow-shoveler syndrome:

1. Dress warmly, but don't bundle up so as to make it difficult and awkward for you to move naturally.
2. Keep your back straight when you lift. Use your legs rather than your back.
3. Try not to lift the snow or pitch it. Merely push it into a pile.
4. When your shovel is full, take one step forward and dump the snow.
5. Avoid twisting at any time.
6. If you feel a twinge of back pain, stop completely and go inside the house, sit down and rest.
7. If pain persists, see a doctor of chiropractic immediately. With snow, it's wiser to use the head, instead of the back!

When you're shopping for a shovel, look for these features:

1. Seek out the push/dump shovel available at most hardware stores.
2. Find a shovel made out of light material such as aluminum or plastic.
3. Make sure the handle is long enough to prevent you from bending forward while you shovel.

### Arnold Schwarzenegger on Chiropractic

You have often heard us talk about how the people who have access to all forms of healthcare choose chiropractic. Arnold Schwarzenegger was a keynote speaker at the 8th Annual Symposium on Natural fitness, in Columbus, Ohio.

Mr. Schwarzenegger told the crowd about his experience with chiropractic. He talked about how he has used it as preventative healthcare for himself and his family for 30 years. Mr. Schwarzenegger then introduced his long time workout partner and Chiropractor, Dr. Franco Columbu. Dr. Columbu went back to school to become a chiropractor after his successful competitive bodybuilding career.

Schwarzenegger told the group:

'I am very fortunate to have, so-to-speak, my in house-chiropractor, Dr. Franco Columbu, as my own personal chiropractor. So, I visit Franco regularly, and he comes over to my house. He adjusts my wife, my kids, me, everybody gets an adjustment. And we feel always great when Franco leaves. Even when I have athletic injuries he's always there for me, and helps me. So it's really terrific, and I know that first hand. That's why I always will be traveling around, all over the world, talking highly about the profession of chiropractic. You chiropractic doctors are really miracle workers.'