

Chiropractic Health Newsletter

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Optimal Health.....through Chiropractic

August 2016



Walk-In Hours:

Monday – Wednesday – Friday
between
9:00 am – 11:45 am and 3:00 pm – 6:45 pm

New Patients are seen by
Appointment **ONLY**

12:30 pm and 2:15 pm
Monday, Wednesday &

Choose Chiropractic

Think differently about staying healthy!

A 7-year study showed that patients whose primary physician was a **Chiropractor** experienced the following results:

60%

Less hospital admissions

59%

Less days in hospital

62%

Less outpatient surgeries

85%

Less in pharmaceutical costs

Source: Journal of Manipulative and Physiological Therapeutics; May 2007, 30(4); 263-269. Richard L. Sarnat, M.D., James Winterstein DC., Jerrilyn A. Cambron DC, PhD

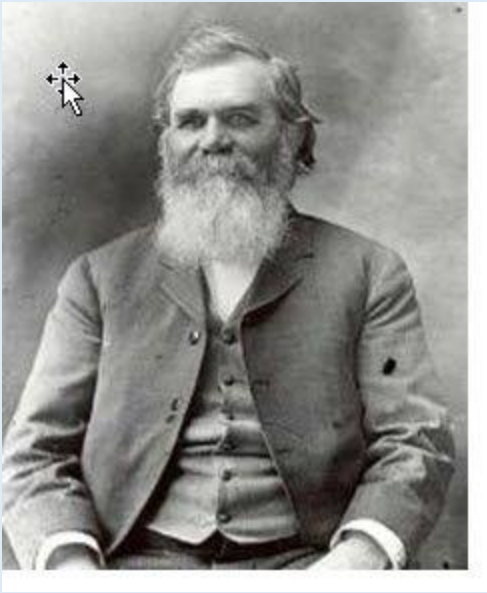
Live Well Chiropractic
www.livewelloregoncity.com

Enjoy the benefits of chiropractic - the largest natural, drug-free, surgery-free, expressive healthcare system in the world. More and more families are discovering that periodic chiropractic checkups and adjustments promote health and healing without drugs and dangerous medical treatments.

More and more people are turning away from symptom treatment and choosing natural ways of achieving and maintaining health.

Tired of taking drugs and the medical runaround?

Welcome to the world of chiropractic - discover how natural health can be!



DD Palmer, the discoverer of chiropractic (pictured at left) in 1895 said that dis-ease or body malfunction is usually caused by three things: toxins, thoughts and trauma.

Let's discuss trauma.

Trauma is any force that the body cannot resist or adapt to.

When people think of trauma they often think of something violent - a car accident, a fall, a sports injury, a difficult delivery, sleeping in a weird position, collisions or other sudden disruptions.

But there's also micro-trauma - doing the same thing over and over so that it eventually wears down and damages the body: typing in the same position, laying carpet or even playing a sport using the same motion over and over.

Whether it is a macro-trauma or a micro-trauma the result is often a subluxation - a distortion in your body structure creating dis-ease. As a result, your body struggles to rebalance and function ideally. Your nervous system is under-working or over-working. There is muscle, organ or tissue weakness, sub-optimal functioning and lack of health (wholeness). This dis-ease sets the stage for disease.

Chiropractors are specially trained to locate and correct subluxations in your body whether trauma has occurred today or at birth or any time in between. That is why everyone, from infants to the elderly, needs a chiropractic checkup and adjustment.

FDA death meter

The U.S. Food and Drug Administration was created to protect the public from dangerous drugs. It's not doing a very good job. This "FDA Death Meter" will shock you. It tells you the number of Americans that have died from FDA-approved drugs, vaccines and medical devices. Check it out - if you dare. And think about how lucky you are that you use chiropractic - the world's largest non-drug healthcare system.

<http://www.anh-usa.org/microsite/fda-deathmeter/>



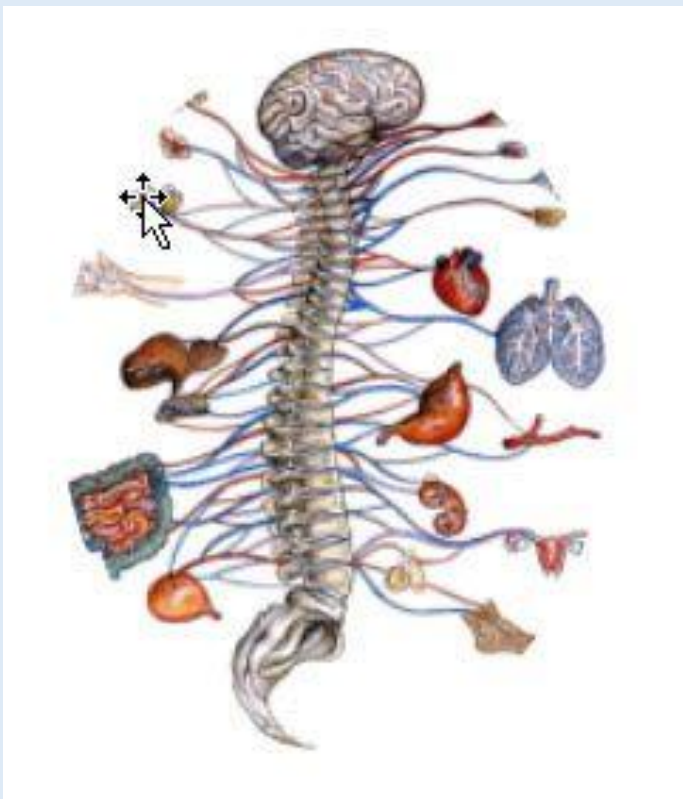
Breastfeeding, asthma, allergies and obesity

In yet another study revealing the amazing benefits of breastfeeding over formula feeding, Australian researchers followed 2,195 children for six years to evaluate the effects of breastfeeding on asthma, allergy and obesity. (1-2)

The exclusively breastfed babies had a lower incidence of asthma and other allergic disease. Most interesting of all, every month of additional breastfeeding resulted in a 4% reduction in the risk of asthma.

Other studies discovered that adolescents who were not breastfed as infants had a higher risk of being overweight than breastfed children. (3)

Breastfeeding into the toddler years should be the norm - it is one of the best things that can be done to ensure a child's long-term health and wellbeing.



Questions and answers about chiropractic

Question: What is chiropractic for?

Answer: Ask different people what chiropractic care is for and you'll hear:

- Chiropractic is for menstrual problems
- Chiropractic is for ear infections
- Chiropractic is for a better golf swing
- Chiropractic is for headaches
- Chiropractic is for better concentration and higher grades
- Chiropractic is for asthma
- Chiropractic is for autism
- Chiropractic is for low back pain
- Chiropractic is for disk problems
- Chiropractic is for neck pain
- Chiropractic is for infertility ...

Get the point? The list can go on and on because people often think chiropractic is locating and correcting subluxations to help their condition or problem. But in reality....

The purpose of chiropractic is to make your body function closer to its full potential. Chiropractors do that by locating and correcting areas of spine and nerve stress called subluxations. Subluxations can weaken or damage every tissue, organ and gland in your body.

Traditional eating - Fermented food



Do you have fermented foods with every (or nearly every) meal? You should - fermented foods are an inexpensive, effective and simple way to optimize your gut microbiome (micro-organism population) that is absolutely essential for physical and mental health.

For every cell that is you there are ten times more bacteria, fungi, viruses and other tiny life forms inside you. You are a walking multi-species transport system with billions of microorganisms on your insides and outside (all over your skin, hair and in every nook and cranny).

Over the past several years, research has revealed that the microbes inside you - bacteria, fungi, viri and others - are essential for proper body function. They make vitamins, keep the bad "bugs" under control, help you get rid of toxins and affect your weight and mood. When your GI tract is not properly balanced, a wide range of health problems can appear, including allergies and intestinal, digestive, allergic and autoimmune diseases.

That's why fermented foods are so important. They are full of beneficial microorganisms that most people do not get elsewhere; they replenish the good microorganisms and keep you in balance.

You need only one-quarter to one-half cup of fermented vegetables one to three times per day. You'll probably notice improvements in your energy levels, mental clarity, digestion, elimination and immunity.



Although common in traditional diets in every culture throughout the world, the preparation of fermented foods is becoming a lost art. But it is an art that is easily re-discovered. Go to www.westonaprice.org and other websites (a quick search will give you a wealth of information) for information on making your own sauerkraut, pickles, yogurt, kefir, kombucha, beer, fermented vegetables and other wonderful foods that everyone in your family needs for optimal health.

Researching Chiropractic



Chiropractic clinical case histories have been a regular feature of our patient newsletter since its inception. There seems to be no limit to the health problems that respond to chiropractic care. How many people suffering, on drugs, facing a life of limitation could be helped by chiropractic care?

Probably most of them.

Infertility and chiropractic. This is the

case of a 30-year-old woman diagnosed with polycystic ovarian syndrome (PCOS), hypothyroidism and ulcerative colitis with an eight-year history of infertility.

She initially sought chiropractic care for neck pain and ulcerative colitis. Her history revealed three prior motor vehicle accidents (MVA's) - in childhood, while in high school and in 2006 to which she attributed her neck pain.



She was diagnosed with hypothyroidism in 2004 and with PCOS in 2005. Two years of medical fertility treatments consisting of metformin, spironolactone and clomifene failed to help. In 2008 she was diagnosed with ulcerative colitis for which she was taking medications.

Spinal analysis consisting of spinal heat readings, palpation and leg checks located her subluxations which were corrected with periodic chiropractic adjustments.

After five months of care she was ovulating again for the first time in eight years. She got pregnant after eight months of care. As of this writing she is the mother of a healthy two-year-old boy and has recently given birth to a baby girl. In addition, the patient reports no more neck pain, improved sleep and improvement of colitis symptoms. (4)

Constipation and bedwetting in a 10-year-old. This is the case study of a 10-year-old girl who was brought to a chiropractic clinic for evaluation. The child had a history of four-day constipation and nocturnal enuresis (bedwetting).

Previous attempts to correct her constipation using probiotics, castor oil and flax seeds were unsuccessful.

Her parents brought her to their neighborhood chiropractor - improvement was seen within an hour of reducing cervical (neck) and ilium (hip) subluxations. On the third visit the mother revealed that a lifetime of bedwetting three to four times a week had ended after the first adjustment. (5)

Increase in height and chiropractic. A 59-year-old man began chiropractic care after suffering from 20 years of low back pain, low energy and poor immune function.

Chiropractic examination revealed long-standing subluxations and degenerative joint disease. This was probably caused or compounded by numerous injuries over his life including a concussion that left him with amnesia for one day. Only acupuncture gave him temporary relief from his back pain.

Various chiropractic techniques were used to correct his vertebral subluxations. The patient showed improvement in all subjective and objective findings - relief from low back pain, improved energy and improved immune function. In addition, due to the increase in disc height throughout his spine, his overall height increased. (6)

Anxiety and Chiropractic

[Can chiropractic help with anxiety?](#)

“First of all, if you believe that your mind and your body are one, then this will make sense to you. However, if you believe that anxiety is purely psychological, and has absolutely no connection with the physical body, then you will probably think that we are full of it!” That’s chiropractor Dr. Matthew Taylor’s take on this question.

Current researchers support Taylor’s view:

Dr. John Bargh, Yale University says, “The old concepts of mind body dualism are turning out not to be true at all. Our minds are deeply and organically linked to our bodies.”

So how do your spinal cord and nervous system connect?

Taylor says, “As you know, chiropractors work primarily with the back, the spine and the neck. The nervous system has its superhighway, the spinal cord, running down the spine and any interruption in its flow could have an effect on mood.”

What are the common symptoms of anxiety?

“Feeling out of it, or strange, light-headed, slightly dizzy, difficulty swallowing, tight chest and breathing. Could some or even all of these be down to a misaligned spine putting pressure on the nerves and blood vessels

in your neck and back? Yes, potentially they could. In which case, a chiropractor might be able to help you with anxiety.”

“If your anxiety is accompanied by, or exacerbated by, tension headaches that effect the back of your neck or reach over your crown onto your face then there may well be a link between your anxiety and spinal cord or skeletal structure, and it would be well worth your time talking to your chiropractor,” Taylor adds.

And he points out, “Many anxiety medications, such as Xanax and other benzodiazepines also work to relax muscles. Some people claim that part of their anti-anxiety effect is caused by the fact that they lessen pressure on the spinal cord and allow everything to work more easily.”

There are no guarantees that chiropractic care will have an effect on your anxiety, but it might be worth a try. The mind/body connection could be a real answer.

Chiropractic Care and Sleep Apnea

Can Chiropractic Care Help Sleep Apnea?

Sleep apnea is considered to be a chronic condition that has been characterized by one, or several, pauses in breathing, or very shallow breathing patterns while a person sleeps. If you have ever slept with or listened to a person who suffers from sleep apnea breathe while sleeping, you will notice that it sounds as though they are holding their breath frequently and then having to gasp for air. This can be a scary experience and one that is becoming more and more common in the country.

There are three basic types of sleep apnea, mixed, central and obstructive. The obstructive option is the most common and due to extra throat tissue or tonsils blocking the airway. People who have suffered from some type of head trauma or obesity are much more likely to experience issues of sleep apnea.

A number of people who suffer from sleep apnea do not even know that they have the problem until someone tells them. They likely will feel tired and not rested during the day, but they may attribute these feelings to being in poor shape or excessive stress. Some of the other symptoms of sleep apnea include:

- Restless sleep or insomnia.
- Reduced libido and forgetfulness.
- Headaches in the morning.
- Low energy or sleepiness during the day.
- Waking up because of choking or gasping.
- Loud times of snoring when you are asleep.
- A sore or dry throat when waking up.

There are a number of different treatment options offered for sleep apnea; however, one that is gaining more popularity is chiropractic care. When you visit a chiropractor for this issue, they will start by interviewing you about the symptoms you are experiencing and your overall lifestyle. If they think that you are, indeed, suffering

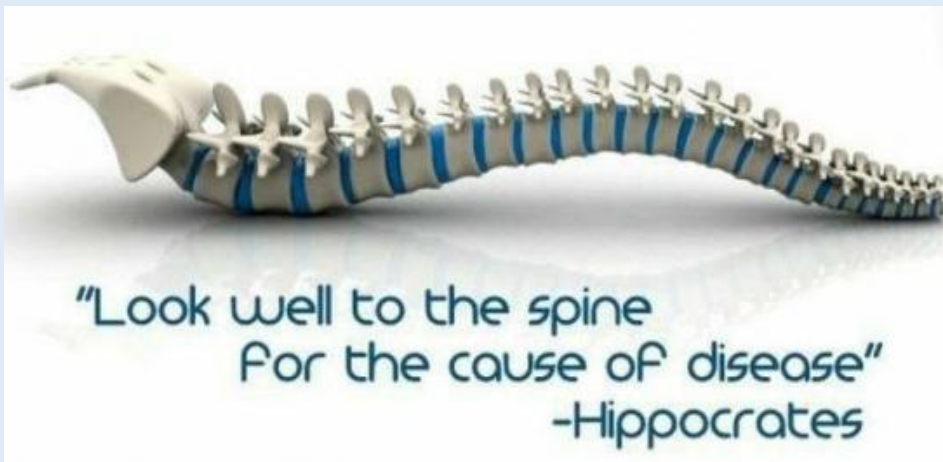
from sleep apnea, then they will typically utilize soft tissue massage and a spinal adjustment to help and relax your muscles and to promote proper breathing.

Chiropractors may also give you a number of special breathing exercises that will work to bring more oxygen into your body, and to help and retrain your respiration habits. They also will recommend changes in the person's diet and their lifestyle, which will help to reduce your issues with sleep apnea.

The fact is that if it is that if this condition is left untreated, it can become much worse and cause a number of other serious issues. If you suspect that you are suffering from sleep apnea, visiting a chiropractor can be extremely beneficial.

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Chiropractic care is the key to
living a life of optimal health



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