

Chiropractic Health Newsletter

Shawn P. Neville, D.C.

Optimal Health.....through Chiropractic

JULY 2016

Happy
4th of July



WALK-IN HOURS:

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

Thursday 3:00 pm - 6:45 pm

New Patients are seen by
Appointment **ONLY** between
12:30 pm and 2:15 pm
Monday, Wednesday & Friday

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.livewellcraigcity.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.

America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves. - Abraham Lincoln

Why Chiropractic is Superior for Musculoskeletal Pain

Author: [Michael Melton](#)



Countless studies have demonstrated that chiropractic care is a safe and effective way to treat musculoskeletal complaints like back pain, neck pain, or sciatica. Now a new study from Switzerland has looked at the relative benefits of chiropractic compared to medical care for the most common types of pain issues.

In this study, the authors examined data from people who reported spinal, hip, or shoulder pain. 403 patients saw a medical doctor for relief; 316 people saw a chiropractor. Four months after treatment, the patients were asked to fill out a survey reporting on their recovery.

The authors found that:

-)] “Patients initially consulting MDs had significantly less reduction in their numerical pain rating score...”
-)] Patients who saw MDs were significantly less satisfied with the care they received and the outcome of that care.
-)] Patients who saw a chiropractor had significantly lower healthcare costs for their treatment.

The authors conclude that patients should first be sent to a chiropractor for musculoskeletal problems, rather than a medical doctor:

“The findings of this study support first-contact care provided by DCs as an alternative to first-contact care provided by MDs for a select number of musculoskeletal conditions. Restrictive models of care in which patients are required to contact a medical provider before consulting a chiropractic provider may be counterproductive for patients experiencing the musculoskeletal conditions investigated and possibly others. In addition to potentially reducing health care costs, direct access to chiropractic care may ease the workload on MDs, particularly in areas with poor medical coverage and hence enabling them to focus on complex cases. The minority of patients with complex health problems initially consulting a chiropractic provider would be referred to, or comanaged with, a medical provider to provide optimal care.”

Houweling TAW, Braga AV, Hausheer T, et al. First-Contact Care With a Medical vs Chiropractic Provider After Consultation With a Swiss Telemedicine Provider: Comparison of Outcomes, Patient Satisfaction, and Health Care Costs in Spinal, Hip, and Shoulder Pain Patients. Journal of Manipulative and Physiological Therapeutics 2015;38(7):477-83.

Chiropractic Safer than Medical Care for Elderly

Author: [Michael Melton](#)

Many studies have found that chiropractic care is a safe and effective treatment method when dealing with a number of spine-related issues. The American Chiropractic Association even lists a number of research studies on their website that show that it is a valuable treatment method for easing (and sometimes completely resolving) back pain, neck pain, headaches, and more.

While all of this is good news for professionals that practice in the chiropractic field, some researchers wondered if chiropractic was just as safe for elderly patients as it is for younger patients experiencing these types of problems. So, they set out to find the answer, which they did via a retrospective cohort study funded by NIH and the National Center for Complementary and Alternative Medicine, and also which was subsequently printed in *Spine* upon its completion.

What researchers wanted to discover was whether the relationship between the risk of injury to people 66 years old and older when engaging in chiropractic care was higher than, lower than, or equal to the risk of injury to this same age group after undergoing medical care by their primary care physician. To find their answer, they studied data on Medicare B patients who went to the doctor in 2007 for a neuromusculoskeletal issue, evaluating their risk of injury seven days post-treatment.

They discovered that seniors that received chiropractic care had a 76% lower rate of injury within seven days of treatment when compared to the subjects that met with their primary physician as a result of a neuromusculoskeletal complaint. Researchers also pointed out that they found that males contained within the research group, older study participants, and those with a higher Charlson co-morbidity score were most at risk of injury within the week after acquiring a neuromusculoskeletal issue.

Additionally, certain medical conditions raised the risk of injury, even after chiropractic care. Therefore, chiropractic professionals should consider whether treatment via spinal manipulation is best for “patients with coagulation defects, inflammatory spondylopathy, osteoporosis, aortic aneurysm & dissection, or [those who have engaged in] long term use of anticoagulant therapy” as the increased risk may not be worth the benefits.

Whedon JM, Mackenzie TA, Phillips RB, Lurie JD. Risk of traumatic injury associated with chiropractic spinal manipulation. Spine 2014;Dec 9.

Questions and Answers about Chiropractic:

Question: Can chiropractic help colic and infant vomiting?

Answer: Although a lot of people associate chiropractic with low back, neck and hip problems or headaches and migraines, chiropractic care doesn't "treat" a particular disease. Rather it corrects a dangerous form of spine/nerve stress called the subluxation.



Infants may suffer from subluxations as a result of a difficult birth (especially when forceps or vacuum extraction are used) or a fall, in which case the child begins life with subluxations in his/her body and the potential for serious health problems any time in their life.

In fact, any time an infant has any health problems it is essential they be checked for subluxations. In this newsletter we've reported on case histories showing that babies and toddlers with colic, projectile vomiting, failure to thrive, sleeping problems, eczema, vision and hearing problems and many other conditions respond to chiropractic care.

Every baby and child should have a chiropractic checkup. They may not be able to complain about pain or a problem now, but we can locate and correct subluxations in them before they are able to verbalize their problems.



Traditional Eating

Can you get adequate nutrition from a wholly plant-based diet?

Not only is it difficult to obtain adequate protein on a diet devoid of animal products, but such a diet often leads to deficiencies in many important minerals as well. This is because a largely vegetarian diet lacks the fat-soluble catalysts needed for mineral absorption. Furthermore, phytates in grains block absorption of calcium, iron, zinc, copper and magnesium.



Unless grains are properly prepared to neutralize phytates, the body may be unable to assimilate these minerals.

Zinc, iron, calcium, and other minerals from animal sources are more easily and readily absorbed. We should not underestimate the dangers of deficiencies of these minerals. The effects of calcium and iron deficiency are well known, those of zinc less so. Even a minor zinc

deficient in pregnant animals results in offspring with deformities such as club feet, cleft palates, domed skulls and fused and missing ribs. In humans, zinc deficiency can cause learning disabilities and mental retardation. In men zinc depletion decreases fertility. Man's best source of zinc is animal products, particularly oysters and red meat.



Upper back pain, numbness and "nerve feelings" in the hands (T4 Syndrome).

A 64-year-old woman was suffering from upper back pain, numbness and strange nerve sensations in her hands. She was diagnosed with T4 Syndrome.

Subluxations were located in the upper back that appeared to affect nerves to the upper limbs.

Chiropractic adjustments to reduce subluxations were delivered, and by the fifth visit the patient reported complete remission of upper back pain and hand numbness.

Chiropractic Effective for Tension Headache



With headaches being one of the most common nervous system disorders worldwide, affecting almost 50 percent of the population at least once annually, finding a way to relieve them is important to when it comes to improving quality of life for a large number of people. Certainly there are several different types of headaches—migraines, cluster headaches, and medication-overuse headaches, for instance—and each

one requires a unique approach for treatment.

According to the Cleveland Clinic, [tension headaches](#), also commonly referred to as stress headaches, are headaches which affect anywhere from 30 to 80 percent of sufferers and are signified by their mild-to-moderate in pain that spreads across the entire head in a sort of band. This makes them very different than migraines which are usually felt on one side or the other.

Because tension headaches in particular are so prevalent, researchers have conducted various studies to determine which types of remedies work by offering some relief. One such piece of research was published in the *European Journal of Physical and Rehabilitation Medicine* in February of 2016 and it was designed to determine whether there were any head pain benefits offered by chiropractic adjustments.

Sixty-two women between the ages of 18 and 65 were recruited, all of which suffered with tension-type headaches. Upon acceptance, each was assigned to one of four groups, three of which involved a specific treatment (one was spinal manipulation) and one which served as a control.

Upon conclusion of the study, researchers discovered that, when compared to the control, the individuals who engaged in spinal manipulation “showed improvements in their physical role, bodily pain, and social functioning” at one month post-treatment. In other words, receiving [chiropractic care](#) helped improve their quality of life in many fashions beyond just the physical results one might expect. If you suffer from tension headaches, chiropractic can be a natural way to get relief.

1. *Tension headaches. Cleveland Clinic.*
<http://www.who.int/mediacentre/factsheets/fs277/en/>
2. *Espi-Lopez G et al. (February 29, 2016). Do manual therapy techniques have a positive effect on quality of life in people with tension-type headache? A randomized controlled trial. European Journal of Physical and Rehabilitation Medicine.*



"Look well to the spine
For the cause of disease"
-Hippocrates

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



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