

Chiropractic Health Newsletter

Shawn P. Neville, D.C.

Optimal Health.....through Chiropractic

September 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!

Preventing and Treating Low Back Pain With Diet

Written by: [Michael Greger M.D.](#) on August 11th, 2016

Low back pain [became](#) one of the biggest problems for public health systems in the Western world during the second half of the 20th century. The lifetime prevalence of low back pain is reported to be as high as 84 percent, and chronic low back pain is present in about one in five, with one in ten being disabled. It's an epidemic.

Are people just lifting more heavy stuff? No. “[M]echanical factors, such as lifting and carrying, probably [do not have a major role](#) in this disease.” Atherosclerosis can [obstruct](#) the arteries that feed the spine, and this diminished blood flow can result in various back problems. This can be seen on special scans where you can see the difference between open and clogged spinal arteries. I also show what they look like on autopsy, where we can see the openings to the spinal arteries getting squeezed shut by cholesterol-filled plaques.

Now we have MRI imaging that can [show](#) the occlusion of spinal arteries in people with back pain and the degeneration of the discs. Researchers [showed](#) that patients with long-term lower back pain had constricted blood flow, and those with high cholesterol appeared to suffer with more severe symptoms. Those with narrowed arteries [appear](#) about eight and a half times more likely to have suffered from chronic back pain.

Although disc degeneration has multiple causal factors, with genetic, occupational and mechanical influences, alteration in nutrition has been [proposed](#) as the final common pathway. This makes sense. The discs in our lower back are the largest “avascular” tissue in the body, meaning our discs don't have any blood vessels. Thus, its nutrition just kind of [diffuses](#) in from the margins, making it especially vulnerable to deprivation. Using MRIs, we can [measure](#) the effects of impaired blood flow on that diffusion. Because of this vulnerability, discs [degenerate](#) far earlier than other musculoskeletal tissues; the first unequivocal findings of degeneration in the discs of the lower spines are seen starting around age 11. Nearly all kids have the beginnings of atherosclerosis by age ten ([Heart Disease Starts in Childhood](#)). By the early teen years, we can already see the disks [starting](#) to deteriorate. By age 49, 97 percent of the discs of those eating the standard American diet [show](#) at least grade-2 degradation.

Cholesterol plaques in the wall of the aorta [obliterate](#) the openings of spinal arteries. Structures with precarious nutrient supply, such as the intervertebral discs, may suffer and gradually degenerate, as well as herniate. There is a link not only between cholesterol levels and disc degeneration, but [between](#) cholesterol levels and disc herniation.

This compromised blood flow may also [damage](#) the nerve roots that come off the spine, causing sciatica. Sciatica is back pain that radiates down the legs, causing additional pain, numbness or weakness, and prolonged disability. Sciatica affects as many as 1 in 20 people. Independent of weight, clinical sciatica may be [associated](#) with blood cholesterol levels as well. The nerve roots, which are most commonly associated with sciatic pain, are supplied by some of the arteries most vulnerable to atherosclerotic plaque formation. Obliteration of these arteries by cholesterol buildup results in compromised nutrient supply to the nerve itself. That lack of oxygen to the nerve may play a role in the sciatica nerve crying out in pain. Reduced blood flow also [hampers](#) the removal of waste products, such as lactic acid, which can irritate the nerve endings causing pain and deterioration.

Sadly, low back pain is now [common](#) in children and adolescents, and getting worse. It's like children now getting disorders like adult-onset diabetes. Teenagers starting out their lives with a chronic disease. That's why it's never too early to start eating healthier.



How do students benefit from chiropractic care?

School is coming. Want to give your children an edge in their grades and studies?

Let chiropractic be their (and your) secret weapon.

Studies show that by releasing stress from the brain and nervous system, chiropractic adjustments may improve your child's concentration, attention span, grades and interpersonal behavior. (1-2)

Chiropractic has also been shown to increase IQ, help coordination, improve self-esteem and to get the body to function better. The great thing about chiropractic is that it is not a treatment for a particular disease or health condition - it is a way to make the entire body work better. That is why no matter what health problems a student may have, chiropractic will help your child heal naturally and do better in school. (3)



Zika virus - worth worrying about?

What's with the Zika virus? Should we be concerned about it? Hardly.

The Zika virus is nothing new. It was identified in the 1940s. It causes no symptoms in 80% of people and minor symptoms in nearly everyone else. It was never known to cause serious health problems such as microcephaly or other defects.

Freaking out pregnant women - and lots of others



"Oh my, I was bit by a mosquito. Will my baby be born with birth defects? What can I do? Should I get an abortion?"

Bad science is making pregnant women (and a lot of other people) incredibly nervous.

The fact is that previous epidemics of the Zika virus were never linked to microcephaly and fetal malformations. Also, even though Zika-carrying mosquitoes have spread across Brazil and infected untold millions of people, those infections never translated into neurodevelopmental birth defects (such as shrunken brains).

The "explosion" that didn't happen

According to a recent article in the Canadian newspaper, *The Globe and Mail*:

Brazil's Ministry of Health has launched an investigation into the cluster of babies born with brain defects linked to the Zika virus, after an expected "explosion" of cases across the country did not occur.

The bulk of the cases of congenital Zika syndrome - fetal brain defects that sometimes cause microcephaly, or abnormally small skulls - remain clustered in the northeast region of the country.

Fatima Marinho, coordinator of epidemiological analysis and information at the ministry said:

But we didn't find this in other states - even the [adjacent] states didn't see the same situation.... We were preparing for an explosion and it didn't come.... So we started to think that in this central area maybe more than Zika is causing this intensity and severity. (4)

So what's causing microcephaly (small heads, fetal brain defect)?

The northeast region of Brazil where the deformed babies were born had been, for the prior 18 months, heavily sprayed by plane with pyriproxyfen, a chemical larvicide. It was even added to the drinking water. This larvicide produces malformations in mosquitoes. (5)

A physician group from the area observed that Zika is apparently a red herring, a non-cause of fetal damage:

Previous Zika epidemics did not cause birth defects in newborns, despite infecting 75% of the population in those countries. Also, in other countries such as Colombia there are no records of microcephaly; however, there are plenty of Zika cases. (6)

Speaking about toxins and microcephaly

This is not the first report linking toxins to microcephaly. A report published by the US government showed that vaccine toxins could also affect the brains of newborns. (7)

For more information on The Great Zika Hoax:

http://www.naturalnews.com/054882_Zika_hoax_brain_defects_larvicide_chemicals.html#ixzz4GPMGHvsb

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Questions and answers about chiropractic - How was chiropractic discovered?

DD Palmer, a lifelong researcher and healthcare practitioner discovered chiropractic in 1895. Dr. Palmer was a follower of magnetic theory, an early form of energy medicine, also known as signal or informational healing.

His practice was extremely successful with people traveling from many states seeking his care. Yet in spite of his success Palmer continued to search for more effective ways of helping others.

One day he asked his deaf janitor, Harvey Lillard, how his deafness occurred. Lillard related that he had twisted his upper back and became deaf shortly thereafter and had remained so for 17 years. Palmer asked if he could examine him and was given permission.

Lillard apparently had a noticeably displaced vertebra, a subluxation, that Palmer was able to realign - the man's hearing returned almost immediately. DD Palmer began to check all his patients for these subluxations and found them to be very common - and correcting them would often cause dramatic healings.

Such was the birth of modern chiropractic - an ancient practice brought to modern times.

An entertaining YouTube about this discovery and history of chiropractic can be found at: <https://www.youtube.com/watch?v=cBe8-kfAHxY>



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.

Shoulder pain and chiropractic. A 45-year-old woman and a 47-year-old man suffering

from shoulder pain and dysfunction began chiropractic care. The woman injured her right shoulder following a fall. She did not receive medical care as her pain was tolerable. However, 2 months later she could not move her right shoulder due to pain, and was experiencing right-sided neck pain. Over-the-counter medication was ineffective. The male patient suffered from restricted shoulder motion following a motor vehicle collision 2 months prior. Physical therapy was ineffective.

Chiropractic adjustments were applied exclusively to the upper neck area (C0-C1). Shoulder range of motion improved significantly and pain rating showed significant improvements in both patients. (9)

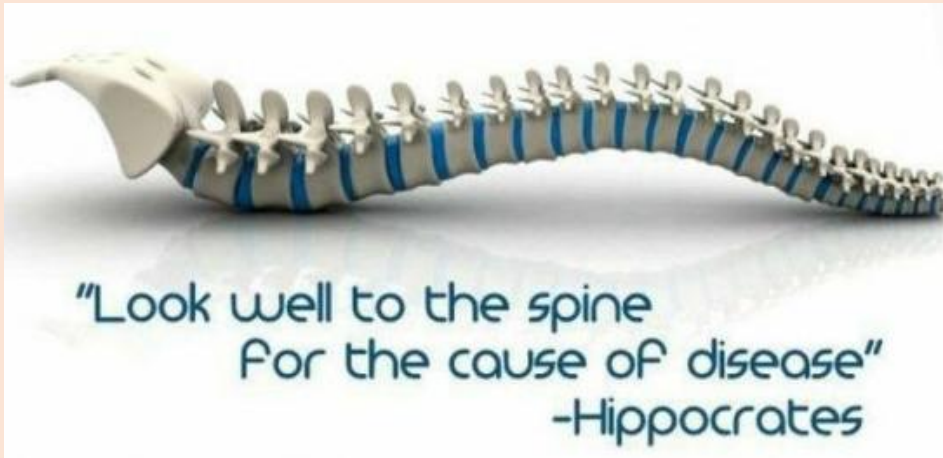
Epileptic seizures. A 21-year-old female presented with epilepsy that had plagued her for over a year. She reported suffering from two to three seizures a week while on a high dose of an antiepileptic drug. She lost fifty pounds and developed depression, anxiety, migraines, allergies, severe fatigue and memory loss.

The patient underwent chiropractic adjustments to reduce her subluxations that were found using x-ray analysis and palpation. The patient reported a change in her symptoms after two months of care with a cessation of all seizures after six months of care. (10)

Meniere's disease. Prior to beginning chiropractic care, a 63-year-old woman with a ten-year history of Meniere's disease had undergone surgery to cut her right vestibular nerve. There was no improvement. She suffered from tinnitus (ringing in the ears), significant hearing loss, headaches and vertigo (dizziness). Analysis revealed that she had a vertebral subluxation complex of the first cervical vertebra. The subluxation was corrected and her Meniere's symptoms were reduced painlessly and non-surgically. (11)

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



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