

Chiropractic Health Newsletter

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Spoil Yourself with Chiropractic!

Optimal Health ... through Chiropractic. March 2024



Enjoy the benefits of chiropractic - the largest natural, drug-free, surgery-free, expressive healthcare system in the world.

Walk-In Hours:

Monday - Wednesday - Friday

9:00am - 11:45am and 3:00pm - 6:45pm

Thursday 3:00pm - 6:45pm

NEW Patients:

Seen by appointment ONLY on

M W F 12:30 - 2:15pm and

M at 6:45pm

**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.

Are you tired of taking drugs and the medical runaround? Welcome to the world of chiropractic - discover how natural health can be.

"Keep your face always toward the sunshine-and shadows will fall behind you." - Walt Whitman

"The most important thing is to try and inspire people so that they can be great in whatever they want to do." - Kobe Bryant

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How can chiropractic care enhance childhood development?

D.D. Palmer, the founder of chiropractic, posited that many health issues stem from misalignments in the spine (subluxations), which can impede the flow of innate intelligence or the body's natural healing capability. For children, ensuring that the spine is properly aligned is believed to support the body's natural development processes and overall health. Traditional chiropractic care aims to correct these subluxations through specific adjustments, thereby enhancing the nervous system's function.

One of the primary ways chiropractic can enhance childhood development is by improving nervous system functionality. A healthy spine is crucial for a well-functioning nervous system, which in turn is essential for the growth and development of children. The nervous system controls and coordinates all the body's organs and structures and plays a key role in developmental milestones such as walking, talking, and fine motor skills. By ensuring that there are no spinal misalignments, chiropractic care can support the optimal functioning of the nervous system, facilitating better health and development outcomes for children.

Additionally, chiropractic care has been associated with improvements in specific childhood issues such as colic, asthma, and ear infections, which can affect a child's overall development and quality of life. A systematic review published in the "Journal of Manipulative and Physiological Therapeutics" highlights the potential benefits of chiropractic interventions in reducing colic symptoms in infants, suggesting a positive impact on early developmental stages (1).

Furthermore, research documented in the "Chiropractic & Manual Therapies" journal indicates that chiropractic care may improve behavioral and emotional health outcomes in children, pointing to its holistic benefits on childhood development (2). These studies underline the significance of a well-aligned spine for general health and development, echoing D.D. Palmer's foundational principles of chiropractic care.

What is a Subluxation?

From a chiropractic perspective, a subluxation is defined as a misalignment of the vertebrae, regarded as a key cause of health problems through its impact on the nervous system. Unlike the medical definition, which emphasizes partial dislocation of any joint, chiropractic subluxation focuses specifically on the spine and its influence on overall health. Chiropractors believe that these spinal subluxations can interfere with the body's self-healing capabilities by disrupting the flow of nerve impulses between the brain and the rest of the body.

Subluxations are thought to result from various stress factors that can be physical (such as poor posture, accidents, or repetitive motions), chemical (like poor nutrition or substance abuse), or emotional (stress, anxiety). These stressors can lead to changes in the spinal tissues, causing vertebrae to move out of their normal position and potentially affect nerve function.

Symptoms of a subluxation may not be as immediately apparent as those of a medical subluxation and can vary widely among individuals. Some may experience back or neck pain, while others may have systemic issues such as digestive problems, headaches, or fatigue, suggesting that the effects of subluxations can extend beyond the immediate area of misalignment to influence overall health.

The chiropractic approach to removing subluxations is through adjustments, a specialized technique designed to correct vertebral misalignments, thereby restoring proper nerve function and promoting the body's natural healing processes. Chiropractors use their hands or specific instruments to apply controlled force to the spine, aiming to realign the vertebrae to their proper position.

Research and clinical studies support the chiropractic assertion that addressing spinal subluxations can have a positive impact on overall health. For instance, a study published in the *Journal of Manipulative and Physiological Therapeutics* highlights the potential benefits of chiropractic adjustments in improving nerve function and reducing pain (3).

In summary, from a chiropractic standpoint, subluxation is not just a physical misalignment but a significant health concern with the potential to affect the nervous system and overall well-being. Chiropractors emphasize the importance of correcting these subluxations to maintain health and prevent disease.

Did you know?

Sharks Have Been Around Longer Than Trees: Sharks have existed for more than 400 million years, while the earliest evidence for trees, specifically the genus *Archaeopteris*, dates to about 350 million years ago. This means sharks have been swimming in the oceans for 50 million years before the first trees grew on land.

The Shortest War in History Lasted 38 Minutes: The Anglo-Zanzibar War of 1896 is the shortest war in recorded history, lasting only 38 minutes. It was fought between the United Kingdom and the Sultanate of Zanzibar on August 27, 1896.

Chiropractic Care When You Are Feeling Down



In today's fast-paced world, mental well-being is as crucial as physical health, yet it often receives less attention. While traditional mental health interventions focus on psychotherapy and medication, emerging evidence suggests that chiropractic care can also play a vital role in managing mood disorders and improving overall mental wellness. This holistic approach to health care, primarily known for addressing musculoskeletal issues, might offer a surprising benefit to those feeling mentally down.

The spine is a central conduit of nerve impulses throughout the body, and misalignments-known as subluxations-can disrupt this system, potentially affecting mood and mental health.

The connection between chiropractic adjustments and improved mental health lies in the body's response to treatment. Adjustments to the spine can reduce physical pain, which, in itself, is a significant factor in mental distress. Chronic pain is a known contributor to depression, anxiety, and reduced quality of life. By alleviating this pain, chiropractic care can indirectly lift one's mood and enhance feelings of well-being.

Moreover, chiropractic adjustments may influence the body's biochemistry. Research suggests that spinal adjustments can lead to hormonal changes, including increases in endorphins and cortisol, which are associated with pain relief and

mood elevation. These hormonal shifts can provide a natural boost to one's mental state, particularly for those dealing with stress, anxiety, or mild depression.

A critical piece of evidence supporting the link between chiropractic care and improved mental health comes from a study published in the "Journal of Upper Cervical Chiropractic Research." This research found significant improvements in psychological health in participants following chiropractic adjustments, with reductions in depression and anxiety scores. The study underscores the potential of chiropractic care as a complementary approach to traditional mental health treatments (4).

While chiropractic care is traditionally associated with physical health, its benefits may extend far beyond, offering a complementary solution for those feeling mentally down. By addressing the physical discomfort and promoting hormonal balance, chiropractic adjustments can play a role in improving mental wellness. As always, it's essential to consult with healthcare professionals to determine the most appropriate care plan for your specific needs. Integrating chiropractic care with conventional mental health interventions might provide a holistic path to improved well-being.

Just the Essentials: The Therapeutic Potential of Essential Oils for Respiratory Health

In the realm of complementary and alternative medicine, essential oils have garnered significant attention for their potential to offer relief and support to individuals with compromised respiratory systems. Extracted from plants through distillation or mechanical methods, these oils capture the essence of their source, including its scent and therapeutic properties. Among their many applications, the use of essential oils for respiratory health stands out as a promising area of interest, especially for those seeking non-pharmacological approaches to manage their conditions.

Respiratory illnesses, such as asthma, bronchitis, and chronic obstructive pulmonary disease (COPD), can significantly impair one's quality of life, causing symptoms like coughing, wheezing, and shortness of breath. Conventional treatments typically involve the use of medications like bronchodilators and steroids. However, for individuals looking for adjunctive therapies, essential oils may offer supportive benefits. Eucalyptus oil, for instance, is renowned for its cineole content, which has been shown to reduce inflammation, ease congestion, and enhance breathing. A study published in the "Journal of Ethnopharmacology" highlights the effectiveness of eucalyptus oil in treating respiratory tract infections, attributing its antimicrobial properties to its ability to disrupt the growth of pathogens (5).

Moreover, peppermint oil, with its active component menthol, acts as a natural expectorant, helping to clear the respiratory tract of mucus. This property makes it particularly beneficial for those suffering from coughs and colds. Similarly, lavender oil is praised for its anti-inflammatory and soothing effects, which can be beneficial in reducing the symptoms of respiratory conditions.

While the therapeutic potential of essential oils is promising, it is crucial to use them in a well-informed manner. Consulting with a healthcare professional before incorporating essential oils into a respiratory health regimen is advisable, especially for individuals with pre-existing conditions or those taking medication. When used appropriately, essential oils can serve as a valuable complementary approach, offering a natural avenue to enhance respiratory wellness and improve overall quality of life.

Traditional Eating Organic Free Ranged vs Factory Raised Chicken



Eating organic farmed or free-range chicken over factory-raised chicken is a choice that significantly impacts both personal health and environmental sustainability. Organic and free-range poultry farming practices are designed to mimic the natural behaviors of chickens, including access to outdoor spaces, which leads to healthier and potentially more nutritious meat.

Firstly, organic and free-range chickens are given a natural diet, which excludes antibiotics, growth hormones, and genetically modified organisms (GMOs). This diet closely resembles what chickens would eat in the wild, consisting of grains, seeds, insects, and plenty of greens. The absence of antibiotics and hormones in their diet is crucial, as these substances can remain in the meat and potentially affect human health when consumed. Studies suggest that antibiotic resistance (6), a significant public health concern, is exacerbated by the overuse of antibiotics in conventional livestock farming. The natural diet contributes not only to the health of the chickens but also to the nutritional quality of their meat, which is often higher in omega-3 fatty acids and lower in unhealthy fats compared to conventionally raised chickens.

Secondly, the living conditions of organic and free-range chickens significantly differ from those in factory farms. Free-range chickens are allowed to roam outdoors and engage in natural behaviors such as pecking, scratching, and socializing, which leads to less stress and healthier animals. Stress in animals can lead to weakened immune systems and a higher susceptibility to disease, which in conventional farming is often combated with antibiotics. Healthier, less stressed animals produce meat that is not only safer but also of higher quality (7).

The environmental impact of organic and free-range farming practices cannot be overlooked. These methods typically require less energy, contribute to less pollution, and promote biodiversity, making them more sustainable options than conventional farming practices.

Words of Wisdom

Benjamin Franklin: “Tell me and I forget, teach me and I may remember, involve me and I learn.” Franklin’s words underscore the importance of active participation in the learning process to truly understand and retain knowledge.

Nelson Mandela: “Education is the most powerful weapon which you can use to change the world.” Mandela recognized the transformative power of education in shaping societies and fostering change.

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 positively to chiropractic care. How many people suffering, reliant on medication and drugs, and facing a life of limitation could be helped by chiropractic care? Probably most of them.

Constipation –

The patient, a 54-year-old woman, had been experiencing constipation for the past eight months, with less than three bowel movements per week. Along with this, she also complained of bloating in her stomach but without any pain. Chiropractic adjustments were performed on her C1, C2, T6, L4, and sacroiliac joints to address any vertebral subluxations. After receiving one month of care, the patient was able to have at least one bowel movement per day (8).

Cerebral Palsy in an infant –

An infant diagnosed with Cerebral Palsy was brought to a chiropractic clinic at the age of 3½ weeks. The baby boy had suffered from encephalopathy, a brain damage caused by low oxygen during birth. It took 30 minutes for the ambulance to arrive, and the infant was already 70 minutes old when he reached the hospital. The doctors had informed the parents that their child might be confined to a wheelchair for the rest of his life. However, after starting chiropractic treatment twice a week, adjustments were made to his sacrum, atlas, and cranium. As he progressed, the frequency of visits reduced to once a month over a period of five years. The patient's mother also provided physical therapy sessions at home. As a result, the patient can now walk, talk, and function like any other normal child, although with slight developmental delays. The patient is no longer wheelchair-bound (9).

Humor

Why don't we ever tell secrets on the farm anymore?

Because the potatoes have eyes, the corn has ears, and the beans stalk.

Why did the smartphone go to therapy?

Because it had too many unresolved issues with its updates and couldn't handle the pressure of constantly being connected!

Bye

Please write or stop by and give us your feedback. Are there any subjects you'd like to hear about? Anything you dislike? Feedback is always important to us. And, of course, if you'd like hard copies of this newsletter, stop by the office, and we'll give you some for your friends and relatives. If they have email, have them write to us, and we'll add them to our subscriber list.

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