

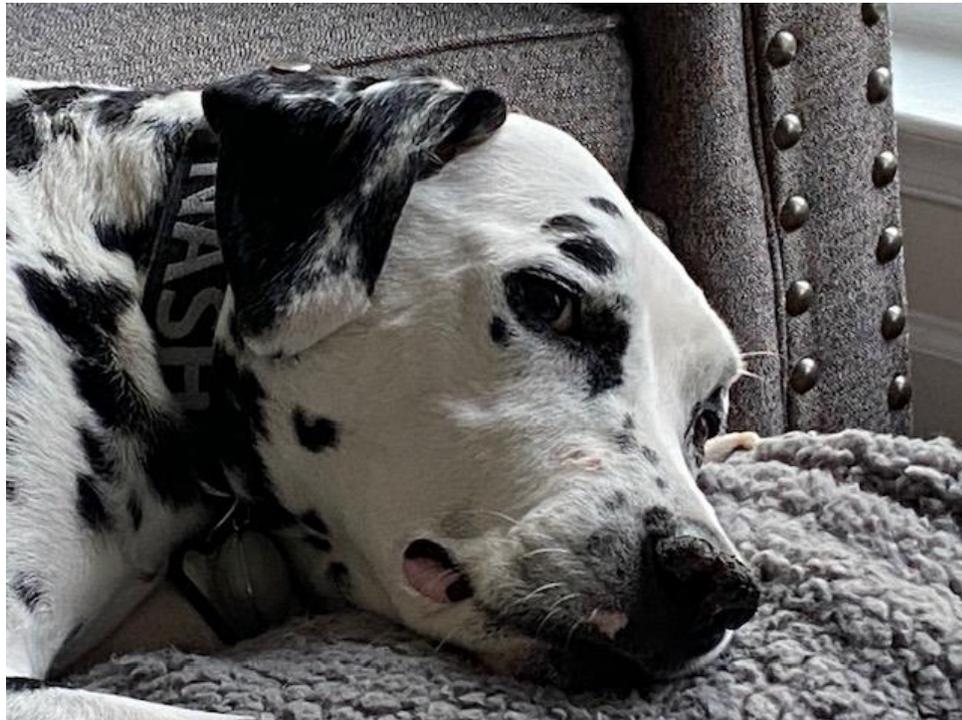
Chiropractic Health Newsletter

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Spoil Yourself with Chiropractic!

Optimal Health ... through Chiropractic.

May 2024



Better sleep, with Chiropractic Care

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.

Do not go where the path may lead, go instead where there is no path and leave a trail. Ralph Waldo Emerson

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Seniors benefit from regular chiropractic adjustments.



Chiropractic care has emerged as a cornerstone of wellness for the aging population, providing a non-invasive solution for managing pain and enhancing mobility. As individuals age, the wear and tear on their bodies can lead to chronic conditions such as osteoarthritis, decreased flexibility, and a heightened risk of falls. Regular chiropractic adjustments offer a promising avenue to address these age-related challenges, supporting seniors in maintaining an active and healthy lifestyle.

Regular chiropractic care can lead to significant health benefits for seniors. These adjustments help improve spinal alignment and function, reducing pain and increasing the range of motion. Importantly, chiropractic care helps decrease dependency on prescription painkillers, which are often associated with significant side effects and risks, particularly in older adults.

One of the primary benefits of chiropractic adjustments for seniors is mobility enhancement. Improved mobility is crucial for maintaining independence, performing daily activities, and reducing the risk of falls—a major concern for the elderly. Falls are the leading cause of injury among seniors, and improving balance and coordination with chiropractic care can significantly mitigate this risk.

In addition to enhancing physical capabilities, chiropractic care has been linked to improved cognitive function. A study published in the 'Journal of Manipulative and Physiological Therapeutics' found that chiropractic adjustments may influence somatosensory processing, sensory integration, and motor control, which are all factors in cognitive processes. This suggests that chiropractic care could potentially slow down cognitive decline associated with aging.⁽¹⁾

The anti-inflammatory benefits of chiropractic adjustments are also notable. Chronic inflammation is common in seniors and can exacerbate arthritis symptoms and other conditions. Chiropractic care can help reduce inflammation levels, alleviate pain, and improve overall health by aligning the spine and improving the body's physical function.

Chiropractic care offers many benefits for the elderly, from reducing reliance on medication and enhancing mobility to improving cognitive function and managing inflammation. Regular chiropractic adjustments can be a safe and effective strategy for seniors looking to maintain their independence and quality of life. As always, it is important for individuals to consult with their healthcare provider to determine the best course of action for their specific health needs.

Chiropractic Care and Irritable Bowel Syndrome (IBS)

Irritable Bowel Syndrome (IBS) is a common gastrointestinal disorder characterized by symptoms such as abdominal pain, bloating, constipation, and diarrhea. While the primary treatment for IBS typically involves dietary changes, medications, and psychological interventions, an emerging area of interest is the potential role of chiropractic care in managing this condition.

Chiropractors use a variety of manual therapies, including spinal adjustments, to alleviate pain and improve the functional abilities of patients.

The connection between chiropractic care and IBS may lie in the concept of visceral somatic response. This theory suggests that spinal misalignments (subluxations) can lead to nerve interference, affecting the functioning of internal organs, including those within the gastrointestinal tract. By correcting these subluxations, chiropractors can improve nerve function and, consequently, the overall health of the digestive system.

A pilot study conducted by researchers found that patients with IBS who received chiropractic spinal adjustments showed significant improvements in symptoms compared to those who did not receive such care. The study suggested spinal adjustments might help manage IBS symptoms by improving gastrointestinal function through enhanced nerve communication.(2)

Did you know?

American Mother's Day: The direct precursor to the current American Mother's Day was championed by Anna Jarvis in the early 1900s. After her mother died in 1905, Jarvis conceived of Mother's Day to honor the sacrifices mothers made for their children. Jarvis successfully campaigned to make Mother's Day a recognized holiday in the United States, with President Woodrow Wilson officially designating the second Sunday in May as Mother's Day in 1914.

The first television commercial aired on July 1, 1941, before a baseball game between the Brooklyn Dodgers and Philadelphia Phillies. It was just 10 seconds long and for Bulova Watches. It was broadcast on WNBT (now WNBC) in New York City and reportedly cost between \$4 and \$9 to air.

Can Chiropractic Care Help with Seasonal Allergies



As the flowers bloom and the trees regain their leaves, many of us brace for the return of seasonal allergies. Amidst the common remedies like antihistamines and nasal sprays, an unlikely hero might be found in chiropractic care. Surprisingly, this method, which focuses on the body's musculoskeletal alignment, may offer a breath of fresh air for allergy sufferers.

Unpacking the Connection Between Chiropractic Care and Allergies

Chiropractic care is based on the belief that proper alignment of the body's structure, particularly the spine, promotes self-healing. This approach can be particularly beneficial for those with allergies. The rationale is that spinal adjustments may enhance nervous system function, crucial for maintaining a robust immune system. A well-functioning immune system can combat the histamines that trigger allergy symptoms.

The Role of the Spine in Allergic Responses

The spine is a pivotal highway for nerve communication throughout the body. Misalignments, known as subluxations, can impede this communication, stressing the nervous system and potentially weakening immune defenses. Regular chiropractic adjustments aim to correct these misalignments, possibly reducing allergic reactions by enhancing the body's natural immune responses.

Evidence Supporting Chiropractic Care for Allergies

Research into the effects of chiropractic care on allergies is still developing, but some findings are promising. For example, adjustments may help alleviate respiratory symptoms associated with allergies by improving the flow of nerve signals and blood circulation. This could theoretically lessen the body's sensitivity to allergens.⁽³⁾

Integrative Strategies for Managing Allergies

Beyond spinal adjustments, chiropractors often recommend lifestyle and dietary changes to support immune health. Increasing the intake of anti-inflammatory foods and supplements, such as omega-3 fatty acids and antioxidants, can strengthen the body's defenses against allergic reactions.

Just the Essentials - Essential Oils for Mother's Day!

Essential oils are a thoughtful and increasingly popular Mother's Day gift, offering a wide range of therapeutic benefits and a delightful sensory experience. Whether your mother is a long-time enthusiast or new to aromatherapy, essential oils can provide relaxation, invigoration, and a host of health benefits.

The Therapeutic Benefits of Essential Oils

Essential oils are concentrated extracts from plants and herbs' leaves, flowers, and stems. They capture the plant's scent and flavor, or "essence." Unique aromatic compounds give each essential oil its characteristic essence and

health benefits. These oils can be used in diffusers for aromatherapy, blended into carrier oils for massages, added to baths, or even mixed into skincare products.

Popular Essential Oils and Their Uses

Lavender: Known for its calming and relaxing properties, lavender oil is ideal for reducing stress and anxiety. It can also help improve sleep quality, making it a wonderful gift for mothers who deserve a little rest and relaxation.

Peppermint: Refreshing and revitalizing, peppermint oil is excellent for boosting energy and mental clarity. It can also relieve headaches and digestive issues, making it a practical choice for busy moms.

Eucalyptus: Eucalyptus oil is known for its respiratory benefits. It can help clear nasal congestion and relieve sinus pressure. Its invigorating scent is perfect for mothers who enjoy a burst of freshness.

Rose: Rose oil's soothing floral scent is often associated with feelings of love and comfort. It benefits skin health and emotional balance, making it a luxurious and caring gift.

Creating a Personalized Gift

When choosing essential oils for Mother's Day, consider your mother's preferences and needs. Does she need more relaxation or perhaps an energy boost? You can create a personalized blend of oils she can use in her diffuser or as a massage oil.

For a truly thoughtful gift, consider pairing a set of essential oils with a diffuser or a beautiful storage box. You can also include a book on aromatherapy or a subscription to a monthly essential oil delivery service.

Essential oils offer a unique and personal gift option for Mother's Day that can enhance well-being and express care in a special way. Whether used for their delightful aromas or health-promoting properties, they will surely be appreciated by any mother who receives them.

Traditional Eating - The Nutritional Benefits of Eating Organ Meats

Organ meats, or offal, have been integral to traditional diets across various cultures for centuries. These meats, which include liver, heart, kidneys, and brain, are not only highly nutritious but also economical and sustainable. The nutritional advocate Weston A. Price extensively documented the benefits of organ meats in traditional diets, revealing their pivotal role in fostering health and vitality.

Weston A. Price, a dentist and researcher in the early 20th century, studied the diets of indigenous populations around the world. His research, compiled in his landmark book "Nutrition and Physical Degeneration," highlighted that communities consuming a diet rich in animal fats and organ meats enjoyed remarkable dental and overall physical health, far superior to those in industrialized areas who consumed modern processed foods. Price noted that these traditional diets were rich in vitamins and minerals, particularly fat-soluble vitamins A, D, and K, which are abundantly found in organ meats.

One of the most celebrated organ meats is liver, often described as nature's multivitamin. Liver is an excellent source of Vitamin A, essential for healthy vision, immune function, and skin health. It is also rich in iron, which is

crucial for forming hemoglobin in the blood and preventing anemia. Liver provides high levels of B vitamins, particularly vitamin B12, which supports nerve function and the production of DNA and red blood cells.

Heart meat is another nutritious organ packed with Coenzyme Q10 (CoQ10), vital for energy production and antioxidant protection. It is also a good source of selenium, zinc, and phosphorus, which play critical roles in hormone synthesis, immune response, and bone health.

Kidneys are rich in selenium, a trace element that supports the body's antioxidant systems and boosts immune function. They are also an excellent source of iron and B vitamins.

Despite their nutritional benefits, organ meats have fallen out of favor in many Western diets due to changes in culinary preferences and misconceptions about their health impacts. However, their dense nutrient profile and the advocacy of nutritional pioneers like Weston A. Price suggests that reintroducing organ meats into the diet can benefit those seeking to optimize their health.

Incorporating organ meats into meals can be a step toward rediscovering the wisdom of traditional diets, as documented by Weston A. Price. Individuals can potentially enhance their overall health and well-being by enriching their diet with these meats' concentrated vitamins and minerals.

Words of Wisdom

Whatever you are, be a good one. - Abraham Lincoln Lincoln's

The only way to have a friend is to be one. - Ralph Waldo Emerson

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.

Rheumatoid Arthritis: A 28-year-old woman with rheumatoid arthritis sought chiropractic care in hopes of finding relief for her migrating peripheral joint pain. Before care, she had a medical history that included symptoms such as fatigue, headaches, dizziness, joint and toe pain, and occasional double vision. After three months of chiropractic care, follow-up X-rays revealed significant improvements in her spine's structural integrity and alignment. By the 12-week mark, a subsequent examination was conducted, and the patient reported that she was no longer taking prescription drugs for her joint pain. Her symptoms of fatigue, swollen/painful joints, difficulty sleeping, headaches, dizziness, blurred/double vision, chest pain, frequent colds/flu, and digestive problems had all significantly decreased. She also had an increased range of motion, particularly in the cervicothoracic junction. The patient's QVAS score dropped from 14 to 6, with her worst pain level being a 2 out of 10. She continues to receive chiropractic care. (4)

An 11-year-old with ADHD: A child aged 11, diagnosed with ADHD, had not yet outgrown his "primitive reflexes" and scored poorly on the Interactive Metronome, a scientifically backed tool for training and assessment. Following the advice of his chiropractor, the child underwent reexaminations at visits 12 and 24, which showed significant improvements in his behavior, reduction in his primitive reflexes, and improvement in his Interactive Metronome scores. The implementation of non-invasive techniques, such as chiropractic adjustments, rehabilitation for primitive reflexes, and the use of Interactive Metronome, resulted in notable progress for a child previously diagnosed with ADHD. (5)

Humor

Why did the frog take the bus to work?

Because his car got toad!

Why did the baby cookie cry?

Because his mom was a wafer for so long!

How do chiropractors keep their office so neat?

They always straighten things out!

Why do chiropractors make great detectives?

They always get to the bottom of things by cracking the case!

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 your friends and relatives. If they have email, have them write to us, and we'll add them to our subscriber list.

References

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2)Mueller, S. M., & Gater, D. R. (2015). The role of chiropractic care in the treatment of irritable bowel syndrome: A pilot study. *Journal of Manipulative and Physiological Therapeutics*, 38(9), 674-678.

3)American Chiropractic Association. (2021). *The impact of chiropractic care on immune function: A practitioner's guide*. * [White Paper]. Retrieved from <https://www.acatoday.org/research-and-guidance/>

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5)Rubin D. Positive Health Outcomes Following Chiropractic, Primitive Reflexes Integration and Interactive Metronome Use in a Child Diagnosed with ADHD: A Case Study [Journal of Pediatric, Maternal & Family Health Chiropractic, Volume 2024](#) *Journal of Pediatric, Maternal & Family Health, Chiropractic* ~ March 1, 2024 ~ Pages 1-6