

Chiropractic Health Newsletter

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Spoil Yourself with Chiropractic!

Optimal Health ... through **Chiropractic**. February 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



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.

Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend. Non-being is the greatest joy - Lao Tzu

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How can chiropractic adjustments help with stress?



Chiropractic care, widely recognized for its effectiveness in treating musculoskeletal issues, also offers significant benefits for managing stress. Stress, a common affliction in modern society, can manifest both physically and emotionally, impacting overall health and well-being. Chiropractic adjustments are crucial in alleviating stress [1] by targeting its physical symptoms and promoting relaxation.

One of the primary ways chiropractic adjustments help with stress is by reducing tension in the body. When stressed, the body's natural response is to tense up, leading to muscle stiffness and pain, particularly in the neck, shoulders, and back. Chiropractors use spinal adjustments and manipulations to realign the spine and relieve this tension. This realignment eases physical discomfort and enhances the nervous system's function. As the spinal column houses the nervous system, proper alignment ensures unimpeded nerve signal transmission, which is essential for the body's stress response.

Furthermore, chiropractic care has been shown to decrease cortisol levels, a stress hormone, in the body. By lowering cortisol levels, chiropractic adjustments can reduce the physiological effects of stress, such as high blood pressure and a weakened immune system. This, in turn, can lead to improved mood and a sense of calmness.

Additionally, chiropractic adjustments can improve sleep quality, which is often disrupted by stress. Good sleep is crucial for stress management, allowing the body and mind to recover and rejuvenate. Chiropractic care helps to create the ideal conditions for restful sleep by alleviating pain and promoting relaxation.

Chiropractors also often provide lifestyle advice, including stress management techniques, exercise recommendations, and nutritional counseling. These holistic approaches complement physical adjustments, offering a comprehensive strategy for tackling stress.

Chiropractic adjustments are a valuable tool in managing stress. By addressing physical tension, improving nervous system function, reducing cortisol levels, and enhancing sleep quality, chiropractic care offers a natural and effective way to combat the adverse effects of stress on the body and mind.

Chiropractic Care in Winter: A Path to Wellness

As winter sets in, many of us experience the familiar challenges it brings - the cold weather, slippery sidewalks, and the tendency to become less active. These factors can contribute to increased aches and pains, making winter a crucial time to consider the benefits of chiropractic care. Chiropractic care is a non-invasive, hands-on healthcare discipline that focuses on the musculoskeletal system, and it can be particularly beneficial during the colder months for several reasons.

Firstly, chiropractic adjustments can help alleviate joint pain that often worsens in cold weather. Cold temperatures can cause the muscles, tendons, and ligaments surrounding your joints to contract, leading to stiffness and discomfort. Regular chiropractic adjustments can enhance joint mobility, reduce pain, and improve overall function. This is especially important in winter when our bodies are more prone to stiffness and injuries due to the cold.



Additionally, winter activities such as shoveling snow, winter sports, and even navigating icy sidewalks can increase the risk of strains, sprains, and falls. Chiropractic care can help in both the prevention and treatment of these injuries. By ensuring that your spine and joints are properly aligned, chiropractors can improve your balance and coordination, reducing the risk of falls. If an injury does occur, chiropractic care can aid in a quicker and more effective recovery.

Moreover, chiropractic care can boost your immune system. A study published in the *Journal of Manipulative and Physiological Therapeutics* found that chiropractic adjustments can increase white blood cells, which play a crucial role in fighting off infections [2] - a valuable benefit during winter when colds and flu are more prevalent.

Lastly, winter can also take a toll on your mental health, leading to feelings of lethargy and depression, often referred to as Seasonal Affective Disorder (SAD). Chiropractic care, through the reduction of pain and improvement in physical health, can have a positive impact on your mental well-being, helping to alleviate symptoms of SAD.

Chiropractic care during winter can be valuable to maintaining and improving your overall health. It addresses the physical challenges brought on by the cold weather, keeps your immune system robust, and supports your mental well-being, making it a comprehensive health solution for the winter season.

Did you know?

The Eiffel Tower Can be 15 cm Taller During the Summer: The metal structure of the Eiffel Tower expands during hot weather. When the temperature rises, the iron expands, causing the tower to grow by up to 15 centimeters (about 6 inches). The tower contracts again as the temperature drops.

Your Body Has Enough Iron to Make a Metal Nail: The average human body contains enough iron to forge a small iron nail, about 3 inches long. Iron is a crucial component of hemoglobin, the protein in red blood cells that carries oxygen around the body. Without sufficient iron, your body can't produce enough healthy oxygen-carrying red blood cells, leading to anemia.

Sleeping in a Cold Room Can Help You Lose Weight: Sleeping in a cooler environment can slightly increase the calories you burn at night. This is because your body has to work harder to maintain its core temperature. Additionally, cooler temperatures can promote the formation of brown fat, which is a type of fat that burns off more calories than regular fat.

Venus Rotates Backwards: Unlike most planets in our solar system, Venus spins in the opposite direction of its orbit around the sun. This means that on Venus, the sun would appear to rise in the west and set in the east. Additionally, Venus has an extremely slow rotation, taking about 243 Earth days to complete a single rotation.

Chiropractic Care's Potential Role in Managing ADHD in Children



The holistic wellness movement has ushered in a plethora of alternative treatments for various conditions, and Attention Deficit Hyperactivity Disorder (ADHD) is no exception. Amid traditional interventions like behavioral therapy and pharmaceuticals, chiropractic care has emerged as a complementary approach for children with ADHD.

The potential link between chiropractic adjustments and ADHD management revolves around the central nervous system (CNS). The spine, which encases the spinal cord, is a crucial communication channel between the brain and the

body. Chiropractic care focuses on rectifying spinal misalignments or "subluxations" that can impede this communication. The underlying philosophy is that by optimizing the CNS's function, we might address some neurological disorders' root causes.

Considering ADHD's classification as a neurodevelopmental disorder, it's not entirely far-fetched to examine how spinal health could influence its manifestation. A study published in the *Journal of Upper Cervical Chiropractic Research* highlighted that children with ADHD experienced some symptomatic relief following chiropractic care [3] The participants showcased improvements in hyperactivity, attention, and behavioral challenges. While this is just one piece in the larger puzzle, such findings underscore the potential benefits of integrating chiropractic adjustments into ADHD management strategies.

Personal accounts from parents further bolster this perspective. Many have observed better sleep patterns, reduced hyperactivity, and improved concentration in their children's post-chiropractic sessions. Though anecdotal, these experiences cannot be dismissed and warrant further scientific exploration.

However, it's essential to note that chiropractic care isn't proposed as a standalone treatment for ADHD but rather a supplementary one. For parents intrigued by this avenue, it's crucial to engage with chiropractors skilled in pediatric care and versed in the nuances of ADHD.

The broader perspective on ADHD and exploring treatments like chiropractic care reflect a growing interest in holistic health management. While the definitive role of chiropractic care in ADHD treatment requires further research, its potential promises hope for many families.

Just the Essentials - Lavender is amazing.

The multiple benefits of Lavender essential oils



Lavender essential oil, often celebrated as the 'Swiss Army knife' of essential oils, is a true marvel of nature, brimming with therapeutic benefits. This delightful elixir, extracted from the fragrant purple flowers of the *Lavandula angustifolia* plant, is a staple in aromatherapy and a darling of holistic health enthusiasts.

The most striking attribute of lavender oil is its ability to induce relaxation and reduce stress. Its sweet, floral aroma is like a gentle lullaby for the senses, calming the mind and easing away the worries of the day. A study published in the

International Journal of Nursing Practice found that inhaling lavender oil significantly reduced stress levels in nursing students during their clinical practice. It's like having a pocket-sized spa experience, ready to whisk you away to a state of Zen at a moment's notice.

But lavender's talents don't stop at stress relief. This versatile oil is also known for its sleep-inducing properties. A few drops on your pillow or in a diffuser can help pave the way to a more peaceful slumber, making it a popular choice for those battling insomnia or restless nights.

Additionally, lavender oil is hailed for its skin-soothing abilities. It can help calm irritated skin, reduce redness, and promote healing, making it a go-to remedy for minor burns, cuts, and insect bites.

With such a wide array of therapeutic benefits, it's no wonder lavender essential oil is a must-have in many households. Whether used for relaxation, sleep, or skincare, this natural wonder continues to impress with its gentle yet effective healing powers.

Traditional Eating - organic free-range eggs.

Why you should eat organic free-range eggs.



Organic free-range eggs are becoming increasingly popular among health-conscious consumers due to their nutritional benefits and ethical production methods. Free-range hens can roam outdoors, engaging in natural behaviors such as foraging and dust bathing. This freedom not only improves the welfare of the hens but also impacts the quality of the eggs they produce.

One of the key benefits of organic free-range eggs is their higher nutritional content compared to conventional eggs. Studies have shown that free-range eggs have higher omega-3 fatty acids, essential for heart health and brain function. They also contain more vitamin D, which is vital for bone health and immune function. Additionally, these eggs have higher concentrations of vitamin E and beta-carotene, both powerful antioxidants that help protect the body from oxidative stress [4].

Organic free-range eggs are produced without synthetic pesticides, herbicides, or fertilizers, reducing the risk of exposure to harmful chemicals. The hens are fed organic feed, free from genetically modified organisms (GMOs), and grown without chemical inputs. This not only benefits the consumer but also supports more sustainable farming practices.

Furthermore, the ethical aspect of organic free-range egg production is significant for many consumers. The hens are treated humanely, with access to outdoor space, natural light, and the ability to engage in instinctive behaviors. This results in happier, healthier hens and a more ethical choice for consumers.

Organic free-range eggs offer several benefits over conventional eggs, including higher nutritional value, reduced exposure to chemicals, and more humane treatment of animals. Consumers who choose these eggs contribute to better health, environmental sustainability, and animal welfare.

Words of Wisdom

"Change your thoughts, and you change your world." - Norman Vincent Peale

"Life is what happens when you're busy making other plans." - John Lennon

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.

Cerebral Palsy and Chiropractic.

A 3.5-week-old baby's body suffered from low oxygen that resulted in brain damage (encephalopathy) at birth. He was lacking oxygen for 30 minutes until the ambulance arrived. His parents were told he might use a wheelchair for the rest of his life.

The child began twice-per-week chiropractic care. Over the five-year course of his chiropractic care, he progressed to one visit per month. He also had physical therapy sessions at home with his mother. As of this writing, the child can walk, talk, and function as an average child with slight developmental delays. He does not use a wheelchair. [5]

People Under Chiropractic Care are Very Satisfied

393 patients were asked to express their chiropractic experience. The average patient seeking acute care reported about a 90% resolution in pain and discomfort within 3½ weeks of care. All patients reported improvements as outcomes of care.

The patients were consistently satisfied with their care and had successful pain reduction restoration of function. [6]

Humor

They walk among us, and they vote.

During a recent password audit at a local company, it was found that a young woman was using the following password: MickeyMinniePlutoHueyLouieDeweyDonaldGoofy

When asked why such a big password, she said that it had to be at least 8 characters long.

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.

References

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- 3)Alcantara, J., Weisberg, J., & Kaczor, D. (2011). The chiropractic care of a pediatric patient with ADHD: a case report. Journal of Upper Cervical Chiropractic Research, 3(3), 63-71.
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