

Chiropractic Health Newsletter

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Spoil Yourself with Chiropractic!

Optimal Health ... through Chiropractic.

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JUST THINKING HOW GOOD MY CHIROPRACTOR IS!

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.

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Low Back Pain- Chiropractic Secrets for Thriving This Winter

Winter brings unique challenges for the body, particularly when it comes to activities like shoveling snow and enduring colder temperatures. Chiropractic care, rooted in the principles of DD Palmer, emphasizes the importance of maintaining a healthy nervous system to ensure the body functions optimally during these demanding months.

Low back pain is a common complaint during winter, especially after shoveling snow. The repetitive bending, lifting, and twisting can strain the lumbar spine, causing discomfort or injury. Chiropractic adjustments help by addressing spinal misalignments that disrupt nerve flow, allowing the body to recover naturally and efficiently. Keeping the spine aligned not only alleviates discomfort but also enhances the body's ability to respond to physical stress.

Cold weather can also affect the body. Muscles tend to tighten in response to lower temperatures, increasing the likelihood of stiffness and strain. This natural reaction makes it even more critical to maintain spinal health. A misaligned spine can exacerbate tension in surrounding muscles and restrict movement, making everyday activities more challenging. Regular chiropractic care helps keep the spine balanced, reducing the risk of injury and promoting better mobility.

Beyond physical alignment, chiropractic philosophy teaches that the body is self-healing when free of interference. Cold weather can weaken immune function, and a healthy nervous system supports the body's ability to adapt to seasonal challenges. By ensuring the spine is aligned, chiropractic adjustments support overall resilience during the winter months.

A patient once shared their experience of dealing with recurring back pain every winter. They struggled with basic tasks like shoveling the driveway without discomfort. After incorporating regular chiropractic care, they noticed a significant improvement-not only in their back pain but also in their overall energy and ability to enjoy the season.

DD Palmer's wisdom reminds us (1) that health is about allowing the body to function as intended, without interference. Chiropractic care offers a practical approach to staying active and healthy throughout winter, addressing the physical and environmental challenges this season brings.

Sex and Women's Health - A Chiropractic Alternative

Chiropractic care offers unique benefits for women's health, particularly in addressing issues related to sexual wellness. While these concerns are often viewed through the lens of hormonal or medical interventions, the physical alignment of the spine and nervous system plays a critical role in overall well-being, including sexual health.

The pelvis and lumbar spine are central to the body's structural integrity, and misalignments in these areas can contribute to discomfort, reduced range of motion, and even nerve interference affecting reproductive organs. This can manifest as pain during intercourse, irregular menstrual cycles, or diminished sensation, all of which can negatively impact intimacy and quality of life.

Chiropractic care focuses on spinal adjustments to relieve pressure on nerves, which may help improve circulation, reduce inflammation, and enhance nervous system communication. Many patients report

improved pelvic stability and reduced tension in the muscles supporting the lower back and hips, which creates a foundation for better sexual function.

Stress is another significant factor influencing women's sexual health. Chronic stress leads to heightened cortisol levels, disrupting sleep, mood, and libido. Chiropractic care may help mitigate these effects by addressing physical stressors that exacerbate tension and anxiety. Adjustments can promote relaxation and help reset the body's stress response, potentially improving energy levels and mental clarity.

Chiropractic practices also align with the growing awareness of body autonomy in healthcare. Many women seek out drug-free alternatives for enhancing their health, emphasizing natural alignment and function. The care provided is tailored to individual needs, whether addressing back pain during pregnancy, reducing symptoms of premenstrual syndrome, or supporting postpartum recovery.

Recent research underscores the connection between spinal health and reproductive health. For example, a study published in the *Journal of Manipulative and Physiological Therapeutics*(2) found that patients receiving chiropractic adjustments experienced significant improvements in pelvic pain and sexual satisfaction. This reinforces the importance of addressing spinal alignment as part of an overall strategy for improving intimate well-being.

Women seeking to enhance their sexual health and overall wellness may benefit from exploring chiropractic care. Its focus on the body's natural ability to self-regulate offers a promising avenue for improving physical comfort and fostering confidence in intimate relationships.

Did You Know

Folklore says thicker corn husks in the fall mean a harsher winter is coming, though this isn't scientifically proven.

New Year's Day, celebrated on January 1st, marks the start of the Gregorian calendar year and has roots dating back to ancient Rome. Julius Caesar introduced January 1 as the new year in 46 B.C. to honor Janus, the two-faced Roman god of beginnings and endings, symbolizing looking back at the past and forward to the future.

Chiropractic and Childhood Ear Infections

Childhood ear infections, or otitis media, are a frequent concern for parents seeking gentle and natural approaches to support their children's health. Chiropractic, rooted in the philosophy of optimizing the body's innate ability to heal, offers an approach centered on nervous system function and spinal alignment.

Ear infections often involve fluid accumulation and pressure in the middle ear, which is frequently linked to Eustachian tube dysfunction. The Eustachian tube plays a vital role in maintaining ear health, and its function is closely connected to the alignment of the cervical spine. Misalignments, or subluxations, in the upper cervical region may interfere with the nerves that regulate these structures. By addressing subluxations through chiropractic adjustments, many parents report improvements in their children's ear health, as the body's natural drainage and immune responses are better supported.

A study published in the Journal of Manipulative and Physiological Therapeutics examined the relationship between chiropractic care and pediatric ear infections (3). It was found that children receiving chiropractic adjustments experienced fewer episodes and less severity of ear infections over time. The authors suggest that this may result from restoring nervous system balance and enhanced fluid movement in the ear, allowing the body to resolve infections more effectively (Mills et al., 2003).

Chiropractors work with children by carefully assessing spinal alignment, particularly focusing on areas affecting the head and neck. The adjustment process is gentle and tailored to each child's unique needs, respecting their developing systems. This philosophy emphasizes that the body functions optimally when interference in the nervous system is minimized.

Parents often find value in chiropractic for ear infections, not just in symptom relief but in fostering overall health. While the results can vary, many families appreciate the proactive focus on allowing the body to perform as it was designed. Chiropractic aims not to "treat" the infection directly but to support the nervous system's communication pathways, encouraging natural resolution.

The growing interest in chiropractic for children underscores a desire for approaches that align with the body's inherent potential to thrive, reflecting a trust in its remarkable design.

Refresh Your Spirit with Essential Oils

The new year is the perfect time to reset, refocus, and refresh your mind, body, and spirit. Incorporating essential oils into your routine can be a powerful way to support your health and wellness goals. Here are three of the best essential oils to help you start the year on the right foot, along with their benefits.

1. Lavender Oil

Lavender oil is a versatile essential oil known for its calming and relaxing properties. Starting the year with a calm mind can set the stage for better focus and reduce stress.

Benefits:

- .Promotes Relaxation: Diffuse lavender oil in your home or apply it to your temples to alleviate stress and encourage restful sleep.
- .Skin Support: Add a few drops to your moisturizer for soothing dry or irritated winter skin.
- .Emotional Balance: Its soothing scent can help lift your mood and reduce feelings of anxiety.

2. Lemon Oil

Lemon oil is your go-to essential oil for energy and mental clarity. Its refreshing citrus aroma can invigorate your senses and help you tackle new goals.

Benefits:

- .Boosts Energy: Add a few drops to a diffuser to energize your mornings and improve concentration.
- .Detoxifying Properties: Mix a drop with water (using food-grade oil) to support digestion and natural detoxification.
- .Cleansing: Use it to clean and purify your home for a fresh start to the year.

3. Peppermint Oil

Peppermint oil is invigorating and uplifting, perfect for maintaining motivation as you embrace the year ahead.

Benefits:

- .Enhances Focus: Diffuse or inhale directly to clear your mind and stay productive.
- .Relieves Tension: Apply to your temples or neck to relieve headaches or muscle tension.
- .Supports Digestion: Rub on your abdomen to soothe discomfort or promote digestive health.

These three essential oils can empower you to begin the new year with balance, energy, and clarity. Use them individually or combine them to create a personal blend that fits your wellness journey!

Traditional Eating this Holiday Season

The holidays are a time of celebration, family, and, of course, food. However, maintaining healthy eating habits during this season can be challenging. By embracing traditional foods and preparation methods, you can enjoy festive meals that nourish your body and spirit.

Traditional eating emphasizes whole, nutrient-dense foods prepared using methods passed down through generations. These methods often enhance the nutritional value of ingredients and make them easier to digest. For example, fermented foods like sauerkraut, traditionally served with holiday meals in many cultures, are rich in probiotics that support gut health. Bone broths, another traditional staple, provide collagen and minerals, making them a perfect base for soups or gravies.

Instead of processed holiday staples, consider revisiting classic recipes with a healthier twist. Replace boxed stuffing with a homemade version using sprouted or sourdough bread, which is easier to digest due to the fermentation process. When making desserts, opt for natural sweeteners like honey or maple syrup instead of refined sugar, and use traditional fats such as butter or lard, which contain fat-soluble vitamins.

Traditional holiday meals often include plenty of seasonal vegetables, such as squash, sweet potatoes, and Brussels sprouts. These are not only rich in vitamins but also support seasonal eating, which aligns with the body's natural rhythms. Roast these vegetables in ghee or coconut oil and season them with herbs for a delicious, nutrient-packed side dish.

To stay balanced, focus on mindful eating. Appreciate the flavors and textures of your food and enjoy the time spent around the table with loved ones. Avoid overindulging by serving smaller portions and listening to your body's hunger cues.

Traditional diets, like those advocated by the Weston A. Price Foundation, emphasize the importance of food quality and preparation methods. As Sally Fallon Morell, co-founder of the foundation, states, "Traditional diets are rich in nutrients, not empty calories, and are the foundation of vibrant health."

This holiday season celebrate not just the festivities but also the opportunity to reconnect with the wisdom of ancestral eating. By choosing traditional methods and ingredients, you can honor your heritage, nourish your body, and enjoy the holidays with a sense of balance and well-being.

Words of Wisdom

"What you get by achieving your goals is not as important as what you become by achieving your goals."
- Zig Ziglar

"Enjoy the little things, for one day you may look back and realize they were the big things." - Robert Brault

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.

Gastro-esophageal reflux disease (GERD) often occurs during the first year of life, peaking around four months old. A mother brought her four-month-old daughter to a chiropractor, concerned about persistent GERD and plagiocephaly, which had caused part of the baby's skull to flatten. The baby experienced frequent reflux and vomiting episodes daily.

The chiropractor identified subluxations in the neck (C2 and C4 vertebrae), lower lumbar spine (L4), and sacroiliac joints, which were adjusted during care. After the initial visit, the mother noticed her baby had a significant bowel movement and slept longer than usual.

Chiropractic visits continued twice a week for two weeks, then weekly for another four weeks. By the second appointment, the mother observed reduced vomiting and reflux episodes. Over the next three weeks, the frequency of these episodes steadily decreased until they stopped entirely. Additionally, the baby's skull flattening resolved during this time. (4)

Behavioral improvements in a 10-year-old boy were observed after chiropractic care. The boy experienced sudden shifts from calmness to violent outbursts, struggled with sleep due to emotional detachment disorder, and frequently had panic attacks. These challenges led to his suspension from school.

Chiropractic evaluation identified subluxations in the upper cervical, thoracic, and lumbopelvic regions, which were addressed through adjustments.

After eight adjustments, the boy's violent outbursts significantly decreased, and his overall behavior improved. He also showed noticeable progress in sleep quality and reduced anxiety levels. (5)

Humor

How do chiropractors stay so calm?
They always keep their spine in line!

How did the chiropractor get promoted?
They really knew how to straighten things out!

Why did the chiropractor bring a camera to work?
They wanted to focus on alignment!

Why don't skeletons fight each other?
They don't have the guts!

References

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5. Cook JR. A case report of improved behavior and a reduction in violent outbreaks in a 10-year-old boy with chiropractic care. *Journal of Clinical Chiropractic Pediatrics*. 2014;14(3):1172-1175.