

Chiropractic Health Newsletter

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Spoil Yourself with Chiropractic!

Optimal Health ... through **Chiropractic**. February 2025



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.

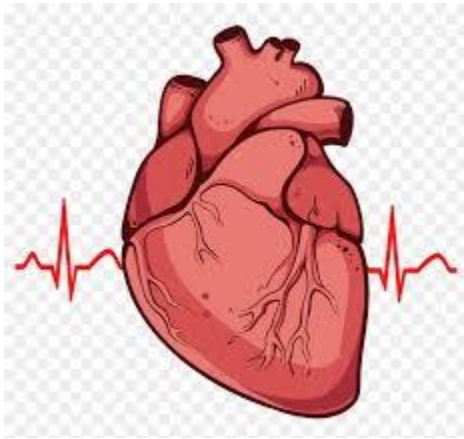
More and more people are turning away from symptom treatment and choosing natural ways of achieving and maintaining health.

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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Chiropractic and Heart Health: A Natural Connection



Heart disease remains the leading cause of death in the United States, claiming nearly 700,000 lives each year. Millions of people also face high blood pressure, a major contributor to cardiovascular issues. While medications and lifestyle changes are common approaches, research increasingly supports chiropractic care as an effective, natural method for improving heart health and overall wellness.

A notable University of Chicago Medical Center study demonstrated significant cardiovascular benefits from upper cervical chiropractic adjustments. Patients in the study experienced reductions of 14 points in systolic blood pressure and 8 points in diastolic pressure—changes

comparable to taking two medications simultaneously. These adjustments also improved heart rate variability and decreased inflammation, which are key factors in maintaining heart health (1).

The link between spinal alignment and heart function lies in the autonomic nervous system, which regulates heart rate, blood pressure, and other critical processes. The vagus nerve, a central pathway in this system, plays a significant role in maintaining cardiovascular balance. Misalignments in the cervical spine, particularly in the Atlas vertebra, can disrupt these pathways, contributing to heart-related issues. By correcting these misalignments, chiropractic care helps restore proper communication between the brain and body.

Some key physical benefits of chiropractic care for heart health include:

- .Significant blood pressure reductions.
- .Improved blood circulation through corrected spinal alignment.
- .Decreased inflammation in arteries and veins, reducing strain on the heart.
- .Enhanced heart rate variability, reflecting better autonomic balance.

Chiropractic care also supports emotional health. Spinal adjustments stimulate the release of hormones like oxytocin, which promotes relaxation and emotional stability. Chiropractic adjustments help reduce stress, improve sleep, and enhance mental clarity by targeting the nervous system. Patients often report feeling more emotionally balanced and better equipped to handle daily challenges after regular care.

Research shows that proper spinal alignment can reduce strain on the heart by improving blood flow to the brain and regulating the nervous system. This natural approach addresses physical health and fosters emotional well-being, offering a unique path for individuals managing cardiovascular conditions.

With mounting evidence connecting spinal health to cardiovascular function, chiropractic care is a valuable addition to heart health management. By addressing the root causes of nervous system imbalances, chiropractic adjustments provide a natural and effective way to support long-term heart health.

Why Pediatric Chiropractic Care Stops Recurring Ear Infections: The Science Explained

Ear infections impact over 80% of children under three and remain a leading cause of pediatric visits. Despite the widespread use of antibiotics, evidence suggests that these medications often perform no better than the body's natural immune response. Parents seeking alternative approaches frequently turn to chiropractic care, which supports the body's ability to manage recurring ear infections naturally.

Children between 6 months and 2 years face increased susceptibility due to differences in their anatomy. Their eustachian tubes are shorter, narrower, and more horizontally positioned, which makes fluid drainage more difficult. Contributing factors like daycare attendance, exposure to second-hand smoke, and genetic predisposition further elevate their risk. These infections can result in temporary hearing loss and delayed speech development due to fluid buildup behind the eardrum.

Chiropractic care addresses these issues by promoting proper spinal alignment, enhancing nerve function, and supporting the immune system. A study published in the Journal of Manipulative and Physiological Therapeutics demonstrated that chiropractic adjustments improved immune system markers, aiding the body's response to infection. These adjustments may also relieve pressure on the lymphatic system, which is crucial in clearing infections (2).

Complementary strategies can further reduce the frequency of infections. Xylitol, a natural sweetener found in berries, has been shown to lower the occurrence of ear infections by enhancing ear drainage. Probiotics also contribute by fostering a healthy microbiome, which strengthens immune defense and reduces the need for antibiotics. Environmental changes, such as avoiding second-hand smoke and ensuring adequate vitamin D intake, are effective preventive measures.

Dietary modifications offer additional benefits. Studies reveal that children with food sensitivities are more likely to experience recurring ear infections. Introducing anti-inflammatory foods like fresh fruits, vegetables, and omega-3 fatty acids can help reduce inflammation and support overall immune function.

Combined with these natural strategies, **chiropractic care provides families,** a non-invasive, drug-free solution to recurring ear infections. By enhancing the body's natural defenses and addressing contributing factors, this approach helps children recover faster. It reduces the long-term risks of hearing and speech issues associated with frequent infections.

Did you know?

- Around 145 million Valentine's Day cards are exchanged yearly in the U.S. alone!
- Teachers receive the most Valentine's Day cards, followed by children, mothers, and wives.
- Red roses symbolize love and passion because they were the favorite flower of Venus, the Roman goddess of love.
- Richard Cadbury introduced the first heart-shaped box of chocolates in the 1860s!

Chiropractic Care and Parkinson's Disease

Parkinson's disease affects nearly one million people in the United States, with around 60,000 new cases diagnosed each year. It is a progressive neurological condition that impacts movement, coordination, and balance. The exact cause remains unclear, but research points to mitochondrial dysfunction as a significant factor. **Mitochondria serve as the cell's energy producers**, and when they fail to function properly, neurons in the brain suffer, leading to the symptoms associated with Parkinson's.

The nervous system and spinal alignment are closely linked. When the spine is not functioning properly, communication between the brain and body is disrupted. This misalignment can place additional stress on the nervous system, which may worsen symptoms in those with Parkinson's. **Chiropractic adjustments work to improve spinal integrity**, allowing better nervous system function and reducing unnecessary strain on an already compromised system.

Many with Parkinson's experience muscle rigidity, tremors, and postural instability. These issues not only affect mobility but also contribute to pain and discomfort. Chiropractic care focuses on improving spinal movement and reducing tension in the musculoskeletal system. Some patients report increased mobility and decreased stiffness after adjustments, which may help them navigate daily life with greater ease.

In addition to movement challenges, autonomic dysfunction is common in Parkinson's. This can manifest as blood pressure fluctuations, digestive disturbances, and sleep problems. Since the spine houses the nervous system, any dysfunction in this area can affect these vital functions. By addressing spinal misalignments, chiropractors aim to support the body's ability to regulate these systems more effectively.

Mitochondrial dysfunction plays a central role in neurodegenerative diseases. Research suggests that oxidative stress, impaired energy production, and cell damage contribute to neuron loss in Parkinson's. While chiropractic does not claim to reverse this process, improving nervous system function may support the body's ability to manage these challenges. Movement-based therapies, including chiropractic adjustments, have been associated with increased mitochondrial efficiency, which could support neurological health (3).

While Parkinson's remains a complex condition, chiropractic offers an approach focusing on movement, spinal function, and the support of the nervous system. Those seeking ways to enhance mobility and quality of life may benefit from exploring chiropractic as part of their care strategy.

How Essential Oils Can “Spice” Up Your Valentine’s Day

Valentine's Day is all about romance, connection, and creating an atmosphere that makes your loved one feel special. Whether planning a cozy night in or a grand romantic gesture, essential oils can add a spark to your celebration. From setting the mood to creating luxurious DIY gifts, here's how to use essential oils to spice up your Valentine's Day!

Set the Mood with Sensual Scents

Scent has a powerful effect on emotions and memory, making essential oils the perfect way to create a romantic ambiance. Try diffusing **ylang-ylang, jasmine, or sandalwood** to fill the air with an alluring aroma. These oils are known for their aphrodisiac properties and can help create a warm, inviting space for connection.

For a fun twist, blend **orange and cinnamon** essential oils to add a cozy, spicy-sweet aroma that ignites passion and energy. Just a few drops in a diffuser or a simmer pot on the stove will set the stage for a night to remember!

Indulge in a Romantic Massage

What's more intimate than a soothing massage? Create your Valentine's Day massage oil by mixing **sweet almond oil** with a few drops of **lavender, rose, and sandalwood essential oils**. This blend smells divine and helps relieve tension and promote relaxation. Light some candles, make soft music, and give your partner (or yourself!) a little extra TLC.

Creating Luxurious DIY Gifts

Store-bought gifts are great, but handmade gifts carry an extra touch of love. Whip up a simple **essential oil-infused sugar scrub** using coconut oil, sugar, and a few drops of **vanilla and rose essential oils**. It's the perfect way to exfoliate and soften skin while enjoying a spa-like experience at home.

Another idea? Make a **romantic essential oil perfume** by blending **jasmine, bergamot, and patchouli** with jojoba oil in a small roller bottle. This personal touch will make your Valentine feel extra special.

Boost Confidence & Attraction

A little confidence boost can go a long way in making the evening extra magical. Essential oils like **clary sage, vetiver, and ginger** can help you feel more grounded and self-assured. Dab a drop on your wrists or behind your ears before heading out for a date.

Let essential oils work their magic this Valentine's Day in setting the perfect romantic atmosphere. Whether you are planning a night of relaxation, adventure, or heartfelt connection, these natural scents will add an extra touch of love to your celebration! ?

The Nourishing Power of Stews in the Cold Season

A Weston A. Price perspective



The body naturally craves warmth and nourishment as the frost thickens and the days grow short. While studying traditional societies untouched by modern refinement, Weston A. Price observed a universal dietary wisdom: consuming slow-cooked, nutrient-dense stews. From the hearty bison stews of the Native Americans to the rich bone broths of the Swiss Alps, these dishes are not mere comforts but vital sources of nutrition, particularly in the colder months.

The Digestive and Nutritional Benefits

When prepared with care, stews unlock the full potential of their ingredients. The long, slow simmering process breaks down connective tissues in meats, releasing gelatin, a substance critical for gut health, joint strength, and overall vitality. Likewise, vegetables gently cooked in broth retain their minerals while becoming easier to digest, ensuring the body can absorb maximum nourishment.

The inclusion of bones in stews enhances their value significantly. Bone broth, rich in collagen, calcium, magnesium, and phosphorus, strengthens bones and teeth while supporting immune function—an essential factor as winter illnesses rise. Traditional cultures inherently understood that consuming the whole animal, including marrow and organ meats, provided a full spectrum of vital nutrients.

A Defense Against Modern Malnutrition

In the modern era, where nutrient depletion is rampant due to industrialized food production, stews offer a defense against deficiencies. They provide bio-available vitamins A and D from animal fats, which are crucial for immune resilience and overall health. As he noted in his research, Indigenous people consuming traditional diets exhibited robust health, strong teeth, and resistance to infectious diseases—outcomes tied directly to their nutrient-rich, whole-food diets (4).

An Ancestral Winter Staple

Winter's chill calls for sustaining, warming foods. An adequately prepared stew, brimming with marrow, organ meats, and well-chosen root vegetables, fortifies the body against seasonal stressors. By embracing these ancestral traditions, we align ourselves with the wisdom of the past, providing the body with what it truly needs rather than what modern convenience dictates.

As he has long maintained, we must return to the ways of our ancestors, consuming foods in their most natural and nourishing forms. A slow-simmered stew is not just a meal—it is a vessel of health, a connection to our forebears, and a means of ensuring vitality through the harshest months of the year.

Words of Wisdom

Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings. - William Arthur Ward.

Where there is love, there is life. - Mahatma Gandhi

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.

An 11-year-old boy suffering from epileptic seizures and nystagmus was evaluated, revealing postural imbalances, vertebral subluxations, and restricted range of motion.

Intervention & Outcomes: The child adhered to the recommended chiropractic care plan, leading to significant improvements. His seizure frequency dropped from six episodes per day to just once a month, and his nystagmus showed noticeable improvement (5).

A six-year-old boy with a three-year history of cyclic vomiting syndrome (6). Despite consultations with his pediatrician, gastroenterologist, and pediatric neurologist, as well as multiple drug interventions, no improvement was observed.

The patient received a single full-spine adjustment using the Diversified technique and was recommended for oral probiotics. Following the adjustment, he experienced one mild episode of vomiting, after which his symptoms fully resolved. At his five-month follow-up, he remained symptom-free.

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!

What's a chiropractor's favorite movie genre?

Action films-because they love all the twists and turns!

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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6. Michael J Hennings, DC, DIBCN, DIBE, FIACN & Tiffany Loc, DC *Journal of Pediatric, Maternal & Family Health, Chiropractic* ~ August 26, 2024 ~ Volume 2024 ~ Pages 26-29