

Chiropractic Health Newsletter

Shawn P. Neville, D.C.

Spoil Yourself with Chiropractic!

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

JUNE 2024



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.

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.
- Buddha.

TABLE OF CONTENTS

- Chiropractic and Pregnancy: Exploring the Benefits
- Chiropractic Myths vs. Facts:
- Did you know?
- Chiropractic for Seniors: Enhancing Quality of Life
- Just the Essentials: How to Prevent Mosquito Bites
- Traditional Eating: Gluten Avoidance
- Words of Wisdom
- Researching Chiropractic
- Humor
- References

Chiropractic and Pregnancy: Exploring the Benefits



Chiropractic care has long been recognized for its holistic approach to health and wellness. During pregnancy, this natural form of healthcare can offer significant benefits to expectant mothers, addressing common discomforts and promoting overall well-being.⁽¹⁾ Let's explore how chiropractic care, mainly through the removal of subluxations, can provide pain relief, improve posture, and

enhance overall wellness during pregnancy.

Pain Relief

Pregnancy often brings about various aches and pains, primarily due to the extra weight and altered biomechanics associated with carrying a child. One of the most common complaints is lower back pain. Chiropractors use specific techniques to adjust the spine, targeting misalignments or subluxations that may be causing discomfort. By realigning the spine, chiropractic adjustments can relieve nerve pressure and reduce pain. This non-invasive approach is precious as it provides a drug-free alternative for pain management, ensuring both mother and baby's safety.

Improved Posture

As pregnancy progresses, the body undergoes significant changes, including a shift in the center of gravity and increased lumbar lordosis (inward curvature of the lower back). These changes can lead to poor posture, which can cause musculoskeletal strain and discomfort. Chiropractic care aims to maintain proper spinal alignment, which helps in supporting better posture. Regular adjustments can correct any deviations caused by the growing abdomen, ensuring that the spine and pelvis are correctly aligned. This alignment is crucial for reducing discomfort and supporting a healthier pregnancy and delivery process.

Overall Wellness

Chiropractic care extends beyond pain relief and posture improvement. By focusing on the nervous system, chiropractors can enhance overall wellness. The nervous system controls and coordinates all bodily functions; optimal performance is crucial during pregnancy. Removing subluxations or misalignments in the spine ensures that the nervous system operates efficiently, which can boost the body's natural healing processes. This can lead to improved sleep, reduced stress levels, and better digestion, all of which are important for the health of both the mother and the developing baby.

Moreover, chiropractic care can potentially lead to shorter labor and delivery times. Proper pelvic alignment can facilitate a smoother and more efficient birth process. When the pelvis is balanced, it provides more room for the baby to move into the optimal birthing position, potentially reducing complications during delivery.

Chiropractic care offers many benefits for expectant mothers. By removing subluxations, chiropractors can provide pain relief, improve posture, and promote overall wellness. As a noninvasive, drug-free option, chiropractic care is a valuable addition to prenatal care, supporting the health and comfort of both mother and baby throughout pregnancy.



Chiropractic Myths vs. Facts:

Debunking Common Misconceptions

Despite its growing popularity and recognition within the medical community, chiropractic care is still surrounded by myths and misconceptions. Let's debunk some of the most common myths and provide evidence-based information to clarify the facts.

Myth 1: Chiropractors Are Not Real Doctors

Fact: Chiropractors are highly trained healthcare professionals who undergo rigorous education and training. A Doctor of Chiropractic (D.C.) degree in the United States requires at least seven years of higher education, including undergraduate study and four to five years of chiropractic college. The

curriculum includes anatomy, physiology, neurology, radiology, and diagnostic imaging coursework, followed by clinical internships. Chiropractors must also pass national board exams and obtain state licensure to practice.

Myth 2: Chiropractic Adjustments Are Dangerous

Fact: Chiropractic adjustments are safe and effective when performed by a licensed and trained chiropractor. The risk of serious adverse effects is extremely low. Research has shown that chiropractic care can effectively help patients with acute and chronic low back pain, neck pain, and certain types of headaches, in addition to much more. A study published in the *Journal of Manipulative and Physiological Therapeutics* found that spinal manipulation is associated with minimal risk and can significantly relieve musculoskeletal pain. (2)

Myth 3: Chiropractic Care Is Only for Back Pain

Fact: While chiropractic care is well-known for addressing back pain, it is not limited to this condition. Chiropractors also address issues related to neck pain, headaches, joint problems, and musculoskeletal injuries. Additionally, they often provide guidance on nutrition, exercise, and lifestyle modifications to promote overall health and well-being.

Myth 4: Chiropractic Adjustments Are Painful

Fact: Most patients feel relief rather than pain during chiropractic adjustments. The techniques used are typically gentle and tailored to the individual's needs. Patients may experience a mild soreness like that felt after exercise, which usually resolves quickly.

Myth 5: Once You Start Chiropractic Care, You Have to Keep Going Forever

Fact: The frequency and duration of chiropractic care depend on the individual's condition and health goals. Some patients may require a short series of appointments for acute issues, while others may benefit from ongoing care for chronic conditions or preventive maintenance. Chiropractors work with patients to develop personalized treatment plans that align with their specific needs.

Did you know?

Facts about Memorial Day:

Origins of Memorial Day: Did you know that Memorial Day was initially known as Decoration Day? It began after the American Civil War to honor the Union and Confederate soldiers who died in the war. "Memorial Day" became more common after World War II, and the holiday officially became known as Memorial Day in 1967.

Moment of Remembrance: Did you know that a National Moment of Remembrance takes place at 3:00 PM local time on Memorial Day? This moment of silence, established by Congress in 2000, encourages all Americans to pause for one minute to remember and honor those who have died in military service to the United States.

Chiropractic for Seniors: Enhancing Quality of Life

As the population ages, the demand for healthcare solutions tailored to the unique needs of seniors is rising. One such solution is chiropractic care, which addresses age-related spinal issues and osteoarthritis. This form of healthcare is particularly beneficial for older adults, offering non-invasive treatments that can significantly improve their quality of life.

The Role of Subluxation-Based Chiropractic Adjustments

Subluxation-based chiropractic care focuses on identifying and correcting subluxations - misalignments of the vertebrae that can interfere with nerve function.

Subluxations contribute to various health issues, including pain, reduced mobility, and decreased organ function.

Subluxation-based adjustments can be particularly beneficial for seniors. By correcting these misalignments, chiropractors aim to restore proper nerve function, which can improve overall health and well-being. Studies have shown that regular chiropractic care can lead to improvements in balance, coordination, and flexibility, which are crucial for preventing falls and maintaining independence in older adults.

Addressing Age-Related Spinal Issues

As we age, the spine undergoes various degenerative changes. These changes can lead to multiple issues, including reduced mobility, chronic pain, and decreased overall function. Age-related spinal conditions often include spinal stenosis, degenerative disc disease, and osteoporosis. Chiropractic care focuses on maintaining spinal health through regular adjustments, which can help mitigate these conditions.

Chiropractors can alleviate pressure on nerves and reduce pain by improving spinal alignment and function. This is particularly important for seniors, as maintaining mobility and reducing pain can significantly enhance their independence and quality of life.

Managing Osteoarthritis

Osteoarthritis is a common condition among seniors, characterized by the breakdown of joint cartilage and underlying bone. It often affects the spine, causing pain and stiffness. Chiropractic care offers a holistic approach to managing osteoarthritis. Through gentle spinal adjustments, chiropractors can improve joint function and reduce inflammation.

Improving Quality of Life

Chiropractic care is a valuable tool in enhancing the quality of life for seniors. Chiropractors can address older adults' unique health challenges through regular adjustments and personalized treatment plans. This holistic approach alleviates pain, improves mobility, and promotes overall well-being.



Just the Essentials: How to Prevent Mosquito Bites

Summer is fast approaching, and with it comes the buzzing, biting brigade of mosquitoes. But fear not! Essential oils are a natural and pleasant-smelling way to keep those pesky critters at bay. Here's how to use these aromatic oils to enjoy a bite-free season. (4)

First, let's talk about the superstar of mosquito repellents: **citronella oil**. Derived from lemongrass, citronella is a well-known mosquito deterrent. You can apply it directly to your skin (diluted with a carrier oil like coconut oil) or use it in candles and diffusers. Its fresh, citrusy scent is delightful to humans but effectively repels mosquitoes.

Next on the list is **eucalyptus oil**, particularly lemon eucalyptus oil, which contains a compound called PMD (para-menthane-3,8-diol). Studies have shown that lemon eucalyptus oil is as effective as DEET, the chemical found in many commercial insect repellents. Mix a few drops with a carrier oil and apply it to exposed skin or add it to a spray bottle with water for a handy mist.

Lavender oil is another fantastic option. Not only does it smell heavenly, but it also has antiseptic and analgesic properties, which can help soothe any bites you get. Plus, it's gentle enough for children when properly diluted.

Peppermint oil can also do the trick. Its strong, minty scent is unpleasant to mosquitoes, making it a great addition to your anti-mosquito arsenal. Mix it with a carrier oil and rub it on your skin or add a few drops to a diffuser.

Traditional Eating: Gluten Avoidance

Trends and Implications

The trend of gluten avoidance has significantly risen in the United States over the past decade, driven by increased awareness of gluten-related disorders and a broader shift towards health-conscious eating habits. Gluten, a protein found in wheat, barley, and rye, has been a staple in the American diet. However, its association with various health issues has led many consumers to seek gluten-free alternatives.

The primary medical condition necessitating gluten avoidance is celiac disease, an autoimmune disorder affecting approximately 1% of the U.S. population. For individuals with celiac disease, ingestion of gluten triggers an immune response that damages the small intestine, leading to malabsorption of nutrients and a range of symptoms, from gastrointestinal distress to neurological issues. Diagnosis of celiac disease requires a combination of serological tests and intestinal biopsies, and strict adherence to a gluten-free diet is the only effective treatment.

Beyond celiac disease, gluten sensitivity, or non-celiac gluten sensitivity (NCGS), affects a more considerable portion of the population. Individuals with NCGS experience symptoms similar to those with celiac disease but without the autoimmune markers and intestinal damage. The prevalence of NCGS is not precisely known but estimates suggest it could affect up to 6% of the U.S. population. While the mechanisms of NCGS are not fully understood, avoiding gluten can alleviate symptoms for those affected.

Additionally, the rise in gluten avoidance can be attributed to the growing popularity of gluten-free diets among individuals without diagnosed gluten-related disorders. Many consumers believe that gluten-free diets can lead to various health benefits, such as improved digestion, increased energy levels, and weight loss. This perception is partly fueled by celebrities and health influencers advocating for gluten-free living as part of broader wellness trends.

The gluten-free market has responded robustly to this increased demand. According to a report by Market Research Future (5), the U.S. gluten-free market was projected to reach \$10.96 billion by 2023, driven by the proliferation of gluten-free products across various food categories, including bread, pasta, snacks, and desserts

Words of Wisdom

In three words, I can sum up everything I've learned about life: it goes on. - Robert Frost

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

Researching Chiropractic

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.

Resolution of Torticollis, Breastfeeding Difficulties, Torticollis, and Cranial Distortion: Chiropractic care was sought for a 13-day-old baby boy with torticollis, difficulty breastfeeding on his mother's left breast, and cranial distortion. The baby received chiropractic treatment for a period of six weeks, with a total of seven visits. As a result, the baby's initial complaints were resolved. (6)

Sports-related concussion. A 20-year-old male athlete visited a chiropractor complaining of a headache, feeling nauseous, experiencing dizziness, and having double vision. He had previously suffered a concussion related to sports activities 16 days ago, which marked his third concussion within five years. The symptoms were diagnosed as "post-concussion syndrome."

The chiropractor conducted an analysis and performed adjustments to address subluxations. Following the first adjustment, the patient reported a significant 50% reduction in symptoms, instilling a sense of hope and confidence in the effectiveness of chiropractic care. Over the course of five weeks, the patient had a total of nine visits and experienced complete relief after one week of care. The symptoms did not reoccur throughout the entire treatment plan. (7)

Humor

What's orange and sounds like a parrot?

A carrot.

Why don't some couples go to the gym?

Because some relationships don't work out.

Why did the math book look sad?

Because it had too many problems.

What do you call cheese that isn't yours?

Nacho cheese.

Why couldn't the bicycle stand up by itself?

It was two-tired.

What do you call a bear with no teeth?

A gummy bear.

How does a penguin build its house?

Igloos it together.

Why did the golfer bring two pairs of pants?

In case he got a hole-in-one.

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

- 1."Chiropractic Care and Pregnancy: A Natural Approach to Prenatal Wellness," American Pregnancy Association, accessed May 20, 2024. [Link](<https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/chiropractic-care-pregnancy/>).
- 2.Haldeman, S., Chapman-Smith, D., & Petersen, D. M. (2004). Guidelines for Chiropractic Quality Assurance and Practice Parameters. *Journal of Manipulative and Physiological Therapeutics*, 27(6), 414-419.
- 3.Coulter, I.D., Adams, A.H., Hays, R., et al. (1996). Chiropractic care for patients aged 55 years and older: Utilization, patient satisfaction, and health outcomes. *The Journal of Manipulative and Physiological Therapeutics*, 19(5), 307-315.
- 4."Mosquito Repellents: What Works and What Doesn't," CDC, accessed May 20, 2024, <https://www.cdc.gov/mosquitoes/mosquito-bites/prevent-mosquito-bites.html>
- 5.Market Research Future. (2020). U.S. Gluten-Free Foods & Beverages Market: Information by Product Type (Bakery & Confectionery Products, Beverages, Dairy & Dairy Alternatives, Meat, Meat Substitutes & Seafood), Distribution Channel (Store-Based and Non-Store-Based) - Forecast till 2023. Market Research Future. Retrieved from <https://www.marketresearchfuture.com/reports/us-gluten-free-foods-beverages-market-6437>
- 6.Green S, Alcantara J. Resolution of Torticollis, Breastfeeding Difficulties & Cranial Distortion in a Twin Infant Undergoing Chiropractic Care for Vertebral Subluxation: A Case Report & Review of the Literature *Journal of Pediatric, Maternal & Family Health Chiropractic*, Volume 2019 *Journal of Pediatric, Maternal & Family Health, Chiropractic* ~ July 10, 2019 ~ Pages 78-81
- 7.Angerami J., Evans O. Resolution of Post-Concussion Syndrome in a 20-Year-Old Male Athlete Following Chiropractic Care: A Case Study & Review of the Literature *Annals of Vertebral Subluxation Research*, Volume 2023 *Annals of Vertebral Subluxation Research* ~ September 12, 2023 ~ Volume 2023 ~ Pages 120-129