

Chiropractic Health Newsletter

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Spoil Yourself with Chiropractic!

Optimal Health ... through Chiropractic.

October 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 healthca 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.

Perfection is not attainable, but if we chase perfection, we can catch excellence. - Vince Lombardi.

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Chiropractic and Menopause

Chiropractic care offers valuable support for women experiencing perimenopause, menopause, and post-menopause. These life stages bring hormonal changes that can affect various bodily systems, including the musculoskeletal structure. Chiropractors address these changes through specialized techniques and approaches.

Many women report increased joint pain and muscle tension during perimenopause. Chiropractic adjustments can help alleviate these discomforts by improving spinal alignment and reducing nerve pressure. This may lead to decreased pain and enhanced mobility.

Menopausal women often struggle with sleep disturbances and mood swings. Chiropractic care balances the nervous system, improving sleep quality and regulating mood. By addressing spinal misalignments, chiropractors aim to optimize nervous system function, potentially easing these common menopausal symptoms.



Post-menopausal women face an increased risk of osteoporosis and related fractures. Chiropractic techniques can help maintain bone density and improve overall posture. Regular adjustments may also enhance balance and coordination, reducing fall risks in older women.

Hot flashes, a hallmark of menopause, can disrupt daily life. Some women report reduced hot flash frequency and intensity after receiving chiropractic care. This improvement may be linked to better nervous system regulation achieved through spinal adjustments.

Chiropractors often incorporate nutritional counseling into their practice. They may recommend specific supplements or dietary changes to support bone health and hormone balance during these transitional phases. This holistic approach addresses not only structural issues but also overall well-being.

Many women experience weight gain during menopause. Chiropractic care can support weight management efforts by improving spinal health, which may increase mobility and make exercise more comfortable. Additionally, chiropractors can offer guidance on maintaining a healthy lifestyle during this time.

Headaches and migraines often increase during perimenopause and menopause. Chiropractic adjustments, particularly those focused on the upper cervical spine, may help reduce the frequency and severity of these headaches. This can significantly improve the quality of life for women struggling with this symptom.

Chiropractic care also addresses pelvic floor dysfunction, a common issue in menopausal and post-menopausal women. Techniques aimed at improving pelvic alignment can help alleviate symptoms such as incontinence and pelvic pain.

Research supports the benefits of chiropractic care for menopausal symptoms. A study published in the *Journal of Chiropractic Medicine* found that chiropractic improved quality of life scores in postmenopausal women with low back pain [1]. Another study in the *Journal of Manipulative and Physiological Therapeutics* reported reduced pain and disability in menopausal women receiving chiropractic care [2].

Women considering chiropractic care during these life stages should consult a qualified practitioner. A thorough examination and personalized health plan can ensure the most effective approach for everyone's needs. With its focus on natural, non-invasive techniques, chiropractic care offers a promising option for women seeking relief from the challenges of perimenopause, menopause, and post-menopause.

Avoiding Sports Injuries as the Weather Changes



As autumn leaves start to fall, athletes face unique challenges in staying injury-free. The crisp air and changing weather patterns of fall can catch even seasoned players off guard. Still, chiropractic care offers valuable strategies to keep sports enthusiasts safe and active during this transitional season.

Take Sarah, a college soccer player. Last fall, she was gearing up for a big match when an early cold front swept in. The sudden temperature drop left her muscles unusually tight. During a quick turn on the field, she felt a sharp pain in her lower back, which led her to seek chiropractic care.

Sarah's chiropractor developed a plan tailored to fall conditions. They focused on gentle adjustments to improve her spine's alignment and introduced flexibility exercises to keep muscles loose in the cooler autumn weather. Sarah also learned about proper warm-up techniques, specifically for chilly fall mornings. This approach aligns with research showing that appropriate warm-up routines can significantly reduce injury risk in varying weather conditions [3].

Many athletes transition from summer sports to autumn activities in the fall. This shift in exercise routines can lead to unexpected strains and sprains, making preventative chiropractic care especially valuable during this seasonal change.

Consider Mike, a weekend warrior who switches from summer beach volleyball to fall flag football. In previous years, he'd jump into the new sport without proper preparation, often ending up with a sore back or twisted ankle. His chiropractor suggested a gradual transition program, combining adjustments with targeted strength training for football-specific movements. This method helped Mike adapt to his autumn sport without the usual aches and pains.

Chiropractors also provide crucial advice on equipment changes for fall sports. For runners like my friend Lisa, this meant reassessing her shoe choices for autumn trail runs. Her chiropractor noticed her gait changed slightly on leaf-covered paths, increasing her risk of ankle sprains. They worked together to find footwear for better traction and support for unpredictable fall terrain.

It is important to remember that our bodies react subtly to autumn's weather changes. Chiropractors can help athletes tune into these shifts and adjust their habits accordingly. These small changes can significantly prevent fall sports injuries by modifying stretching routines for cooler temperatures or adapting training schedules to earlier sunsets.

Consider checking in with a chiropractor as you lace up for your autumn sporting activities. Their expertise might provide the key insights and techniques needed to maintain peak performance, even as the leaves change color. By incorporating chiropractic care into your fall athletic routine, you're taking a proactive step towards a safer, more enjoyable sports experience in this beautiful season.

Did You Know?

4 random facts about the autumn season:

1. Did you know that autumn leaves don't actually "change" color? The yellow and orange pigments are always present in the leaves but are usually masked by green chlorophyll during spring and summer.
2. Did you know that the autumn equinox signals the beginning of the aurora season? The chances of seeing the Northern Lights increase during autumn due to longer, clearer nights.
3. Did you know birds migrate in autumn based on daylight rather than temperature? They use the changing length of days as a cue to start their journey south.
4. Did you know that pumpkins are technically a fruit, not a vegetable? They're a member of the Cucurbitaceae family, which includes cucumbers and melons.

A Key to Keeping School-Age Children Healthy



As parents, we always look for ways to keep our children healthy and thriving. While proper nutrition, exercise, and regular check-ups are crucial, many families are discovering the benefits of chiropractic care for their school-age children. This holistic approach to health can significantly maintain overall wellness and even reduce the incidence of common childhood ailments like ear infections.

The Chiropractic Approach to Children's Health

Chiropractic care for children focuses on maintaining proper spine and nervous system alignment. This is particularly important during school when children's bodies grow rapidly and face daily stressors like heavy backpacks, prolonged sitting, and sports activities. Regular chiropractic adjustments can help ensure the body's systems function optimally, supporting overall health and potentially boosting the immune system.

Minimizing Ear Infections and Other Common Issues

One area where chiropractic care has shown promise is in reducing the frequency and severity of ear infections in children. A study published in the *Journal of Manipulative and Physiological Therapeutics* found that children who received chiropractic care experienced fewer ear infections compared to those who did not [4]. The researchers suggested that chiropractic adjustments may help improve drainage in the ear canals, reducing the risk of infection.

Beyond ear infections, chiropractic care may also help with other common childhood issues:

1. Improved posture: Regular adjustments can help correct posture problems that often develop during school years.
2. Better sleep: Chiropractic care improves sleep quality by reducing spine and nervous system tension.
3. Enhanced focus: Some parents report improvements in their children's concentration and behavior following chiropractic treatments.
4. Stronger immune system: Chiropractic care supports the body's natural defense mechanisms by optimizing nervous system function.

A Gentle and Safe Approach

It's important to note that chiropractic techniques for children are gentle and age appropriate. Pediatric chiropractors undergo specialized training to work with young patients, ensuring safe and effective care tailored to a child's unique needs.

As with any healthcare decision, it's crucial to consult with your child's pediatrician and a qualified pediatric chiropractor to determine if chiropractic care is appropriate for your child. When used as part of a comprehensive approach to health, chiropractic care can be a valuable tool in keeping school-age children healthy, potentially reducing the frequency of common ailments, and supporting their overall well-being.

Just the Essentials - Improved Focus in School-Aged Children

The Benefits of Essential Oils for Improved Focus in School-Aged Children

Essential oils have gained popularity for their therapeutic benefits, promoting focus and concentration. For school-aged children, staying focused during study sessions is often a challenge, especially with the distractions of modern life. Introducing essential oils into their study routine can provide a natural and effective way to enhance mental clarity and concentration, making it easier for them to absorb information and perform better academically.

1. Enhancing Focus and Attention

Certain essential oils stimulate brain activity, improving cognitive function and alertness. For instance, rosemary essential oil has been linked to enhanced memory retention and mental clarity. Inhaling rosemary oil while studying can help children stay alert and better retain information. Another popular oil, peppermint, can reduce mental fatigue and increase alertness. These oils can help students maintain attention during long study sessions by boosting energy levels and focus.

2. Reducing Stress and Anxiety

Many children experience stress and anxiety, especially when preparing for exams or tackling challenging subjects. Essential oils like lavender and chamomile are well known for their calming properties. When children feel less anxious, they can focus better on their tasks. Diffusing these oils in the study space creates a calming environment, helping students to relax and concentrate more effectively.

3. Boosting Mood and Motivation

Essential oils like citrus blends (e.g., lemon or orange) are uplifting and can improve their mood. Children in a positive state of mind are more likely to engage with their work and stay motivated. A well-timed use of these oils can transform a dreary study session into a more enjoyable and productive experience.

4. Supporting a Healthy Study Routine

Incorporating essential oils into a daily study routine can establish a healthy and focused habit. These oils can enhance the learning environment and support cognitive function, whether diffused into the air, applied topically, or inhaled directly.

Remember, essential oils provide a simple yet powerful tool to improve focus, reduce stress, and create a conducive environment for learning. Using oils like rosemary, peppermint, lavender, and citrus blends, parents can help their children sharpen their concentration and achieve academic success naturally.

Traditional Eating - Dangers of Artificial Sweeteners

Artificial sweeteners have become ubiquitous in modern diets, offering a tempting alternative to sugar. However, these substitutes may harbor hidden dangers that consumers should consider.

The impact on gut health is a growing concern. Research suggests artificial sweeteners can disrupt the balance of bacteria in our digestive system, potentially leading to various health issues. Some individuals report experiencing bloating, gas, and diarrhea after consuming foods containing these additives.

Contrary to their intended purpose, artificial sweeteners might hinder weight management efforts. The sweet taste without calories can confuse our bodies, potentially increasing cravings and leading to overeating. This phenomenon may explain why some studies have found a link between regular artificial sweetener consumption and higher body mass index.

Metabolic health is another area of concern. Evidence indicates that these sugar-free alternatives may interfere with blood sugar regulation. A study published in *Nature* found that artificial sweeteners could alter gut microbiota, potentially increasing glucose intolerance in mice and humans [5]. This unexpected effect raises questions about the long-term impact of these substances on metabolic health.

Some consumers report experiencing headaches and migraines after consuming artificial sweeteners. While not universal, these symptoms can be significant for those affected, often leading to discomfort and decreased quality of life.

Regular use of artificial sweeteners may also alter taste perception. Over time, this can lead to a decreased appreciation for naturally sweet foods and an increased reliance on artificially sweetened products.

Dental health, often cited as a benefit of sugar-free alternatives, may not be entirely safe from artificial sweeteners. Certain types have been associated with tooth enamel erosion, particularly when combined with other acidic ingredients commonly found in diet sodas.

The long-term effects of artificial sweeteners on human health remain a subject of ongoing research. While they offer a way to reduce sugar intake, the potential risks should not be dismissed. Consumers might consider opting for whole foods and natural sources of sweetness as a safer approach to satisfying their sweet tooth while maintaining overall health.

Words of Wisdom

The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand. - Vince Lombardi

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will. - Vince Lombardi

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.

A 69-year-old man with decade-long insomnia and neck pain sought chiropractic care. Examination revealed cervical subluxations and spinal degeneration. After nine chiropractic adjustments, the patient reported improved sleep, sleeping up to 6 hours with one waking. The patient felt better overall and continued care despite neck pain resolution. Chiropractic was the only treatment used during this period. [6]

A 3-year-old with developmental delays and neurological challenges was diagnosed following a pregnancy complicated by gestational diabetes and C-section delivery at 39.5 weeks. Her symptoms included hypotonia, delayed motor and speech development, emotional dysregulation, sleep disturbances, and feeding issues. Physical observations noted left-sided facial weakness, head tilt, toe walking, and post-rotational nystagmus. After initiating chiropractic care for subluxations, re-examinations at the 12th and 24th visits showed marked improvements in speech and sleep patterns. (7)

Humor

Why don't football players ever get hot? Because they're always surrounded by fans!

What do you call a soccer player wearing headphones? Deaf-ender!

What's a runner's favorite subject in school? Jog-raphy!

Why don't scientists trust atoms in a football game? Because they make up everything!

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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