

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.

"When we are no longer able to change a situation, we are challenged to change ourselves." - Viktor Frankl

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Supporting Maternal Health Through Chiropractic Care



Pregnancy and the postpartum period bring profound changes to a mother's body, often accompanied by physical discomfort, emotional challenges, and increased vulnerability to health issues. Chiropractic care can play a valuable role in addressing these concerns, helping mothers achieve a smoother journey into parenthood while promoting overall well-being.

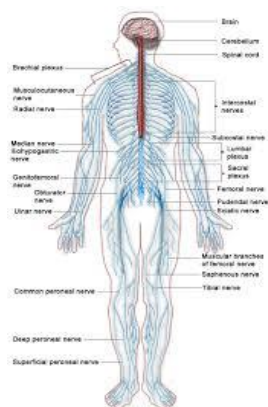
During pregnancy, a woman's body undergoes significant structural shifts, including pelvic changes, spinal adjustments, and weight distribution, that can cause back pain, hip discomfort, and sciatica. Chiropractors trained in prenatal techniques focus on maintaining proper alignment and relieving pressure on nerves and joints, which not only reduces pain but may also improve the baby's positioning. The Webster Technique, a chiropractic approach tailored for pregnant women, is particularly effective in addressing pelvic imbalances. By enhancing physical comfort and preparing the body for labor, chiropractic care may contribute to shorter delivery times and reduced need for interventions.

After childbirth, new mothers often face the dual challenges of recovering from delivery and adapting to the physical demands of caring for an infant. Postpartum issues such as lower back pain, neck strain, and carpal tunnel syndrome are common, especially with the repetitive motions involved in nursing, lifting, and carrying a baby. Regular chiropractic visits help realign the spine and reduce tension, improving mobility and resilience during this demanding phase. Moreover, some evidence suggests chiropractic care may positively influence postpartum mood by alleviating physical stress and promoting relaxation.

Addressing Postpartum Depression and Maternal Mortality

Postpartum depression and maternal mortality remain critical concerns. While chiropractic care is not a substitute for medical intervention in emergencies or severe mental health conditions, it can complement other care strategies by addressing physical discomforts that contribute to stress and fatigue. For many mothers, the physical and emotional relief provided by chiropractic adjustments creates a foundation for better overall health, allowing them to more fully engage with their families and communities.

Spinal Adjustments for Sciatic Nerve Pain Relief



Sciatic nerve pain can disrupt daily life, radiating from the lower back through the hips and legs. For those experiencing this discomfort, spinal adjustments offer a reliable path to relief by targeting the underlying cause of the irritation.

Chiropractic care addresses sciatic nerve pain by focusing on spinal misalignments, often in the lumbar region. Misaligned vertebrae can place pressure on the sciatic nerve, leading to pain, tingling, or weakness in the lower extremities. Restoring proper alignment reduces nerve compression, alleviating symptoms and promoting improved mobility.

Research underscores the benefits of chiropractic adjustments for managing sciatic nerve pain. A study published in *The Journal of Manipulative and Physiological Therapeutics* found that spinal manipulations provided significant pain reduction and functional improvement in patients with sciatica. These adjustments are effective and noninvasive, appealing to individuals seeking alternatives to medication or surgery.

Another study highlighted in *Spine* demonstrated the efficacy of manual therapies for patients with lumbar disc herniation causing sciatic nerve pain. The research revealed a notable decrease in pain intensity and an increase in daily activity levels following targeted spinal adjustments.

Patients often notice an immediate difference in pain levels following their first adjustment, with continued sessions providing cumulative benefits. Spinal adjustments improve joint movement and stimulate the nervous system, which can help reduce inflammation around the sciatic nerve.

Chiropractors customize care to suit individual needs, ensuring adjustments are precise and safe. This patient-centered approach enhances recovery and minimizes recurrence. Those seeking relief from sciatic nerve pain can experience improved quality of life with regular care, often regaining the ability to move comfortably and engage in everyday activities.

Chiropractors help patients achieve long-lasting relief by addressing the root causes of sciatic nerve pain through targeted adjustments. With consistent care and attention to spinal health, many individuals find the support they need to return to a pain-free lifestyle.

Avoid the Holiday Blues with Chiropractic Care

The holidays are magical, but they often come with their share of challenges. Between the extra errands, long travel days, and packed schedules, it's easy to feel overwhelmed. For many, the season also brings physical strain and stress that can dampen the festive mood. Chiropractic care is a powerful way to help your body stay balanced, ensuring you enjoy the holidays to their fullest.

Relieve Holiday Stress

Stress during the holidays doesn't just affect your mood—it also impacts your body. Tight shoulders, stiff necks, and headaches are common physical responses to emotional tension. When your body is under stress, the spine can shift out of alignment, placing pressure on your nervous system. This can exacerbate feelings of discomfort and unease.

Chiropractic adjustments aim to restore proper spinal alignment, which allows your nervous system to function optimally. When the spine is aligned, your body becomes better equipped to handle stress. A study published in the *Journal of Manipulative and Physiological Therapeutics* found that spinal adjustments could lower cortisol levels, the hormone linked to stress, helping patients feel calmer and more balanced.

Stay Comfortable During Holiday Travel

Whether you're flying across the country or driving a few hours to visit loved ones, holiday travel takes a toll on your body. Extended periods of sitting can strain the lower back and neck, while carrying heavy luggage can lead to muscle tension or misalignment.

Chiropractic care before and after your travels can help you stay mobile and pain-free. Adjustments improve joint mobility and reduce inflammation, addressing the stiffness that often accompanies long hours in cramped positions. According to research in the Journal of Chiropractic Medicine, chiropractic adjustments can enhance range of motion and reduce pain for individuals dealing with musculoskeletal complaints.

Boost Your Energy for Festive Fun

The endless to-do lists and social obligations of the holidays can drain your energy. When your spine is misaligned, it can further strain your body, leaving you feeling fatigued. Chiropractic care improves nervous system function, which plays a key role in maintaining energy levels. With regular adjustments, you may notice increased stamina and a renewed sense of vitality-perfect for keeping up with everything from holiday shopping to late-night celebrations.

Make This Holiday Season Your Best Yet

This year, give yourself the gift of wellness. Chiropractic care offers a natural way to manage the stress and physical strain of the season. By addressing spinal alignment, reducing pain, and supporting your body's ability to heal, chiropractic care can help you navigate the holidays with comfort and joy. Make an appointment with your chiropractor today and enjoy a season filled with energy, health, and holiday cheer.

Did you know?

Football Frenzy: The NFL started playing football on Thanksgiving in 1920, creating a tradition of game-day feasts.

Wild Turkey Speedsters: Wild turkeys can run up to 20 mph and even fly short distances. Watch out-they're speedy little critters!

Growing trend of younger men turning to TRT



A growing trend shows younger men turning to testosterone replacement therapy (TRT) for mood, muscle mass, and vitality boosts. Testosterone is crucial for male health, affecting muscle growth, mood, libido, and energy. While TRT benefits older men with clinically low levels, its effects on younger men are less certain.

Testosterone naturally declines after age 30, dropping 1-2% annually. This process may be accelerated by obesity, diabetes, and inflammatory conditions, though significant reductions often occur later in life. True testosterone deficiency in younger men is rare and usually linked to genetic conditions like Klinefelter syndrome.

Despite this, many younger men pursue TRT without medical need, raising concerns among health professionals. Unnecessary TRT can cause cardiovascular issues, fertility problems, and hormone imbalances, leading to serious health risks.

Experts recommend addressing lifestyle factors such as diet, exercise, sleep, and stress before considering TRT. Fatigue, low libido, or mood changes often improve through these methods. Younger men experiencing such symptoms should consult healthcare providers to identify root causes rather than prematurely opting for hormone therapy.

In summary, TRT is beneficial for older men with clear medical indications but poses risks for younger men without a legitimate need. A thorough medical evaluation and exploring non-hormonal treatments are crucial before starting therapy.

Just the Essentials: Oils

The holiday season is a magical time of year, but it can also bring stress, exhaustion, and an overwhelming to-do list. Essential oils offer a natural, effective way to maintain your well-being, helping you feel balanced, energized, and serene during this busy season.

1. Create a Calm Environment

Holiday stress often arises from juggling responsibilities and social commitments. Lavender and chamomile essential oils are excellent for creating a calming atmosphere. Diffuse them in your living space to reduce anxiety and promote relaxation. Adding a few drops to a warm bath can also help unwind after a hectic day.

2. Boost Your Energy and Focus

Late nights and early mornings can leave you feeling drained. Essential oils like peppermint, rosemary, and citrus varieties (like orange or lemon) are perfect for an energizing pick-me-up. Diffuse these oils in the morning or keep a roller blend handy to apply to your wrists or temples when your energy dips.

3. Support Your Immune System

Staying healthy is crucial with colder weather and crowded gatherings. Essential oils such as tea tree, eucalyptus, and oregano are known for their antimicrobial properties. Use them in a diffuser or create a DIY cleaning spray to keep your environment fresh and germ-free.

4. Enhance Sleep Quality

Quality rest is key to maintaining holiday cheer. Essential oils like cedarwood and frankincense can promote deep, restorative sleep. Apply them to the soles of your feet or diffuse them in your bedroom 30 minutes before bedtime.

5. Embrace the Holiday Spirit

Bring the scents of the season into your home with oils like cinnamon, clove, and pine. Not only do they evoke festive feelings, but they can also uplift your mood and create a welcoming environment for guests.

By incorporating essential oils into your holiday routine, you can manage stress, stay healthy, and fully enjoy the magic of the season. This natural remedy can become your holiday wellness companion with just a few simple steps.

Traditional Eating

The holiday season brings with it rich traditions, family gatherings, and an abundance of food. While it's tempting to indulge in sugary treats and processed snacks, enjoying the season while nourishing your body is possible. Drawing inspiration from Weston A. Price's emphasis on nutrient-dense, traditional diets, here are some tips to eat healthily during the festivities.

Embrace Traditional Holiday Foods

Many traditional holiday dishes are surprisingly nutrient-dense. Think roasted meats, bone broths, fermented vegetables like sauerkraut, and butter-laden side dishes. These foods align with Weston A. Price's principles, emphasizing whole, unprocessed ingredients rich in vitamins and minerals. Opt for grass-fed meats, pasture-raised butter, and organic root vegetables to enhance the nutritional value.

Incorporate Fermented Foods

Fermented foods like kefir, yogurt, or sourdough bread can support digestion and immune health during a season notorious for indulgence. These probiotic-rich foods were staples in traditional diets and helped balance the gut microbiome, which is often challenged by holiday sweets and alcohol.

Swap Sugar for Natural Sweeteners

Holiday desserts don't have to be harmful to your health. Use natural sweeteners like raw honey or maple syrup in place of refined sugar. These options are less processed and offer trace nutrients, making them better for your favorite festive recipes.

Focus on Quality, Not Quantity

Rather than loading up your plate, focus on savoring smaller portions of high-quality foods. This aligns with the nutrient-density principle of Weston A. Price's work-eating less but nourishing more.

Make Broth Your Best Friend

Bone broth, a holiday staple in many cultures, is rich in collagen, amino acids, and minerals. It's perfect for sipping during colder months or as a base for hearty soups and stews.

Integrating these principles into your holiday meals allows you to enjoy the season without compromising your health. As Weston A. Price said, "Life in all its fullness is mother nature obeyed."

Words of Wisdom

Do not dwell in the past, do not dream of the future, concentrate, the mind, on the present moment. - Buddha

Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. - Melody Beattie

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.

Persistent atrial fibrillation: A 64-year-old male with persistent atrial fibrillation and related symptoms experienced complete resolution following chiropractic care, including spinal adjustments and soft tissue techniques. This case study identifies the potential benefits of chiropractic care for managing atrial fibrillation.

75-year-old female patient who experienced benign paroxysmal positional vertigo (BPPV) and generalized cervical pain following a fall onto a concrete floor. After six chiropractic adjustments targeting the cervical, thoracic, and lumbar regions, her vertigo symptoms improved significantly, decreasing from a severity of 10/10 to 0/10.

Humor

Why did the frog take the bus to work?

Because his car got toad!

Why did the baby cookie cry?

Because his mom was a wafer for so long!

How do chiropractors keep their office so neat?

They always straighten things out!

Why do chiropractors make great detectives?

They always get to the bottom of things by cracking the case!

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.