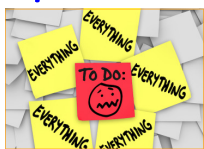


Whitehead Chiropractic Clinic

341 Featherston Street * Palmerston North * 357 8981

Sep - Oct 2015 Issue



STRESS



CHIROPRACTIC GETS RESULTS



CHIROPRACTIC HELPS HEADACHES

Effects of Stress on Health

Stress, whether physical or perceived, triggers a fight or flight response. The heart rate increases, blood volume and blood pressure increase, vision becomes more focused, hearing more acute. All of this is very useful if we're running from a prehistoric raptor, or confronting a more modern threat to physical safety. When prolonged, however, the long-term effects of this state can be disastrous to good health.

Many studies of people who have been subjected to chronic stress have found evidence of the negative health effects of stress. These effects include high blood pressure,

damage to muscle tissue, diabetes, infertility, damage to the immune response, and slowed healing from disease and injury. Stress reactions are also at the root of disorders such as post-traumatic stress disorder, and stress has been linked in human and animal research with cardiovascular disease.

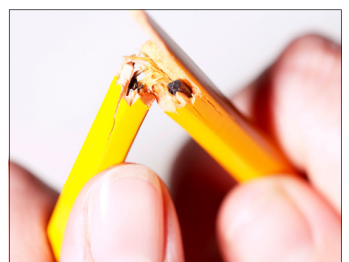
Chiropractic Treatment and Stress

Chiropractors work primarily with the spine, the root of the nervous system through which nerve impulses travel from the

brain to the rest of the body. One effect of chronic stress is prolonged muscle tension and contraction. This muscle tension creates uneven pressures on the bony structures of the body, often leading the misalignment of the spinal column, known as subluxations. Chronic stress also leads to nerve irritation. The adjustments of a chiropractor release muscle tension, and that helps the body return to a more balanced, relaxed state. Adjustments also reduce spinal nerve irritation, and improve blood circulation. A healthy and balanced spine is one key to effectively managing stress.

A chiropractor cannot make a job less stressful, or create a quieter, calmer world. What chiropractic treatment can do is help you develop healthy responses to stress, reducing potential physical damage.

Chiropractic is based on the concept that given the opportunity, the mind and body can heal itself. In relieving some of the effects of chronic stress, chiropractic care provides just such an opportunity.



WHAT DOES PAIN MEAN TO YOU?

The purpose of pain is to protect us. It is a way our body tells us to stop, change or avoid something. It is rarely the entire problem. Numbing your body with a pain reliever does not make the **problem** go away. It is still there. The drug merely fools your body so you cannot feel it...for a while. Using a drug to fool your body's warning system may be convenient, but dangerous. A thorough chiropractic examination may help determine the cause and correction of pain.

CLINIC HOURS

Mon: 7am - 2.30pm

Tue: 7am - 12 pm

Wed: 7am - 2.30pm

Thu: 7am - 2.30pm

Fri: 7am - 12pm

Chiropractic Adjustments Produce Immediate Results Visible on MRI

New research helps to explain why chiropractic is so effective for low-back pain. Using MRI scans, researchers were able to document the immediate benefits of chiropractic adjustments. Patients with low-back pain have restricted mobility in the lumbar spine that results in degenerative changes and fibrous adhesions within the joints of the vertebrae. In a new study, 112 patients with low-back pain were randomly assigned to receive either chiropractic adjustments, side-posture positioning, or two control treatments. Immediately after the treatment, they received an MRI scan that allowed researchers to analyze spinal gapping. The chiropractic patients had the most substantial spinal gapping, and patients treated with a combination of chiropractic adjustments and side-posture positioning had the greatest reduction in pain. This study shows how chiropractic can restore spinal health to decrease disability and pain.



Chiropractic can be an effective nonsurgical treatment option for many types of low back pain, including those associated with facet joint or sacroiliac joint dysfunction and disc problems. Chiropractic manipulation is a common therapeutic treatment designed to increase function and decrease pain and nerve irritability.

“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy”

-Thich Nhat Hahn

Duke University Endorses Chiropractic Care for Headaches

There are many causes of headaches and several different kinds of headaches. The two most familiar head pains are tension and muscular headaches. The tension-type head pain is described as less severe than a migraine, but a feeling of rigidity around the head along with agonizing pain and neck tenderness. Tension headaches are the most common type of head pain and an estimated 75% of the population are sufferers. The other type of headache that is common is the muscular or muscle tension headache. These headaches as the tension headaches are extremely excruciating. The majority originate from the neck. Neck distress, such as whiplash or falls will notably amplify the risk of this type of head pain. The risk of developing this headache after a fall or injury is strong, even if years have passed since the injury occurred. What most people don't realize is that mechanical dysfunction of the vertebrae of the neck will cause increased muscle tension as well as irritate the delicate nerves that control blood flow into the head. Improving the movement or alignment of the bones in the neck can relieve the pressure and irritation that results in headaches. Substantial evidence from Duke University shows efficacy of chiropractic for tension and cervicogenic (neck disorder) headaches .

More than 250 million work days are lost each year due to headaches at a cost of 25 billion dollars per year.

	<p>Headache - Migraine A migraine headache is characterised by severe throbbing pain on one side of the head.</p>		<p>Headache - Occipital Neuralgia Occipital Neuralgia is a painful stabbing sensation in the back part of the head (occipital)</p>
	<p>Headache - Tension A tension headache usually occurs in the front part of the head and is often accompanied by tightness in the muscles of scalp, neck & jaw.</p>		<p>Occipital Neuralgia Back view</p>