

Whitehead Chiropractic Clinic Newsletter

Sept 2014 Issue

ACC Registered

DRUG FREE

SURGERY FREE

PAIN FREE

This issue:



Subluxation



Fluoroscopy



Neck Pain

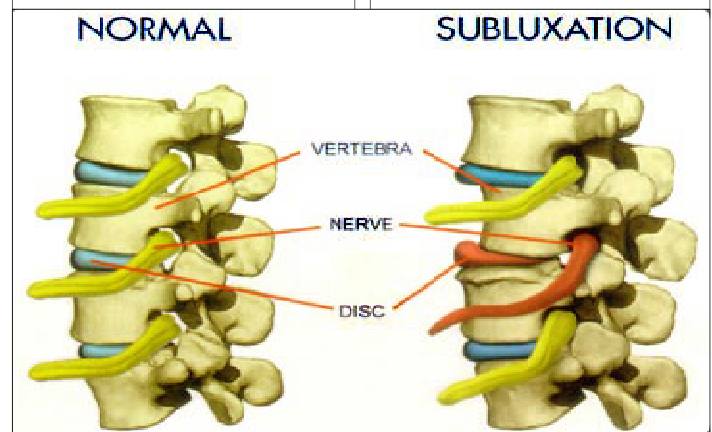
Subluxations get on your nerves?

A Vertebral Subluxation is when one or more of the bones of your spine (vertebrae) move out of position and create pressure on, or irritate spinal nerves. Spinal nerves are the nerves that come out from between each of the bones in your spine. This pressure or irritation causes those nerves to malfunction and interfere with the signals traveling over those nerves. After a subluxation has existed for a period of time, symptoms will occur. The symptoms of subluxations differ greatly as the nerves in the spine go to different areas of the

body. Only approximately 10% of the nerve function relates to pain and sensation! In some cases, the person may experience pain, numbness, or tingling. In other cases, the symptoms may go unnoticed except that the person has poor posture, is more susceptible to colds, tires more quickly, or starts having problems with an internal organ. Remember, the energy, which travels down the spinal cord and through the nerves, serves every area of the body. Therefore, any area of the body can be affected by a subluxation. Often the

first subluxation occurs at birth. subluxations occur when your body receives a physical, chemical or emotional stress that it cannot adapt to. If you interfere with the signals traveling over nerves, parts of your body will not get the

proper nerve messages and abilities. In other words, some part of your body will not be working properly. Uncorrected subluxations may result in and also accelerate existing spinal degeneration/decay, formerly called osteoarthritis.



Loss of Function

The most common way to lose health is due to a direct loss of function of an organ or tissue. Functional ailments include asthma, ulcers, back pain, arthritis, high blood pressure, sinus infections, allergies, skin conditions, carpal tunnel syndrome, headaches, diabetes, cancer etc. These conditions are all due to a particular organ or organs not functioning properly. If your body does not function normally and the cells become sick, toxic or die, your resistance goes down. Just like leaving rubbish lying around for the rats to invade, this invites infections like colds, flu, bronchitis, pneumonia, etc to take hold in the body. Chiropractic allows the body to get back to its highest state of resistance so that it can better repel or fight infection without the dangerous side effects of antibiotics (which is like putting out a whole lot of rat poison and not cleaning up the rubbish heap that caused the problem in the first place!) By removing subluxations from the spine which interfere with proper nerve function, the power that made your body is then able to do its job and continue to heal your body properly. Understand that bugs, pollen, bacteria, and even cancerous cells are **ALWAYS** present in your body. It is when the nervous system is not able to properly function that these become an overwhelming problem.

DMX Digital Motion X-Ray

Motion x-ray study of the bones and joints. The motion pictures are superior to and more revealing than standard "motionless" radiological imaging. This procedure is used to accurately diagnose dysfunction and related soft tissue damage, which could impinge and/or damage nerve system function. The entire dynamic study of spinal movement is re-

corded and immediately available for the chiropractor and patient. "This is one of the finest tools for diagnosing spinal function" says Dr Whitehead. It can properly diagnose supportive soft tissue lesions, ligament instability, restrictive range of motion, abnormalities of either excessive or decreased mobility and can evaluate post-operative proce-

dures. "We have used this procedure for many years and have found it to be invaluable, it can provide an objective record of biomechanical movement before, during and after treatment" says Dr Whitehead. Functional assessments are far more important than static.



*What led to the change in attitude toward chiropractic? Recognition by the established medical community that most medical therapies for back pain are Ineffective.'*¹

Studies have shown that it only takes approximately the weight of a dime (10mm mercury pressure) which can alter the nerve root and dorsal root ganglion's ability to function normally.

Got neck pain? New study shows Chiropractic Care better than Painkillers

It's estimated that 75 percent of Americans deal with neck pain at some point in their lives. Neck pain accounts for millions of trips to the doctor every year. A new 2012 study published in *The Annals of Internal Medicine* demonstrates the power of alternative therapies for neck pain. "The people in the medication group kept on using a higher amount of medication more frequently throughout the follow-up period, up to a year later," says Dr. Gert Bronfort, research professor at Northwestern Health Sciences University in Minnesota. He adds, "If you're taking medication over a long time, then we're running into more systemic side effects like gastrointestinal problems." It's clear that pharmaceutical drugs are not only dangerous, but ineffective compared to safer natural alternatives for dealing with neck pain.⁴ Dr Whitehead has seen the long term benefits that chiropractic gives those suffering from neck pain.



"Get knowledge of the spine, for this is the requisite for many diseases"

Hippocrates 1500BC



What choice will you make?

How to tell your family and friends what your chiropractor does and why you go?

Chiropractic is a method of freeing your nervous system from interference. Regular checks and adjustments of your spine will ensure your brain, spine and nerves can talk to all your muscles, bones, organs, glands and tissues as well as they are designed to. In keeping this nerve flow, there is increased likelihood that all your cells can remain healthy and functional through your life, under the stresses you experience daily.

1. RAND Health, 'Changing views of chiropractic', RAND Corporation, (Last viewed 07.07.2014) http://www.rand.org/pubs/research_briefs/RB4539/index1.html

2. Muhs G, Alderson S. "The Effects of Mild Compression on Spinal Nerve Roots With Implications for Models of Vertebral Subluxation and the Clinical Effects of Chiropractic Adjustment: A Review of the Literature." *Journal of Vertebral Subluxation Research*. 2001

3. Cholesterol, Pfizer facing surge of lawsuits over Lipitor, Fox News, <http://www.foxnews.com/health/2014/08/08/pfizer-facing-surge-lawsuits-over-lipitor/> (last viewed 12.08.2014)

4. Natural News, Got neck pain? New study says chiropractic care and simple home exercises work better than painkillers, http://www.naturalnews.com/034689_neck_pain_chiropractic_painkillers.html (last viewed 14.08.2014)