



HEALTHY TIMES

CHIROPRACTIC NEWSLETTER – MARCH 2011

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KEY TO HEALTH

Most car keys are a very simple thing. That very simple thing gives you access to an incredibly complex machine, your car. A chiropractic adjustment is a very simple thing. That very simple thing unlocks the infinitely more complex machine, your body, allowing it to grow, heal and function to its potential just as it was designed



CINDER BLOCK



Question: If you dropped a cinder block on your foot, what's the FIRST thing you must do to start the healing process?

Answer: Get the cinder block off your foot!

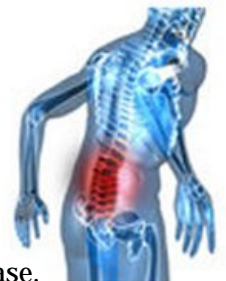
Sounds simple, but it's true. Your foot WON'T heal until the offending pressure is removed first. Once the cinder block is removed don't expect your foot to look or feel normal right away! It's going to take time to repair all that carnage. The same principle applies to your chiropractic care.

A misaligned vertebrae (subluxation) acts like a cinder block on a nerve and the surrounding tissues, causing damage, pain and inflammation. Healing can occur only when the offending pressure is removed with regular chiropractic adjustments. A single adjustment won't necessarily bring instant relief. Removing the pressure is simply the first step in a timely process.

So, if you don't feel great immediately after your adjustment, don't be discouraged. With time, damaged tissues will heal and you'll feel like new again. For now, be confident the healing process has at least started because the cinder block (subluxation) has been removed.

ARTHRITIS PREVENTION AND CHIROPRACTIC

About 37 million people in America have arthritis of some kind, which is almost 1 out of every 7 people. With hypomobility (less mobility or movement), adhesions occur in a joint. Adhesions in joints, tendons, or ligaments make it harder to move the joint and may cause pain. Adhesions in the spine may cause chronic or long-term pain. Studies have shown that this hypomobility causes degeneration of the joints that connect the bones, which results in arthritis. As time goes on, both the adhesions and arthritis increase.



Cramer et al. (2010) reported that according to their laboratory studies, chiropractic adjustments increase the "Z gap" or spacing between the joints/bones and increase mobility of the joints. As a result, chiropractic adjustments prevent further development of adhesions, degeneration and osteophytes, which is the arthritic process. Regardless of the timing of the beginning of chiropractic care, it conclusively increases mobility and prevents loss of mobility, preventing the development of adhesions and, therefore, preventing and/or improving arthritis.

FEVER FACTS



For years parents have worried about their children getting fevers, leading to fevers being one of the most common reasons for seeking pediatric care. Yet, for years many authorities, including most chiropractors, have said that fevers were a normal response of the body to certain situations. Several health publications have reported about how fevers are a normal part of a child's defense system. However, according to a 2001 study in the journal Pediatrics, parents' fears and views about fevers have not changed significantly in 20 years. More recently (March 2011), to help educate parents and families about fever and "fever phobia," the American Academy of Pediatrics (AAP) issued a clinical report, "[Fever and Antipyretic Use in Children](#)."

Fever is a physiological mechanism that has beneficial effects in fighting infection. Although many parents administer medications to reduce a fever such as acetaminophen or ibuprofen, the AAP report emphasizes that the primary goal should be to help the child feel more comfortable, rather than to maintain a "normal" temperature.

Parents should focus on the general well-being of the child, his/her activity, observing the child for signs of serious illness and maintaining appropriate fluid intake. Parents should not wake up a sleeping child to administer a fever-reducer.

WHICH PLANTS DO WE WATER?



A skeptic who had heard of the Buddha's propensity to always return good for evil, and love those who would abuse him, did not believe this could be possible, so he set out to find, and then test the Buddha.

Finding him, he began hurling insults and spewing criticism at the master. When the accuser finally stopped, he was perplexed and asked the Buddha how he could sit so serenely amidst such abuse, and continue to offer peace and love in the face of such invectives being thrown his way.

The Buddha answered his question with a question of his own:

"If a man offers you a gift, and you do not accept the gift, then to whom does the gift belong?"

We have the choice of which plants in our own garden to water. Those that we water will thrive and grow, and those that we do not will shrivel and die. Our world is our garden, and the energy we expend is like water.

If we provide no water – no energy – to the negative things, they will disappear from our lives. Water and nurture the flowers – your ideas, dreams, and hopes – and they will grow and expand.

Which aspects of your life, health and wellness (physical, intellectual, emotional, social, environmental and spiritual) are you nurturing? Which are you neglecting? How will you make a change for the better?



BIRTH BY NATURE CLASSES

Presented by Dr. Melissa Stangl

Session One: Establishing a Healthy and Enjoyable Pregnancy Journey (early term)

Session Two: Preparing for a Successful Labor and Delivery (late term)

Pregnant or know someone who is? Birth By Nature classes are intended to enhance the journey to motherhood with natural advice for pregnancy, labor and delivery. Find out more at the events page on our website! <http://www.togetherforyou.com/templates20/c>

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We hope you enjoyed the March 2011 edition of your
Healthy Times Chiropractic Newsletter!
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WISH YOU THE VERY BEST IN HEALTH AND WELLNESS

