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# Accidents & Injuries

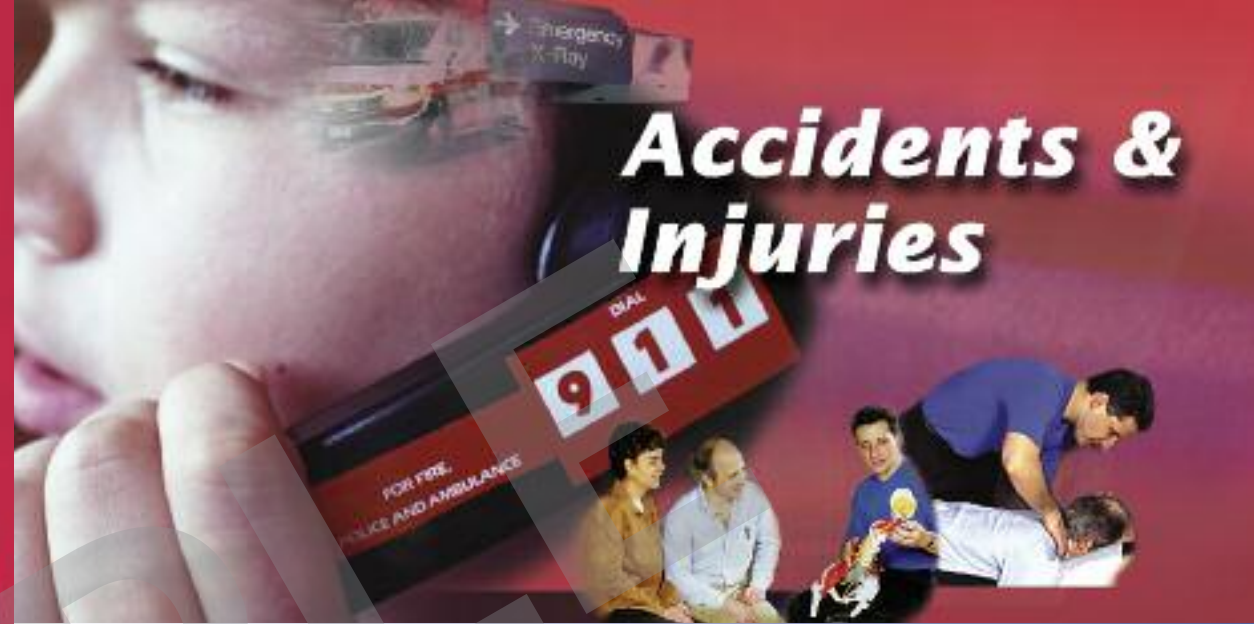


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Bringing out  
 the **Best**  
 in you

# Accidents & Injuries



*For millions  
 a chiropractic  
 adjustment  
 has made  
 the difference  
 between pain,  
 disability  
 and sickness  
 and relief,  
 recovery and  
 restoration  
 of health.*

Sometimes our world can be a pretty dangerous place; many of us have experienced a traumatic brush (or collision) with reality. And although accidents may be unavoidable, much of the pain and suffering resulting from traumatic injuries may, in many cases, be avoided with chiropractic care.

## **Traumas Cause Subluxations**

Every trauma has the potential to upset and damage your body's structural balance by causing subluxations. Subluxations are slight structural distortions that create abnormal stress. This stress impinges, "pinches," stretches or compresses your nerves, affecting your muscles, internal organs, glands, discs, bones and even your brain itself.

Subluxations can cause general overall body malfunction or disease. Dis-ease can result in weakness, premature aging, arthritic changes, muscular weakness and altered function of your internal organs.<sup>1-3</sup>

## **What Is Chiropractic?**

Chiropractic is a system of healthcare that specializes in locating and correcting subluxations. Your chiropractor corrects subluxations using safe, gentle, "adjustment" techniques.

## Minor Accidents

Too often, severe health problems can begin as a little fall, bump, shake-up or whiplash that caused a subluxation. Many times chiropractic patients have discovered that the cause of their present complaints was a childhood fall or even birth trauma. There may have been no broken bones or serious bleeding but there was damage that was never corrected. The medical doctors may have said they were fine, but MDs do not know how to analyze the body for subluxations nor do they know how to correct them.

Millions of people leave emergency rooms unaware that they are carrying around hidden distortions that can cause severe health problems at a later date. Many people leave emergency rooms with as many subluxations (or even more) as when they entered it. For that reason chiropractors belong in every emergency room in the country.

## Serious Accidents

It must be emphasized that chiropractic is not against necessary medical care. In emergencies, all must be done to save life and limb.

But after the medical doctors have done their work there is a pause. In that pause everyone sits back and waits for the real healing to begin. That's the scene in the movies when they say, "We've done all we could, now he's in God's hands."

That's because true healing is not done by doctors, stitches, gauze, drugs and injections—it is performed by the wisdom of our miraculous bodies. It is as miraculous and mysterious as the miracle of birth where life is created and recreated. It is the goal of all doctors to remove that which interferes with the normal expression of life and to create an environment that nurtures healing. That is why, when it is safe to do so, the body should receive the chiropractic care that it desperately needs.

## Post-Accident Health Problems

Accident victims often continue to suffer from pain, weakness and disability for months, years or decades after the trauma. Even after the best medical care they may continue to take painkillers or muscle relaxants, use various therapies or have repeated surgeries.

"I feel like a walking medicine cabinet," is too often the lament of the post-accident victim. Sometimes they have flare-ups every so often

*The cause of one's present complaints could be a birth trauma, childhood fall or accident.*

that may debilitate them for days, weeks or months. Being drugged up all the time may deaden the pain, but does precious little or nothing towards healing.

Post-accident conditions may include pain or spasms in the neck, shoulders, arms, wrists, hands, legs, back and face.<sup>4</sup> There has



even been a report of scoliosis (sideways twisting of the spine) occurring after a trauma.<sup>5</sup> Also, it is not unusual to hear of relatives or friends noticing a loved one's personality change after an accident or trauma. This is sometimes referred to as "post-traumatic stress disorder" and may include insomnia, mental dullness, nervousness, anxiety, memory problems, depression, constipation, diarrhea, headache, hearing, vision problems<sup>6-8</sup> and even epilepsy, allergies and dizziness.<sup>9</sup> Other post-accident problems, undoubtedly caused by subluxations, include asthma, bed-wetting,<sup>10</sup> vomiting, loss of energy,<sup>11</sup> incontinence,<sup>12</sup> urinary tract infections,<sup>13</sup> vision problems,<sup>14</sup> blindness<sup>15</sup> and even hyperactivity in children. All have been reported after traumatic events and have completely corrected following chiropractic care.<sup>16</sup>

## "You'll Have To Live With It"

It is an unfortunate fact that over half of the victims of auto accidents never fully recover under medical (including orthopedic) care. There are still pain, disability and other constant reminders that they have been hurt and haven't fully healed. They need to know that in many cases chiropractic care may totally eliminate or greatly reduce their problems safely, quickly and without drugs or surgery.



Many of us have experienced a traumatic brush (or collision) with reality.

## In Conclusion

Anyone who has been in an accident or suffered a trauma, whether mild or serious and no matter how long ago, should see a chiropractor to have their spinal column checked for nerve pressure caused by subluxations. A chiropractic adjustment can make the difference between life and death, between life with pain, disability and sickness and life with full recovery, activity and health.

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**Chiropractic care can help restore a traumatized spine to health.**