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Digestion, Heartburn & Ulcers



*Chiropractic
brings out
the best in me!*

Digestion, Heartburn & Ulcers



Structural abnormalities can cause stomach, esophagus, duodenum and intestinal disorders.

• Your Digestive System

Your digestive system is a long tube that begins at your mouth and ends at your anus. Your throat, esophagus, stomach, duodenum and intestines (and other organs) are modifications of this tube. It has one overriding goal: to break down your food (digestion) and extract energy and nutrients from it (assimilation) and send the waste products down the tube to be eliminated.

• Your Esophagus & Stomach

After you chew and swallow your food it travels down your esophagus [Latin for "I swallow"] to your stomach where one of the most powerful acids found in nature—hydrochloric acid (HCL)—dissolves your food. HCL is so strong that if it were ever to escape from your stomach, it could dissolve your heart, lungs, liver, veins, arteries and every other organ in your body! You'd eat yourself alive! What keeps the acid from escaping? A thick layer of mucus that covers your stomach's inner walls.

• Dyspepsia & Ulcers

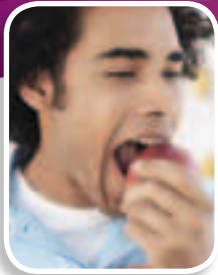
Chronic stomachache, also called nervous stomach or dyspepsia, is a common stomach condition. Another is an ulcer, which occurs when the powerful acids and digestive juices start to eat through the stomach and intestines—a very painful condition.

• Heartburn & Gastritis

The lower esophageal sphincter connects the esophagus and the stomach. Heartburn occurs when food reverses course and



Doctors of chiropractic will locate and correct your subluxations.



jumps from the stomach through the lower esophageal sphincter to the esophagus. Gastritis is a term used to describe inflammation of the stomach walls.

• The Standard Medical Approach

Digestive troubles are often poorly understood. As one major medical text has stated: *All [digestive tract disease] symptoms arise from disordered function, but ... our knowledge of normal alimentary tract function is so incomplete.*¹

Medical care is often directed at treating symptoms with drugs. Treating symptoms alone, however, apart from the risk of the side effects, can lead you into the false belief that your problem is gone merely because your symptoms are gone. It's not unusual to hear of people "living on" over-the-counter remedies, or prescription drugs, for years.

Because of the potential side effects of medical drug therapies and surgery, many people prefer to first pursue more natural, gentler forms of healthcare.

• The Chiropractic Approach

Your chiropractor analyzes your body for subluxations. Subluxations are distortions in your body that interfere with your internal communications, irritate your nerves and can affect your digestion, assimilation and elimination. Subluxations can cause all kinds of physical and mental disturbances.



A healthy digestive system needs a healthy nervous system.

In fact every organ and gland in your digestive system—mouth, tongue, throat, esophagus, pyloric valve, stomach, intestines, glands, pancreas and others—needs to receive proper communication from your nerves.

• Correction Of The Subluxation

Utilizing the art of the chiropractic adjustment, your doctor of chiropractic will correct your subluxations; this will result in improved function of your glands and organs.

• Water

Dehydration can cause many digestive problems including ulcers, constipation, colitis and dyspepsia. Many people (especially the elderly) are dehydrated and don't know it.²

With aging, the sense of thirst may diminish so many people do not drink as much water as they should. They'll drink coffee, tea and juices which may assuage their thirst but which will not rehydrate their body.

• Research

As early as 1921, it was discovered that spinal abnormalities could cause stomach, esophagus, duodenum and intestinal disorders.³ In a later study, 87% of a group of adolescents suffering from duodenal and/or gastric ulcer were found to have "pelvic distortion" and "blockage" in the spine.⁴

Spinal care helps those with dysphagia (difficult swallowing) and "abdominal nausea."⁵ The famous researcher R. Maigne has written that relief of the nervous system helps digestive pains and "pseudo-ulcers;"⁶ others find chiropractic care helps abdominal pain and digestive problems such as "dyspepsia and epigastric distress."⁷⁻⁸

In one fascinating study, scientists surgically created an artificial vertebral subluxation in rabbits. Within 22 minutes there were changes in the stomach and duodenum.⁹ "These changes could make the upper gastrointestinal tract vulnerable to disease and dysfunction."¹⁰

A large study involving 385 chiropractors in seven countries who collected information on 5607 patients found that many reported improvements in digestion with chiropractic care.¹¹ Chiropractic care has relieved abdominal pain, stomach ulcers, gastritis, colitis and spastic constipation, according to other researchers.¹²⁻¹⁵

• In Conclusion

The digestive system can weaken, work improperly and fall prey to a multitude of diseases. The job of the chiropractor is to ensure that the stomach and the rest of the digestive system (as well as all the other organs of the body) are receiving an unobstructed nerve supply. This promotes body harmony, enhanced ability to cope with stress and improved resistance to disease.

Remember, if your nerves are impinged upon by subluxations, no amount of drugs will relieve the pressure. A chiropractic adjustment is what your body needs.

Spine, Nerves & Organs

Your digestive and other organs connect to your brain via your spine.

