

Chiropractic



Bringing Out The Best In You!



An Introduction



8TH EDITION

TEDD KOREN, D.C.

Why has chiropractic become so popular?

This healing art, science and philosophy, discovered over a century ago, is now the most widely used natural health profession in the world.



Chiropractic continues to grow because it is effective, safe and gentle and because it respects your body's natural healing and recuperative powers.

It is the most popular drug-free, surgery-free healthcare system in the world, offering you and your family a real choice.

Today millions of people visit their neighborhood doctor of chiropractic and millions more would, if they only knew. This book is dedicated to them.



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Discover what chiropractic can do for your family.



Chiropractic releases deep stress within your body/mind so you'll function better, permitting your natural healing ability, your inner healer, to function better.

That's why nearly every condition to which the flesh is heir has responded to chiropractic including ear infections, asthma, allergies, colic, bed-wetting, hearing problems, skin conditions, digestive and menstrual problems, infertility, spine and nerve pain, colds and flu,

headache, sciatica, emotional and neurological conditions and many, many others.

People also visit their chiropractors for more energy, improved sports performance, better balance, clearer thinking, better resistance to disease and to help ensure drug-free lives for themselves and their families. We welcome you to our chiropractic family; you will discover for yourself why so many people say, "Chiropractic brings out the best in me."

Welcome to the exciting world of chiropractic!



Your Vital Connection

Your nervous system is the center of your thoughts, memory, learning and consciousness. Your muscles, blood vessels and glands as well as your internal organs and systems need a healthy nervous system to function properly.

Your spine consists of 24 vertebrae plus your sacrum and coccyx.

The first of your seven cervical (neck) vertebrae (C1), called the “atlas,” is directly under your skull. Your second (C2), the “axis,” permits head turning and tilting.

Cervical vertebrae C3 through C7 continue through the neck.

Your 12 thoracic (mid-back) vertebrae (T1 through T12) all connect to the ribs in the back, and all but two (T11 and T12, which “float”) join the sternum (breastbone) in front.

Your five lumbar (lower back) vertebrae are the biggest, thickest and most massive vertebrae. These support the weight of your entire spine, which is why so many spinal problems are in the lower back (lumbar) area.

Your sacrum is made up of five fused vertebrae. The sacrum and the hips on either side make up your pelvis.

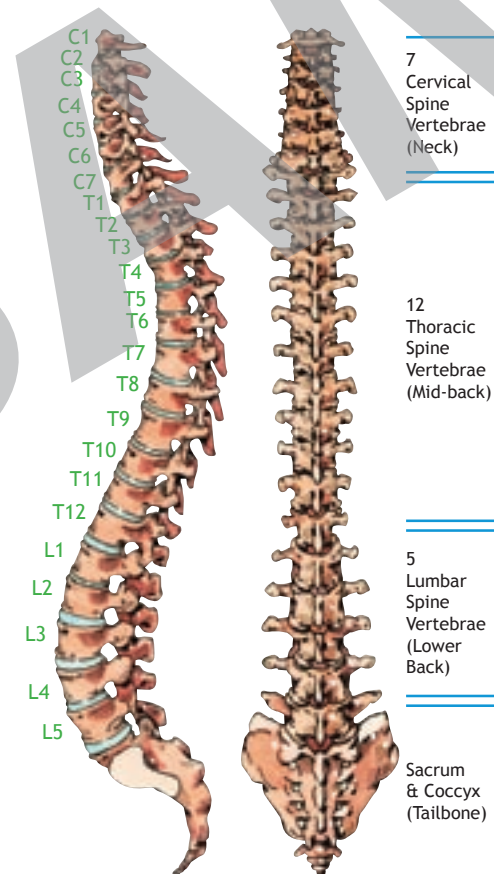
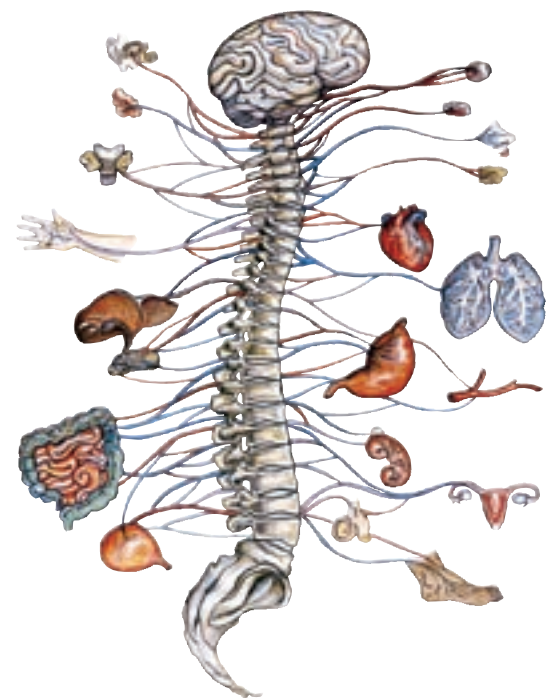
Your coccyx, four fused vertebrae, is what’s left of your tailbone.

All your internal organs are connected to your brain via the nerves that emit from your spine.



Your spinal column has four functions:

- To house and protect your spinal cord and spinal nerves
- To support your hips and shoulders
- To serve as an attachment to your muscles
- To support your head and ribs



- C1 - Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system, eyes
- C2 - Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead, heart
- C3 - Cheeks, outer ear, face, bones, teeth, trifacial nerve, lungs

- T1 - Arms from the elbows down, including hands, arms, wrists and fingers; esophagus and trachea; heart
- T2 - Heart, including its valves and covering; coronary arteries; lungs; bronchial tubes
- T3 - Lungs, bronchial tubes, pleura, chest, breast, heart

- T7 - Pancreas, duodenum, stomach, liver, spleen, gallbladder, peritoneum
- T8 - Spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine, pyloric valve
- T9 - Adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus, small intestine

- L1 - Large intestine, inguinal rings, uterus
- L2 - Appendix, abdomen, upper leg, urinary bladder
- L3 - Sex organs, uterus, bladder, knees, prostate, large intestine
- L4 - Prostate gland, muscles of the lower back, sciatic nerve
- L5 - Lower legs, ankles, feet, prostate

- Sacrum - Hip bones, buttocks, rectum, sex organs, genitalia, urinary bladder, ureters, prostate
- Coccyx - Rectum, anus

- Sympathetic chain - To eyes, ears and other sense organs; glands and blood vessels of the brain; immune response; bone growth; fat metabolism; reaction to stress; brain function

- C4 - Nose, lips, mouth, eustachian tube, mucous membranes, lungs
- C5 - Vocal cords, neck glands, pharynx
- C6 - Neck muscles, shoulders, tonsils
- C7 - Thyroid gland, bursa in the shoulders, elbows

- Brachial plexus - Forms the radial, ulnar, median and other nerves that go to the muscles, joints and other structures of the shoulder, arm, wrist, hand and fingers

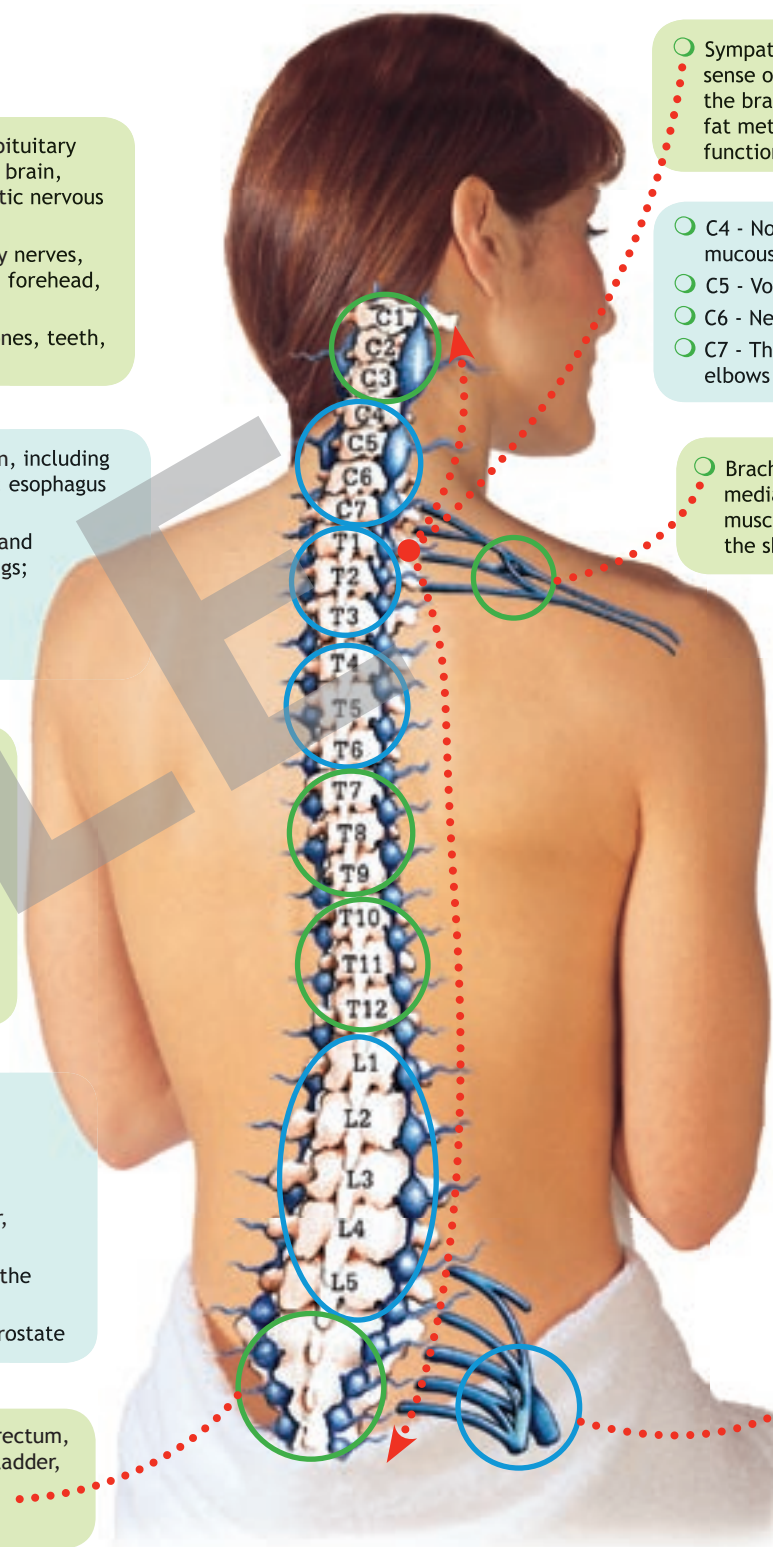
- T4 - Gallbladder, common duct, heart, lungs, bronchial tubes
- T5 - Liver, solar plexus, circulation (general), heart, esophagus, stomach
- T6 - Stomach, esophagus, peritoneum, duodenum

- T10 - Kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas, large intestine

- T11 - Kidneys, ureters, large intestine, urinary bladder, adrenal medulla, adrenal cortex, uterus, ovaries, ileocecal valve

- T12 - Small intestine, lymph circulation, large intestine, urinary bladder, uterus, kidneys, ileocecal valve

- Sacral plexus - Forms the sciatic as well as other nerves that go to muscles, joints and other structures of the leg, knee, ankle, feet and toes



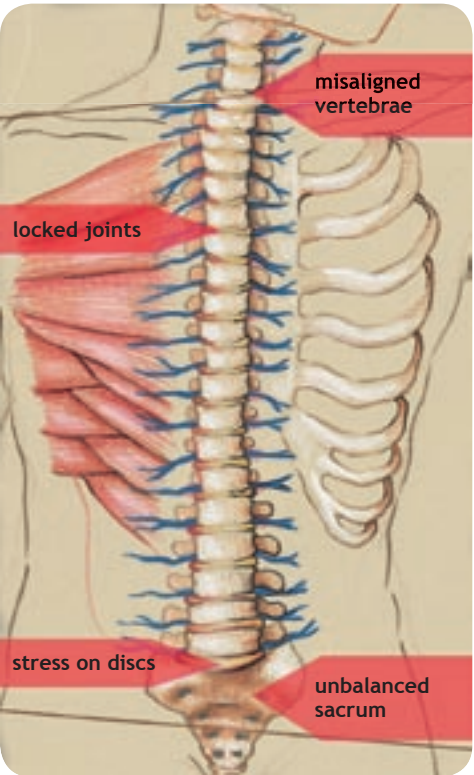
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What Is A Subluxation?



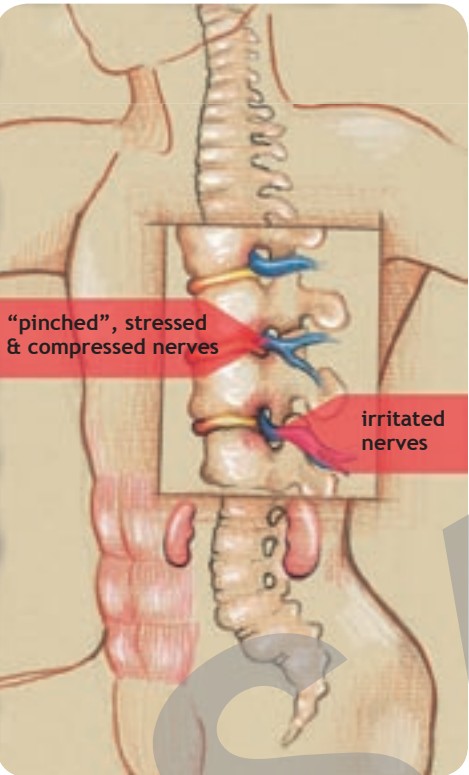
The five components of the
Vertebral Subluxation Complex.

1 joint damage (kinesiopathology)



- Vertebrae out of proper alignment
- Increased stress on joints, discs and ligaments
- “Locked” (jammed) or “clicking” joints
- Pain
- Reduced range of motion
- Shoulders, hips, knees and feet compensate for postural imbalance
- Loss of energy, fatigue

2 nerve damage (neuropathology)



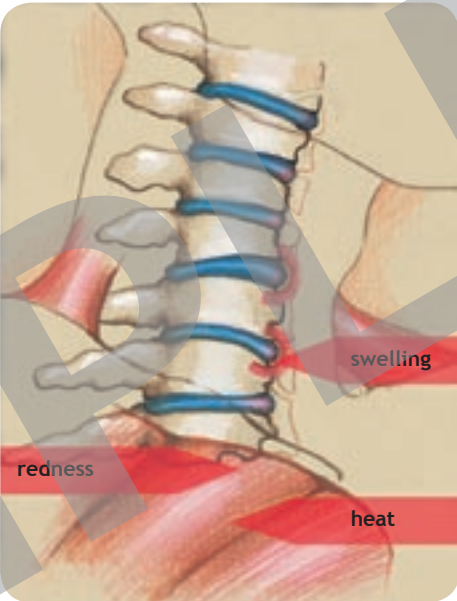
- Nerves compressed, stretched or “pinched”
- Abnormal nerve function
- Altered internal organ function
- Pain
- Attention deficit disorders, addictive behavior, psychosis and other conditions



The following articles provided invaluable background for the information contained on these pages:

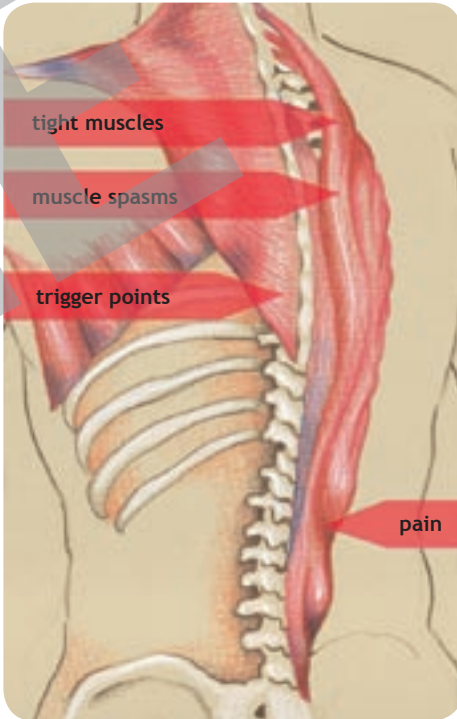
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9. Colloca C, Keller T, Gunzburg R, Vandeputte K, Fuhr A. Neurophysiologic response to intraoperative lumbosacral spinal manipulation. *J Manipulative Physiol Ther*. 2000;23(7):447-457.
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3 tissue damage (histopathology)



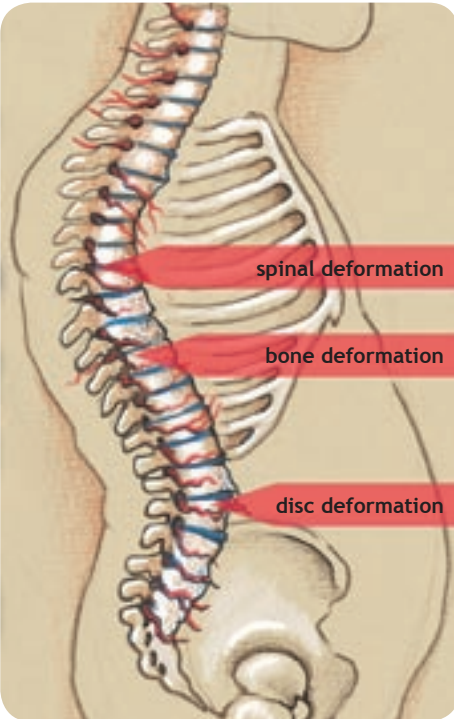
- Abnormal pressure on joints and nearby soft tissues
- Swelling
- Soft tissue damage
- Tender and painful areas, especially to touch
- Unnatural wear and tear causes arthritic changes to the joints and nearby tissues

4 muscle damage (myopathology)



- Muscles chronically tense, muscle spasms
- Weakened muscles, cartilage, ligaments and tendons
- Pain
- Postural distortions

5 overall health degeneration (pathophysiology)



- Dis-ease (overall body malfunction)
- Accelerated aging
- Chronic fatigue
- Lessened ability to respond to physical and emotional stress
- Lowered resistance to disease
- Joint degeneration, bone deformation, disc destruction
- Loss of height
- Inability to “hold” spinal adjustments for long periods

Is My Structural System Healthy?

notes

Easy ways to find out:



○ **Do your heels wear out unevenly?**

May be due to uneven leg length or stress on your structural system.



○ **Are you unable to take a satisfying deep breath?**

Breath, health, structural health and energy are interrelated.



○ **Do you have to “crack” your neck, back or other joints a lot?**

May be caused by areas of your structural system that are locked or jammed.



○ **Does your foot flare out when you’re walking?**

Foot flare may be a sign of a problem in the lower spine, hips, upper neck or base of the brain.



○ **Do you have poor posture?**

Stand on two bathroom scales. The weight distribution should be about the same over each foot. If it is not, that’s a sign that your spine, hips or head are off-center causing abnormal wear and tear as well as premature aging.



○ **Are you unable to rotate or turn your head, neck, hips, legs, shoulders and arms in all directions easily and equally?**

Reduced range of motion indicates joint misalignment.



○ **Are you often fatigued?**

An unbalanced body drains your energy.



○ **Do you have low resistance to disease?**

Subluxations affect your neuroendocrine system which plays an important role in the health of your immune system, your resistance to disease and your ability to fight infection.



○ **Do you have headaches, backaches, sore or tender spots in muscles, along bones, in soft tissue or joints?**

These are common signs of subluxations.



○ **Do you just not feel right?**

Subluxations can affect your overall health.

Did You Know?

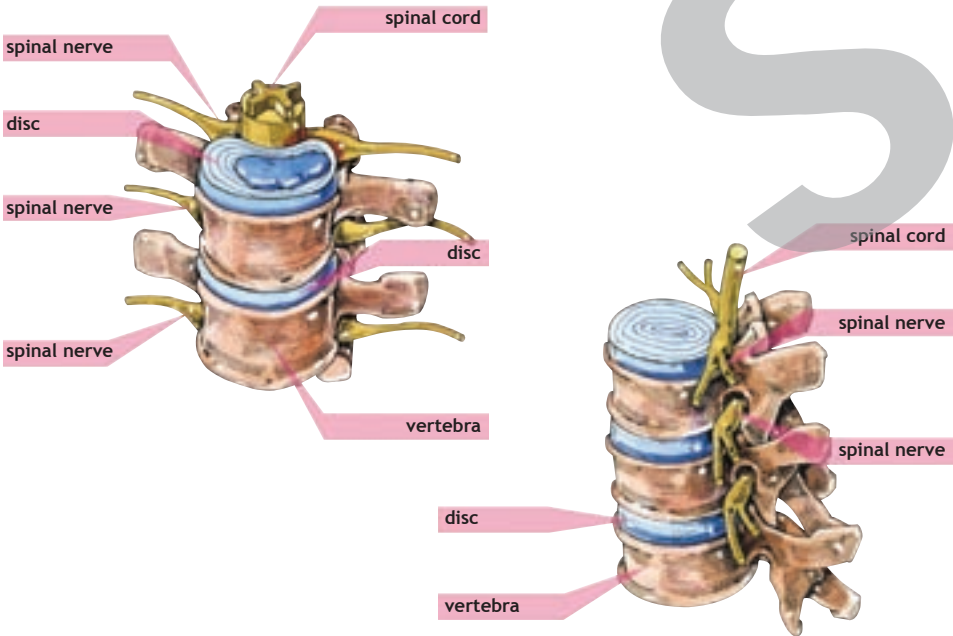
Astronauts grow as much as an inch and three-quarters during space life. Without the stress of gravity, the discs expand even more than usual.



What Caused My Subluxations?

Spinal Degeneration (subluxation degeneration)

Subluxations are caused by any stress that overwhelms your body.



Stresses That Can Subluxate Your Body

- A difficult birth or delivery
- An auto accident
- A fall no matter how long ago (even as a toddler)
- Bad posture
- Eating junk food (chemical stress)
- Using the same body position over and over at work or play (repetitive strain injury)
- Emotional tension
- Pushing yourself too hard
- Being a couch potato
- Dental work
- Drug use, medications
- Surgery
- Working in an awkward position
- A mild jar when you're unprepared
- An emotional shock when your energy is low
- Long car rides
- Other:

Long-standing vertebral subluxations cause spinal damage.

the healthy spine	degeneration phase 1	degeneration phase 2	degeneration phase 3	degeneration phase 4
<ul style="list-style-type: none">○ gentle curves○ disc spaces are even○ bones are smooth○ full range of motion without pain○ can cope with physical and mental stress	<ul style="list-style-type: none">○ loss of normal spinal curve○ disc, joint, muscle and nerve weakening○ poor posture○ loss of energy○ diminished height¹	<ul style="list-style-type: none">○ increasing spinal decay, disc narrowing and bone deformation○ spinal canal narrowing (stenosis) may occur○ aches and pains more common○ fatigue○ reduced ability to cope with stress○ height decrease continues²	<ul style="list-style-type: none">○ greater posture imbalance○ increased nerve damage○ scar tissue○ advanced bone deformation○ beginnings of physical and/or mental weakness or disability○ further loss of energy and height also occur³	<ul style="list-style-type: none">○ degeneration of the cartilage and bone○ bone fusion, constant pain and discomfort○ inability to turn, bend and twist○ physical and mental weakness more pronounced○ increased loss of height

Did You Know?

In the United States, significant amounts of spinal degeneration can be detected in over one third of the population by age 30. By age 70, it is present in nearly everyone and often in advanced stages; it has been blamed for the 180,000 cases of bed- or chair-ridden seniors.

Reversing Spinal Degeneration

Chiropractic care may reduce, halt and possibly reverse spinal degeneration by improving spinal balance and posture and keeping your joints, nerves and discs healthy and strong.^{4,5} Of course, the best approach to spinal degeneration is to prevent it in the first place! That's why chiropractic checkups for all children and adults should be a part of everyone's healthcare regime.

The chiropractic profession owes a debt of gratitude to Joseph Flesia, D.C. for his research and writings on the vertebral subluxation complex paradigm.

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Your Inner Healer

I desired to know why one person was ailing and his associate, eating at the same table, working in the same shop ... was not. Why? What difference was there in the two persons that caused one to have [disease] while his partner ... escaped? Why?'

— D.D. Palmer, Founder of Chiropractic

Are you healthy if you feel good? If you said, “Yes,” ask yourself if you ever felt good one day and then came down with a cold, the flu or some other condition the next. You probably felt fine the day before you got sick, but were you healthy? Most likely your resistance was low—perhaps your stress levels were too high or you were pushing yourself too much.

What about people who “feel good” one moment and have a heart attack or stroke the next? Or those who “feel good” walking into a doctor’s office and are diagnosed with cancer or some other serious health condition?

It’s obvious that health is much more than how you feel; it’s much deeper than that. So what is health? Health is your ability to handle physical, chemical and emotional stress without losing your physical, chemical and emotional balance.

Adaptation

So many forms of stress threaten your balance: heat, cold, wind and rain; bacteria, viri, pollen, mold and fungi in the air; cancer cells, with their deranged genetic instructions that constantly arise within; pollution and chemicals; cuts, bumps and bruises; school, work, marriage, babies, bills, a

mortgage—and you must adapt to them all. For if you did not ...

... a hot summer day would boil your brain; a winter night would freeze you solid; every inhalation would bring massive infection; tumors would overwhelm you; a small cut would drain all your blood. Without adaptation, your heart would continue pounding after a workout; alcohol and other drugs would never break down, and you’d stay intoxicated for life; an adrenaline high or a moment’s anxiety would last a lifetime.

Thankfully, you usually adapt to life’s stresses because many mechanisms are built into you for this purpose. They’re as simple as shivering when cold and as elaborate as your immune system engulfing bacteria. They are as dramatic as an adrenaline rush when confronting danger, or as ungraceful as gagging. They all say the same thing: Survive! Survive changes in the weather; survive bacterial invasion; survive pollution; survive emotional heartbreak; survive excitement; survive work; survive in the big city—and thrive!

Viewed from this perspective, symptoms such as fevers, chills, vomiting, fatigue, sneezing and pain—although unpleasant—aren’t bad; rather, they are signs that

your body is struggling to regain health and balance. Nobel Prize winner Rene Dubos said it well: “Good health is a process of continuous adaptation to the myriad microbes, irritants, pressures and problems which daily challenge man.”²

Your Innate Intelligence

What does adaptation look like inside you? It’s thousands of different chemicals being balanced every second, millions of cells dying every second, millions being born every second and billions of nerves firing messages to every part of your body every second. Your lunch is somehow turned into eye, muscle, heart, bone, skin and blood; damaged tissues are being repaired; blood vessel linings are

being smoothed; germs and tumors are being destroyed; and all the things that your cells produce are being monitored and balanced while you read a book, sleep or run a race.

What keeps track of all this activity?

A wondrous intelligence. As Lewis Thomas, M.D. writes in *The Medusa and the Snail*, “[There is] a kind of super intelligence that exists in each of us, infinitely smarter and possessed of technical knowledge far beyond our present understanding.”³ This idea is echoed by Deepak Chopra, M.D., in *Ageless Body, Timeless Mind*: “Intelligence is present everywhere in our bodies ... our own inner intelligence is far superior to any we can try to substitute from the outside.”⁴

Chiropractic refers to your body’s organizational ability as its innate (inborn) intelligence. Your innate intelligence organizes your body into a complicated, living, adapting, growing being—without it, you would be no more than a few dollars worth of chemicals.

Where Does Your Inner Wisdom Come From?

There is a part of your body that is especially intimate with your inner wisdom: your nervous system, composed of your brain, spinal cord and the billions of nerves that emerge from them. Your nervous system touches every nook and cranny of your body, and your body wisdom uses

this vast communications system to organize your billions of parts into a healthy, adapting, living being.⁵ True health or adaptation can only emerge when your innate intelligence can communicate without interference or “static.” A complete break in that communication results in death; a partial break results in a general deterioration of health—or “dis-ease”—you are less alive and less able to cope with life’s stresses. Eventually a dis-eased state turns into disease conditions.⁶

This understanding is ancient—it has been the heart and soul of Empirical or Vitalistic healthcare for thousands of years and is the basic philosophical premise of natural healing systems including chiropractic, homeopathy, classical osteopathy, traditional Chinese medicine and Ayurvedic (Indian) medicine.⁷

Subluxations, a common, often painless condition, stress your structural system and nervous system and interfere with the proper flow of information and energy through your body, causing a state of dis-ease.

Doctors of chiropractic spend years of training learning how to locate and correct your subluxations, freeing your body from dis-ease and helping you better reconnect to your inner healer.

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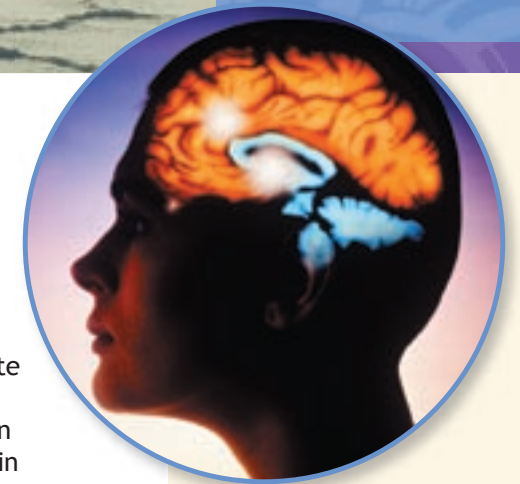
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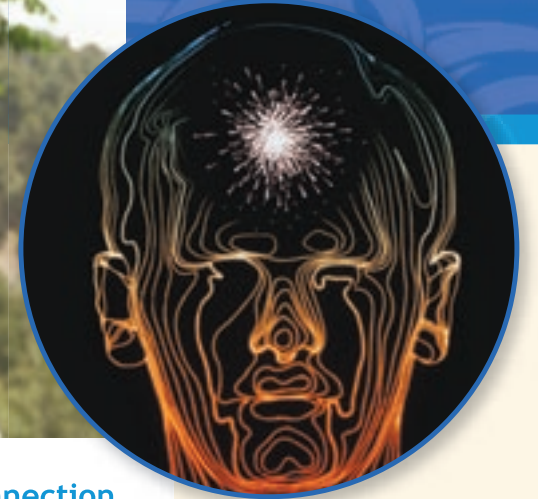


Chiropractic care corrects subluxations and permits you to function in closer harmony to your natural state of perfection.



The Connections of Health

What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.
— Ralph Waldo Emerson



You are born to express radiant physical, mental and spiritual health, joy, vitality, harmony, peace, optimism, strength, love and healing at any age.

But it rarely seems that way. Disharmony, illness, disease, depression, fatigue, emotional and spiritual disconnection and isolation touch so many lives. Too many of us walk this earth with our bodies, hearts and souls in pain.

All true healers' ultimate goal is to help you better connect to your source, your inner healing ability, wherein all health and healing arise.

The Connections of Physical Health

When a living system is suffering from ill health, the remedy is to connect it with more of itself.
— Francisco Varela

When you are physically healthy all your body parts are in their proper places, fitting precisely, so they can communicate with one another and are not interfering with the function of other body parts or the flow of energy that bubbles up from your source to direct your body. Your body is in a state of exquisite coordination and balance.

A physically disconnected person's parts are not fitting exactly right. The result is lack of balance, interruption of the energies that flow through you under the directives of your innate intelligence and a weakened connection to your source. This results in dis-ease—a lack of wholeness, coordination and harmony. When you are dis-eased stress can overwhelm you and disease, illness, exhaustion, accelerated aging and shortened life results.

The Connections of Emotional Health

Dwell as near as possible to the channel in which your life flows.
— Henry David Thoreau

Emotional health is also dependent on being connected—to yourself and others. The more connected you are to yourself the more you can connect with others and the more fulfilling your emotional connections (relationships). The more relationships in your life the more happiness, joy, hope, optimism and vitality you will have; the healthier and longer you will live and the quicker you will recover from physical and emotional traumas and illness.

An emotionally disconnected person holds pockets of unresolved anger, fear, resentment, pain or other emotions locked up within their body and mind. Past traumas and fears cause chronic physical tension and emotional stress that disconnect you from your deeper self, leading to dis-ease. In this state intuition is clouded, life's purpose is confused and there are difficulties forming healthy relationships.

The Connections of Spiritual Health

If the body is sick, the mind worries and the spirit grieves; if the mind is sick, the body and spirit will suffer from its confusion; if the spirit is sick, there will be no will to care for the body or mind.
— J.R. Worsley

The more spiritually connected you are, the closer you are to the love, energy, joy, vitality and wisdom of your source. When you are spiritually healthy you are connected to the depths within you and the universe without.

A spiritually connected person is in harmony with their life's purpose and meaning. They are following their heart, trusting their instincts and are sensitive to the laws and powers that create and recreate reality at every moment.

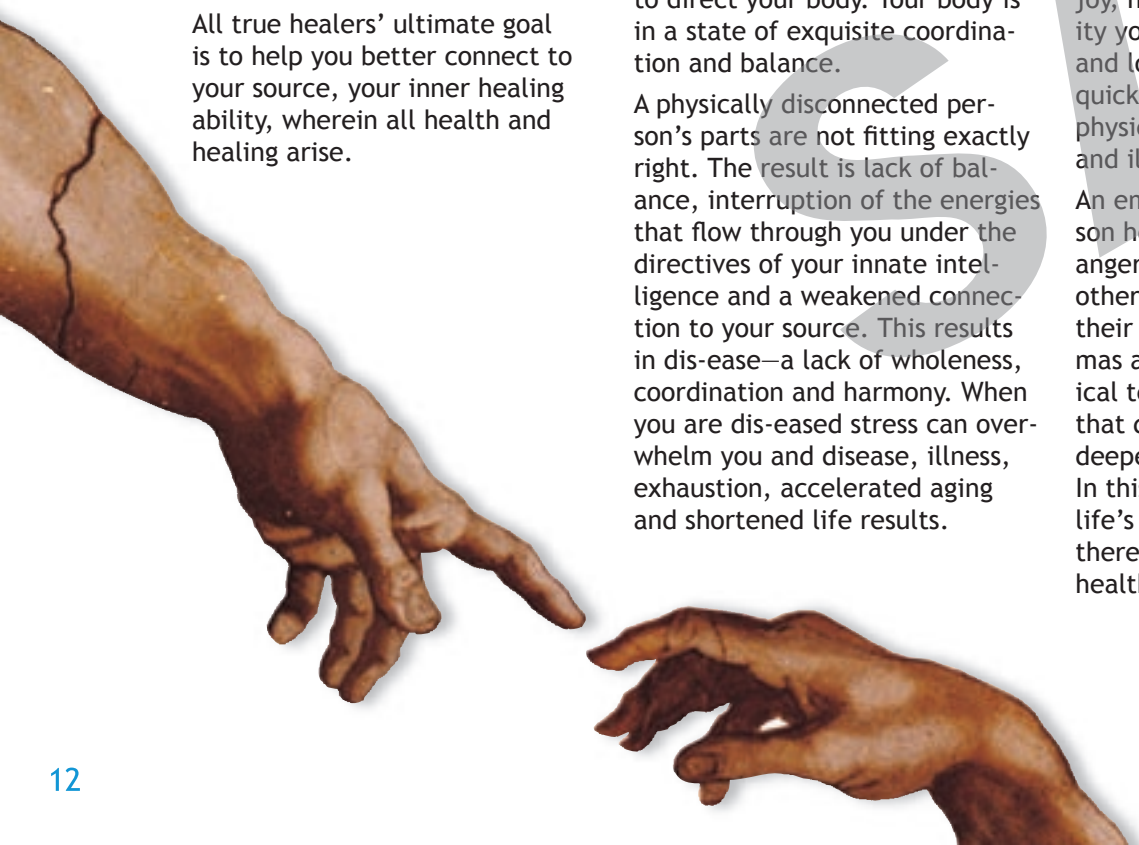
The spiritually disconnected person has a sense of isolation, loneliness, confusion and fear. One's will to live is weakened and life lacks vision and meaning. One's purpose in life is clouded.

Chiropractic & Disconnection

Chiropractic has discovered a powerful "disconnection" in your body called the subluxation. This is a physical condition that interferes with the flow of energy and information from your source and can affect physical, emotional and spiritual health. The result is disease, an internal communications disease, where you are less than whole. Chiropractors are specially trained to locate and correct or remove subluxations.

Reconnecting to your inner healer is chiropractic's goal. Chiropractic care permits your body/mind to gently release old stress so your powerful natural healing ability may flow from your source and begin a process of reconnection.

People like chiropractic because it approaches health in a natural, safe, drug-free manner.



Infants & Children

Chiropractic care is essential for infants, babies & children. Think of chiropractic care as you would good nutritional care—always essential for your child's good health.

“Chiropractic care for my child? Why? His back doesn't hurt.” Parents who often appreciate the importance of checkups for their child's teeth, hearing, vision, nose and throat draw a blank when it comes to the spine and structural system.

A chiropractic checkup could be one of the most important of your child's life! Why? The jumping, falling, running and bumping of a normal childhood often cause subluxations, with serious health consequences if uncorrected.¹ In addition, the birth process puts tremendous stress on the

newborn's spine that could lead to many health problems.² For over a century doctors of chiropractic have reported dramatic responses of infants and children to chiropractic care, often after drugs and surgery had no effect.

Today we find more parents bringing their children to doctors of chiropractic for regular checkups. Without chiropractic care some children will live in continued sickness, condemned to a life of medications and perhaps even surgery. With a healthy structural system, a child can better deal with the sore throats, ear infections, stomachaches, fevers, measles, mumps and the hundred-and-one other problems that often make up young life.

Emotionally Healthy Children

Clinicians and parents have observed often dramatic improvements in the physical, neurological and emotional health of children following chiropractic care. This includes children with learning disabilities, anxiety, concentration and attention problems, hyperactivity, attention deficit disorder (ADD), dyslexia, discipline problems, low IQ and low grades.³⁻⁷

For many of the millions of school children in the United States alone who suffer from a learning impairment, chiropractic holds promise as a non-drug



alternative. All children with learning disabilities and similar problems need a chiropractic checkup.

Ear Infections

By the age of three, over two-thirds of all children have had one or more ear infections. There are numerous problems with antibiotic usage for children with ear infections such as allergic reactions, GI upset, antibiotic resistance and destruction of the gut's intestinal flora leading to



yeast proliferation. Tubes in the ears are mostly antibiotic/medical failures with infections returning within two months and the tubes can cause hearing loss years later.

Children with ear infections need chiropractic adjustments. In many cases ear infections are observed to

disappear after chiropractic care, saving children from ear-tube surgery and antibiotics.

A common example is that of two and four-year-old sisters with chronic ear infections who had received numerous courses of antibiotics over at least two years with no improvement. After adjustments the mother reported that both children were “doing much better” and the children had no more ear infections.⁸

Other case studies include: a baby boy 6-months-old who was scheduled for ear tubes. His ear infection completely cleared after one adjustment and tubes were never inserted. Also, two girls aged three and four with chronic ear infections and upper respiratory dysfunction received adjustments and no more ear infections occurred since their first visit.⁹ Other studies find similar success with chiropractic care.¹⁰⁻¹¹



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Keeping your child's body free from subluxations will help your child's natural defenses against disease. If your child has any of these conditions make sure he or she has a chiropractic checkup:

- Fever
- Colic
- Croup
- Learning disorders
- Poor posture
- Nervousness
- Constipation
- Bed-wetting
- Weakness or fatigue
- Allergies
- Sinus trouble
- Stomachache
- Loss of hearing
- Ear infections
- Arthritis
- Numbness
- Irritability
- Headaches
- Neck aches
- Backaches
- Sore throat
- Eye problems
- Cough
- Skin disorders
- Asthma
- Wheezing
- Scoliosis or curvature
- Neurological conditions
- Bronchitis
- Frequent colds
- Muscular Dystrophy
- Cerebral Palsy
- Poor concentration
- Arm and hand pain
- Painful joints
- Hip, leg and foot pain
- Shoulder pain
- Clumsiness
- A foot turned in or out
- One leg shorter
- Unusual behavior

Pregnancy

Pregnant women as well as their babies can benefit greatly from chiropractic care.

Pregnancy can be a time of joy and exciting anticipation, yet for some the experience is colored by pain, discomfort and illness. This is often because pregnant women undergo many structural and hormonal changes that affect the spine, nerves, joints, ligaments, connective tissues, center of gravity and stability. The doctor of chiropractic can ensure that the spinal column, pelvis and related structures are balanced, moving easily and free of subluxations.

When free of subluxations, the mother-to-be experiences pregnancy at a greater level of comfort, health and vitality and can better handle the rigor of childbirth.

Drugless Approach To Health

Since nearly all medications and drugs can cause fetal damage or malformations it is important for pregnant women to avoid them as much as possible. Chiropractic's drugless approach is another reason why it is valued during pregnancy.

Pregnant Women Have Special Concerns

There are so many things pregnant women worry about: staying pregnant, carrying the baby to full term, morning sickness, the baby developing normally, backaches, leg pain and if their labor will be safe and (hopefully) easy.

Can chiropractic care help ease their minds? Chiropractic care has been observed to help pregnant and birthing women a number of ways. Chiropractors have been performing adjustments on pregnant women for over a hundred years and have noted that chiropractic corrective care may help maintain pregnancy, control vomiting during pregnancy, deliver full-term infants with ease and produce healthier infants.¹⁻⁷

Chiropractic Improves Baby's Birth Position

Pre-natal chiropractic techniques release stress on the pelvis and uterus, helping the unborn child to turn and position itself properly for a healthy birth presentation.⁸⁻⁹

Did You Know?

Breastfeeding improves intellectual performance and awareness. Three-year-olds who had been breastfed as babies outperformed bottle-fed toddlers in tests of general awareness and judgment ability ... verbal and quantitative skills ... and memory.¹¹

Questions About Chiropractic & Pregnancy

Is chiropractic safe for a pregnant woman and her unborn child?

Absolutely! Chiropractic's gentle, drug-free approach is especially beneficial during pregnancy.

Can I see other healthcare providers while under chiropractic care?

Of course. There is no conflict. Many women continue chiropractic care throughout their pregnancy in addition to seeing other healthcare providers.

How late in pregnancy is it possible to get an adjustment?

Anytime. Women have even received chiropractic care during labor.

Can chiropractic care help postpartum depression?

According to one journal, "Postpartum depression is a rarity in patients receiving ... manipulative therapy [sic]."¹⁰

Do I have to have a problem in pregnancy to see a chiropractor?

Not at all. Periodic checkups during pregnancy should be as common as periodic weigh-ins.

What about after pregnancy?

Chiropractic care can help the postpartum woman return to pre-pregnancy fitness by balancing her spinal column, realigning her pelvic bones and structural system and removing subluxations.

Women's Wellness

The relationship between the structural system, reproductive (urogenital) system, nervous system, endocrine (hormonal) system and overall health is extensive. Chiropractic can help the ovaries, oviducts (tubes), uterus, cervix, vagina and related structures function better.

Menstrual & Premenstrual Problems

For over a hundred years, many women who have suffered from a wide variety of pelvic and gynecological conditions—including menstrual pain, lack of menstruation (amenorrhea), PMS, bladder, bowel and sexual dysfunctions—have discovered the natural benefits of chiropractic.¹⁻⁶

Infertility

Numerous case studies have been highlighting the fact that women who have been branded "infertile" or given a limited chance of ever becoming pregnant (even with in vitro fertilization) have been able to conceive, carry to term and deliver a healthy baby following chiropractic adjustments. Various mechanisms have been proposed as to why chiropractic gets such great results, among them normalization of hormonal regulation, realignment of reproductive organs and overall reduction of stress. However, understanding the mechanism is not as important as having a long-awaited newborn in your arms.⁷⁻⁹

Hysterectomy

Over half of the hysterectomies performed each year in the U.S. may be unnecessary. Furthermore, after surgery, many women experience depression, loss of stamina, loss of sex drive and decreased sexual response, urinary incontinence, bowel problems, icy feet and toes, diminished sensation from the waist down, bone and joint pain, memory loss and other problems. Few doctors warn their patients about the too common aftereffects of hysterectomy. Before any woman submits to this potentially damaging operation, if possible, she should explore non-surgical alternatives. Of course, chiropractic care is necessary for any woman who has had a hysterectomy to ensure that her remaining internal organs function without nerve interference to better compensate for the organs that were removed.

For more information on non-medical alternatives to hysterectomy contact: Hysterectomy Educational Resources and Services (HERS), 422 Bryn Mawr Avenue, Bala Cynwyd, PA 19004, (888) 750-HERS, www.hersfoundation.com.



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Sports & Athletics

Accidents & Trauma



Does your neighborhood sports team need a doctor of chiropractic?

Chiropractic can give your athletic endeavors an edge. That's why you'll find chiropractors as "team doctors" for professional, college, high school, junior high and elementary school football, basketball, baseball, ice hockey, handball, rugby, soccer and weightlifting teams.

Chiropractic is used by top players in sports as diverse as tennis, ballet, boxing, biking, racing, golf, soccer, basketball, baseball, hockey, handball, rugby, running, weightlifting and others. Chiropractors help keep the athlete on the field and help stop minor injuries from becoming major ones without the use of drugs or surgery.¹

A survey among U.S. National Football League (NFL) trainers found that 77% refer players to chiropractors and 31% of NFL teams have a chiropractor officially on staff.²

An example of a team chiropractor is Tim Fargo, D.C. who cares for many players on the

Minnesota Vikings professional football team. "The body is capable of healing itself ... the chiropractor serves to facilitate that healing process by removing the barrier or obstacles for the natural healing ability of the body. That's the big difference between chiropractic and medicine. It has less to do with mechanics than it does philosophy."³

Another is Dr. Sol Cogan who cares for the Detroit Lions. Dr. Cogan attends all home and away-from-home games. He spends one or two hours adjusting players before each game and provides care for players during the games as well. "The players recognize that chiropractic adjustments greatly increase their performance," says Dr. Cogan.⁴

It's not just about football. The University of Tennessee Volunteers are cared for by Michael Petty, D.C. who says, "I do an analysis of each athlete, from head to toe, to determine what needs to be adjusted."⁵

Many amateur and professional athletes wouldn't dream of competing without first getting a chiropractic checkup.

How about you? Want that winning edge? A little more balance? More lightness



How about you?

Getting "in shape" should always include a chiropractic shaping-up of the body.

to your step? Try a chiropractic "shaping up" adjustment of your spine and structural system.

Sports Injuries

Sports injuries nearly always jar and misalign the structural system: a blow to the ribs, legs, feet, head, shoulder or torso always radiates throughout the body—that's why a chiropractic checkup is needed when you are injured, regardless of the nature of the injury.

Chiropractic is needed, in fact, even when medical procedures may also be necessary.

Why? If an injury is serious enough to need medical care, the spine and body alignment is almost always damaged. Further, medical doctors are simply not trained to locate and correct subluxations—that is the realm of the doctor of chiropractic.

After an accident, a chiropractic checkup is essential.

If you have ever been in an accident or suffered a trauma you need to have your structural system checked by a doctor of chiropractic.

Any subluxations created in your body during the accident often remain and prevent you from healing properly. That may be the reason why over half of accident victims never completely recover from their injuries and may live on painkillers, physical therapy or even repeated surgery for years. Sometimes they're told that they'll have to live in pain for the rest of their lives!

"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 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.¹ There has even been a report of scoliosis (sideways twisting of the spine) occurring after a trauma.²

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 problems³⁻⁵ and even epilepsy, allergies and dizziness.⁶ Other post-accident problems, undoubtedly caused by subluxations, including asthma, bed-wetting,⁷ vomiting, loss of energy,⁸ incontinence,⁹ urinary tract infections,¹⁰ vision problems,¹¹ blindness¹² and even hyperactivity in children have been reported after traumatic events and have completely corrected following chiropractic care.¹³

It must be emphasized that chiropractic never opposes necessary medical care. In emergencies the first order of business is always controlling life-threatening situations such as hemorrhage, cessation of breath, broken bones, serious contusions or abrasions, shock and the like. That is the specialty of emergency medicine.

Many additional lives would undoubtedly be saved if a doctor of

chiropractic also attended to the accident victim. Unfortunately today, millions of accident victims leave the hospital with as many subluxations as they had when they entered. That's a big reason why so many people say, "I haven't felt right since the accident," and why they may continue to suffer for months, years or even decades afterwards.

Anyone who has been in an accident, even if there are no obvious symptoms, should get a chiropractic checkup. The damage from subluxations may take months or years to surface and a simple checkup today could save an accident victim from much pain and illness later.

A forgotten trip or fall may cause severe health problems in later life.



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Neck Problems & Whiplash

Spasmodic torticollis, also called wry neck, is when the neck muscles are in such spasm that the head remains tilted to the side. Medical treatments, according to the Merck Manual of Diagnosis and Therapy, "are useless and relapses after surgical procedure are common ..."

Your neck is jam-packed with nerves, glands, tubes, blood and lymph vessels and 48 different joints, plus your brain stem, spinal cord, spinal column, muscles, ligaments, tendons, fluids, meninges and more! It also balances your heavy head!! If the head and neck are thrown or "snapped" back and forth very quickly, you can have a whiplash injury. Whiplash is seen in auto accidents, falls and in "collision" sports such as football and boxing. In addition to the disc and soft tissue damage, whiplash causes spinal column misalignment and irritation, stretching and impingement to the nerves and spinal cord.¹ Millions of people suffer whiplash damage each year. Other neck problems can be caused by poor posture, work habits and even birth trauma.

Neck problems and whiplash can cause headache, numbness, coldness or "pins-and-needles" in the face, chest, arms, wrists or hands. They can also result in anxiety, insomnia, low back and neck pain, ear ringing, dizziness, hearing loss, eye pain, blurred vision, sensitivity to light and other symptoms.²⁻⁴ Of course, in an accident, the first order of business is to attend to any life-threatening problem—for example, fracture, hemorrhage, shock and severe concussion. After that, the integrity of the neuromusculoskeletal system must be addressed. Chiropractic has been a blessing to millions of people suffering from neck and whiplash problems, saving many sufferers from unnecessary drugs and surgery.⁵⁻⁸



Did You Know?
Approximately 46,000 infants are born with congenital muscular torticollis in the U.S. each year. Chiropractic should be tried first, so that surgery may not be needed.

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Headache & Migraine

People spend billions on aspirin, ibuprofen and acetaminophen (Tylenol™) each year. These drugs, apart from their many side effects, treat the pain while ignoring the cause of the headache. What is the chiropractic approach?

What Puts The "Ache" In Headache?

Surprisingly, a headache is not a "brainache." The brain, most of its membranes and the skull feel no pain at all. That is why during brain surgery patients can be wide awake, even talking to the doctors while their brains are being cut, probed or otherwise tampered with (local anesthetic is used to numb the scalp). But when the pain-sensitive parts—the arteries in the head, the dura mater that covers the brain and the cranial nerves—are infected,

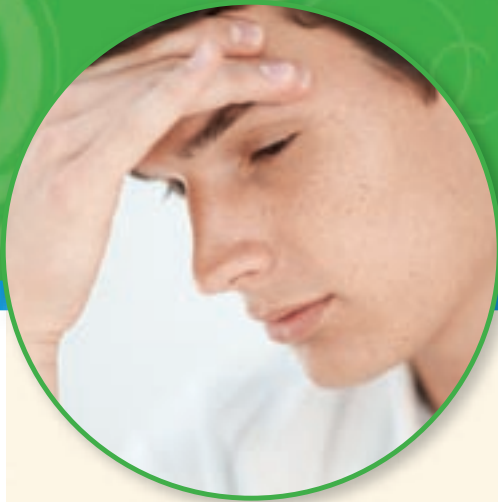
pulled, inflamed, stretched, compressed or irritated, headaches usually result.

Chiropractic & Headaches
For over a hundred years headache sufferers have benefited from the drug-free, natural methods used by their neighborhood chiropractors. By eliminating subluxations, chiropractic permits the entire body to restore itself to a greater level of health and wholeness—in effect, to heal itself. Chiropractic care is essential for anyone who suffers from headaches.¹⁻⁸



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notes



Low Back Problems

Chiropractic is "more cost-effective than medical care," with the results being "long term."

The Chiropractic Approach

Chiropractors have helped millions of people with low back problems, often saving them from pain, disability, drugs and surgery. This may make the difference between a life of ease, health and comfort or a life of pain, disease and disability.

What Do Major Government Studies Reveal?

Low back pain sufferers have received very good news lately. Major government studies from the U.S. and Canada have reaffirmed what chiropractic patients have been telling their friends with back pain for years: "Why don't you see my chiropractor? You'll probably get better much faster than from drugs or surgery—and it's safer too."

What Did The U.S. Government Discover?

In 1994, the federal government sent shock waves throughout the health-care system when a definitive public pronouncement established chiropractic as one of the preferred and most effective methods of care for acute

adult low back pain.¹ The panel revealed that extended bed rest (more than four days) was harmful, and that muscle relaxants and surgery can be unnecessary and, in some cases, harmful.

What Canadian Researchers Found

The Manga Report was commissioned by the government of Ontario in Canada. Leading economists found that chiropractic care for patients with low back pain is superior to medical care in terms of safety, scientific evidence of effectiveness, cost and patient satisfaction.

"The higher satisfaction levels expressed by patients of chiropractors ... offer an overwhelming case in favour of much greater use of chiropractic services in the management of low back pain ... a very good case can be made for making chiropractors the gatekeepers for management of low-back pain in the workers' compensation system."²

The Facts Speak For Themselves ...

Doctors of chiropractic relieve chronic and severe pain, both immediate and long term, in one half the time it takes medical physicians. "There are

Did You Know?

Back pain is a modern epidemic. **Eighty percent of Americans will experience disabling low back pain at least once during their lives! The cost is over \$90 billion a year!**⁶

now in excess of 60 scientific studies which demonstrate the value of manipulation ... manipulation is a most effective and cost-effective form of treatment for dysfunctional problems in the cervical, thoracic, and lumbar spines."³ "For patients with acute low back symptoms without radiculopathy, the scientific evidence suggests spinal manipulation is effective in reducing pain and perhaps speeding recovery within the first month of symptoms."⁴

In another study 92 patients aged 19 to 59 with acute lower back pain were given medical or chiropractic care. Chiropractic was associated with significantly greater improvement in their condition.⁵

Chiropractic Is Better For You ...

Why are the results so overwhelmingly in favor of chiropractic? Because painkillers, muscle relaxers, Valium™, braces, physical therapy and surgery are not designed to correct subluxations—chiropractic is!

Disc Problems & Back Surgery

The intervertebral discs are little pads that lie between your vertebrae; each disc has a tough outer ring (annulus fibrosus) and a soft gel-like center (nucleus pulposus).

Your discs separate your vertebrae and, because they're knitted into the bones, also join them together. They act like little shock absorbers, cushioning the bones so they don't crash against each other as you walk, which would be very painful. Discs help give your spine its curve, flexibility and strength. The 23 discs in your spine also add to the length of the spinal column. You are about ¼ inch to ½ inch taller in the morning than you were the night before. Why? Because your discs flatten out a little after a day of standing and then regain their volume while you sleep.

Disc Herniation, Protrusion & Prolapse

There are two types of herniations: protrusions and prolapses. A protrusion can occur if the nucleus pulposus bulges, pushing the annular fibrosis out of shape. A prolapse occurs if the nucleus bulges out so much that it actually separates from the rest of the disc.

If the prolapsed disc goes into the spinal cord or puts pressure on nerves, it may cause severe pain that could make sitting, standing, walking, lifting, urinating, defecating, sneezing, coughing and moving near-

ly impossible. In extreme cases, foot or leg numbness or a loss of muscle control may occur. However, only a small number of those with low back pain have serious disc problems.¹

Back Surgery

While spinal surgery is occasionally necessary, especially in cases of trauma or severe bone, disc and nerve destruction, the vast majority of people with low back pain and/or sciatica never need it.

Failed Back Surgery Syndrome

Of the thousands of surgical procedures done each year for ruptured discs, medical authorities admit that a large number are unnecessary and useless,² with many of those who have back surgery still in the same or worse pain after the operation. They have Failed Back Surgery Syndrome (FBSS).³ To make matters worse, if surgery is ineffective the first time, a second or third operation often does not help. Even successful operations could cause scar tissue, permanent spinal weakness, distortion and instability.

Chiropractic could save many thousands of back pain sufferers from unnecessary spinal surgery each year.⁴

Anyone with disc problems, especially if they are facing the prospect of spinal surgery should, if possible, get at least one opinion from a doctor of chiropractic before deciding on further care.⁵⁻⁶



Questions About Chiropractic & Back Surgery

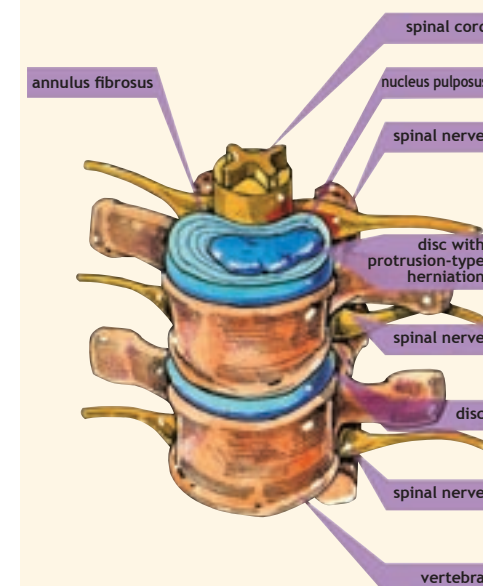
Can chiropractic prevent back surgery?

In a majority of cases the answer is a resounding "Yes."

Can a person who had back surgery see a chiropractor?

Yes. It's an unfortunate fact that up to half of those who had spinal surgery discover a return of their original symptoms months or years later.

They then face the prospect of additional surgery. This too-common occurrence is known as "Failed Back Surgery Syndrome." Chiropractic may help prevent repeated operations.



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Sciatica & Leg Pain

The sciatic nerve is the longest and largest in your body. When it is inflamed, the condition is called sciatica (pronounced si'ad-a'ka).

Not all leg pain is sciatica, but most all sciatica involves leg pain. Sciatica sufferers often have severe pain along the sciatic nerve path, usually in the back of the legs and thighs, although sometimes the pain may also be felt in the ankle, foot and toes.

Occasionally pain is felt in the front or side of the legs, in the hips, or for some hapless sufferers, in both legs. Apart from pain, paresthesia or pins-and-needles, burning, tingling,

prickling, crawling sensations or tenderness may be felt. Ironically the painful leg might feel numb as well!

Sciatica is hell to sufferers. Sleeping, sitting, walking, bending, turning or standing up may be difficult or impossible.

Chiropractic Benefits

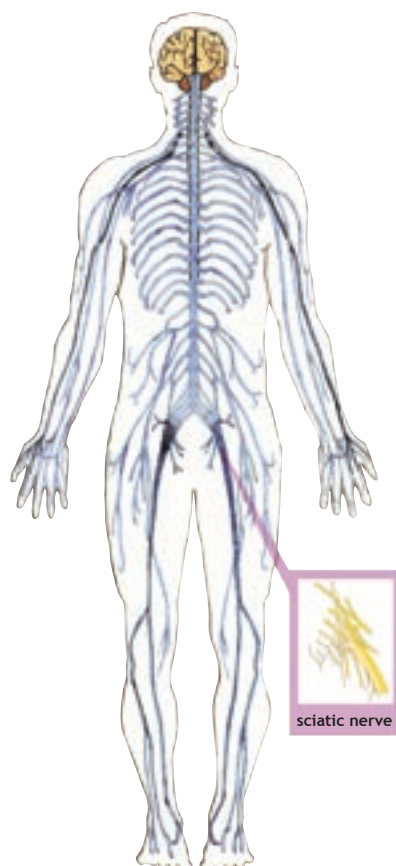
Chiropractic has been a blessing to millions of sciatica and leg pain sufferers. Dramatic relief has often been observed after a single chiropractic adjustment.¹ Chiropractic has been found to work as well as or better than traction, painkiller injections and surgery.²⁻⁶

Don't Wait ...

Chiropractic care appears to have the most profound effect on sciatica when problems first occur. However, even for those who have been through the "medical runaround," chiropractic can provide excellent results.



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Shoulder, Arm & Hand Problems

Chiropractors correct subluxations which cause nerve stress. Depending on which nerves are affected you will have various symptoms. If the nerves going to the shoulder, arm and hand are affected you may experience pain, tingling, tightness, weakness, pins-and-needles or other symptoms in those body parts.¹

branch off to supply different areas, especially the shoulders, arms, elbows, wrists, hands and fingers.

Results Of Nerve Impingement

What causes the nerves to get impinged or "pinched"? Many things: long-standing stress, old injuries from childhood, new injuries from

sports mishaps, car accidents (especially whiplash), arthritis, sleeping in an awkward position and even chronic emotional tension.

Results Of Brachial Plexus Injury

Depending on which nerves are involved, different problems may be experienced.

There may be neck stiffness or pain that

may radiate to your shoulder and elbow and down to your arm, wrist, hand or finger(s). Sometimes there's clicking or extremity pain but not neck pain. Sometimes there's no pain but numbness or feelings of heat,

cold or swelling; or pain in one area and numbness in another; or "pins-and-needles" or muscle weakness or spasm.²

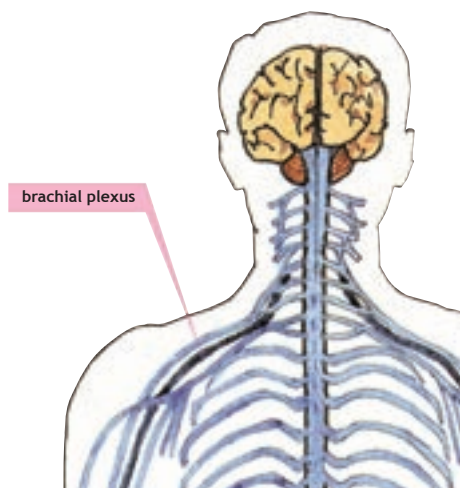
Due to the complicated way nerves interrelate, conditions such as headache; migraine; facial pain; dizziness; limited, painful or stiff motion of the head and neck; throat conditions; thyroid problems; nasal problems; low back pain and even epilepsy can be caused by brachial plexus damage.

Chiropractic care is essential for anyone with shoulder, arm, elbow and hand problems to relieve nerve stress and permit the spine and structural system, as well as the rest of the body, to function more normally.³⁻⁵



Brachial Plexus

Your brachial plexus is made up of nerves which come out of the middle and lower neck and upper back and



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Temporomandibular Joint Syndrome (TMJ)

If you place your fingers in front of either ear and wiggle your jaw, you'll feel an opening that changes shape. That is the temporomandibular joint (TMJ) where the temporal bone of the skull attaches to your jaw, or mandible.

According to the American Dental Association, nearly 30 percent of Americans have TMJ problems, called TMJ Dysfunction or TMJ Syndrome.¹ Among the symptoms are severe headache; loss of hearing; tinnitus (ringing in the ears); shoulder, cheek, jaw or tooth pain; and nausea and dizziness. TMJ affects more women than men. Among the most common causes of TMJ syndrome are subluxations, poorly fitting braces, poor dental work and trauma. Even a fall on one's rear can cause TMJ problems.

One study revealed that "[a] child may fall on its sacrum and in time, through the adaptive body mechanisms, the pelvic imbalance will affect the mandible, head and neck."²

The Chiropractic Approach To TMJ

Spinal/structural problems and TMJ syndrome are often related. In fact, chiropractic care may help you avoid TMJ surgery: "Surgery should not be done until chiropractic and proper dental support is provided ... with the exception of a tumor, fracture or serious joint pathology."³ In the interest of better patient care, chiropractors and dentists are beginning to work together to ensure jaw/skull/spinal health. Chiropractic should be explored by all TMJ sufferers⁴ as it is increasingly reported to help TMJ sufferers.⁵⁻⁶



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Carpal Tunnel

You won't find this tunnel on a map; it's in your wrist and the nerves going through this structure may be irritated causing lots of problems such as pain, tingling, numbness and weakness of the fingers, hands and wrist. Sometimes the pain is so intense it awakens the sufferer at night. One out of ten people suffers from Carpal Tunnel Syndrome (CTS),¹ usually affecting a diverse group that includes secretaries, computer users, meat cutters, assembly line workers, carpenters, musicians and others who do repetitive tasks with their hands.

Traditional medical treatment for CTS includes splints, ice, drugs, cortisone injections and even surgery. Medicine's poor success rate in treating this painful condition led Robert Mendelsohn, M.D. to conclude: "Since the medical treatment for this condition is so often unsatisfactory, I have for years been recommending that my patients consult muscle and joint therapy specialists."²

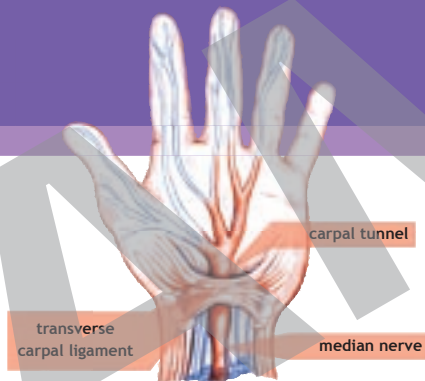
Your Spine & CTS

The relationship between spinal/structural health and carpal tunnel has been documented by researchers who found spinal nerve root irritation in patients who had carpal tunnel or ulnar neuropathy.³ Others have found that nerve compression in the neck can block the flow of nutrients to the nerves in the wrist, making it more susceptible to injury (this is called the "double-crush" syndrome).⁴⁻⁶

Not surprisingly, when 1,000 cases of carpal tunnel syndrome were investigated, it was found that a large number of those suffering from CTS also had neck arthritis.⁷

Conclusion

In light of what's known about CTS, anyone suffering from it should see a chiropractor to ensure that their body is free of subluxations. A chiropractic adjustment may be the difference between a pain-free wrist or surgery!⁸



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Fibromyalgia



Imagine being tired all the time with burning pain, muscle spasm and tender "trigger" points. Add to that sensitivity to pain, heat, cold, bright lights, plus bowel/bladder problems, headaches, sleeplessness and/or anxiety. These are the symptoms of fibromyalgia.



Anti-inflammatory drugs, painkillers, antidepressants, physical therapy, counseling and support groups have poor records in helping sufferers. However, acupuncture,

relaxation techniques, meditation and nutritional therapy have more encouraging results.¹⁻³

The Chiropractic Approach

Spinal trauma has long been associated with fibromyalgia.⁴ In one study, a neck injury increased the occurrence of fibromyalgia by ten times!⁵ Is that one reason why fibromyalgia sufferers report good results with chiropractic?

For example, in one study all 23 fibromyalgia sufferers (ages 11-76) showed 92-100% improvement with chiropractic care and maintained their improvements after one-year follow-up visits.⁶ In another study of 15 women, 60% reported at least a 50% reduction in their pain, less fatigue and improved sleep quality with chiropractic.⁷ Other studies have similarly shown the benefits of chiropractic.⁸⁻⁹

Chiropractic For Fibromyalgia Sufferers

Anyone suffering from fibromyalgia should see a chiropractor for a checkup. It may make the difference between continued illness and recovery, between a life of pain and a life of ease.

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notes



Parkinson's Disease/ Multiple Sclerosis

Feel Young/Stay Healthy

Parkinson's Disease (PD)

Rigidity, muscle tremors, poor balance and other symptoms of brain disorder are part of PD. Medical treatments include drugs, brain surgery and brain stimulation that may temporarily control symptoms but neither stop nor reverse the progressive degeneration.¹

More Parkinson's Sufferers Are Turning To Chiropractic

In one case history, a 53-year-old man with Parkinson's disease had rigidity in his left leg, body tremor, slurring of speech and memory loss. The patient recalled trauma before the onset of the disorder. After three months of chiropractic care an improvement of 43% was noted. He continued care with greater improvements in strength, energy and muscle and joint flexibility.²

One study revealed that PD patients "improve dramatically after one or two [chiropractic] adjustments."³ Another study of 81 patients with multiple sclerosis or Parkinson's disease is the first to show that correction of upper neck subluxations may reverse the progression of both multiple sclerosis (MS) and Parkinson's disease (PD).⁴

After ten PD patients (ages 47 to 76) were given chiropractic care for three months, eight had dramatic improvements that included increases in energy level and/or sleep and decreases in spinal pain and/or rigidity.⁵

Multiple Sclerosis (MS)

Multiple sclerosis, a once rare condition, has become the "polio" of the 21st century. It is the foremost disabling neurological disease in the United States and is increasing worldwide. MS sufferers often report trauma to the head, neck or upper back prior to the development of symptoms. Trauma can affect the blood-brain barrier (BBB) which is known to be involved in the genesis of multiple sclerosis (MS).⁶

Chiropractic & MS

Chiropractors have often reported excellent results with MS patients. Below is a small sampling of studies.

A 47-year-old female first experienced MS symptoms at age 44. She developed cognitive problems and loss of bladder control, leg weakness and paresthesias in her arms and legs. After four months of care all MS symptoms were absent. A follow-up MRI showed no new lesions as well as a reduction in intensity of the original lesions. At the two year follow-up all MS symptoms remained absent.⁷

Five MS patients (ages 33-55) had all experienced head or neck trauma prior to the onset of their symptoms. Not surprisingly, subluxations in the upper cervical spine were found in all five. Four patients reported complete, and one reported near complete, remission of MS under care.



Cases included a 46-year-old woman who had memory and cognitive problems, frequent urination, loss of bladder control and painful tingling in her arms and legs. After two months of care her bladder control returned and sensitivity and strength in her extremities returned to normal. By four months all MS symptoms disappeared.⁸ Other chiropractic case studies report similar success with MS.⁹

The Dental Connection

Holistic/biological dentists have noticed a correlation between Parkinson's/MS and infected root canals or hidden jaw infections (cavitations). In some instances pulling the affected tooth has halted and reversed Parkinson's and MS symptoms.¹⁰

Every Parkinson's and MS sufferer should visit a doctor of chiropractic and a dentist who specializes in holistic/biological dentistry. It may make the difference between sickness and health and even between life and death.

You can't help getting older, but you don't have to get old. — George Burns

Old age doesn't have to mean sick age. It is possible to live a long, full life without being physically or mentally incapacitated. It is also possible to stay physically and mentally healthy your entire lifetime, reverse or slow aging and recover physical and mental strength.¹ For example, in one study nine 86- to 96-year-olds worked out with a weight machine three times a week and increased the strength of their quadriceps by an average of 174%.² Severe mental decline or senility is also not a part of normal aging—80% of healthy Americans (barring psychological distress) suffer no significant memory loss as they age. As Cicero said, "I've never heard of an old man who forgot where his money was hidden."

Chiropractic For The Elderly

Chiropractic offers a non-medical alternative to the over-drugged older population who often suffer illness and death from medications.

Flanders Dunbar, M.D. told the American Geriatrics Society that "exceptionally healthy" people who survived into old age "rarely consult a physician." Whether they don't see doctors because they are healthy, or they are healthy because they don't see doctors is probably a subject for study.³

Secrets of Living to 100

"Centenarians tend to be independent, assertive, funny and gregarious," says Thomas T. Perls, Director of the New England Centenarian Study, who studies people over the age of 100. "It's not a matter of 'the older you get the sicker you get' but rather 'the older you get the healthier you've been.'"⁴

Don't blame it on genes. According to Dr. Perls only 30% of how well you'll age is in your genes. The rest is up to you.⁵ "More than four in five said that maintaining their independence was central to aging well, and nearly two-thirds said that lifestyle choices were the backbone of their healthful longevity—not genetics."⁶

In one study of people aged 75 and older it was found that chiropractic users were: ... less likely to have been hospitalized, less likely to have used a nursing home, more likely to report a better health status, more likely to exercise vigorously ... more likely to be mobile in the community ... less likely to use prescription drugs.⁷

In a study of elderly patients seeing chiropractors for maintenance care researchers found: Reduced nervousness with years of maintenance care (MC) ... possible reduced symptoms of depression ... a 50% reduction in medi-



cal visits. Chiropractic MC appeared to replace rather than be complementary to medical treatment. The need for hospitalization and the high costs were markedly reduced ... only a third of those made by U.S. citizens of the same age.⁸

Accepting that certain medical procedures have a place in our lives, chiropractic care helps people avoid drugs, surgery and other procedures.

No one, of course, knows all the secrets of a long and healthy life, but clearly one of them is that a body free of subluxations is more flexible, balanced, stronger and healthier than a body with subluxations. Regular chiropractic care should be a part of every older person's healthcare regime to help keep them younger and healthier at any age.



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The Winsor Autopsies

Henry Winsor, a medical doctor from Philadelphia, Pennsylvania was intrigued by case studies of patients who recovered from different diseases under chiropractic or osteopathic care.

“How do chiropractors and osteopaths get people better without drugs or surgery?” he wondered.

He planned a unique experiment—he would dissect human and animal cadavers and see if there was a relationship between the health of the nerves and spine and any diseased organs he found.

The University of Pennsylvania gave Dr. Winsor permission to carry out his experiments. In a series of three studies, he dissected a total of 75 human and 22 cat cadavers, finding a total of 221 diseased organs. Was there a relationship between the diseased organs and spinal distortions (subluxations)?



An interruption in internal communication can cause malfunction.

Dr. Winsor wrote:

[Of the 221 diseased organs] 212 were observed to belong to the same [nerve] segments as the vertebrae in curvature.... These figures cannot be expected to exactly coincide ... for an organ may receive sympathetic filaments from several spinal segments.

In other words, Dr. Winsor found a nearly 100% correlation between “minor curvatures” or subluxations of the spine and diseases of the internal organs. Some of the diseases and their related spinal subluxations are below. Please note T stands for the mid-back or thoracic spine and L stands for the lower back or lumbar spine. The numbers relate to the specific bone or vertebra. (See page 2 for more information.)

- Heart Disease—All 20 with heart and pericardium conditions had T1-5 distorted.
- Lung Disease—All 26 with lung disease had T1-4 distorted.
- Stomach Disease—All 9 with stomach disease had T5-9 distorted.
- Liver Disease—All 13 with liver disease had T5-9 distorted.
- Gallstones—All 5 cases had T5-9 distorted.
- Pancreas—All 3 cases of pancreas disease had T5-9 distorted.
- Spleen Disease—All 11 cases had T5-9 distorted.
- Kidney Disease—All 17 had T10-12 distorted.
- Prostate and Bladder Disease—All eight cases had L1-3 distorted.
- Uterus—The 2 cases of uterine conditions had L2 distorted.



Dr. Winsor’s studies give weight to the claim that spinal or vertebral subluxations can have a profound impact on internal organ health.

Dr. Winsor’s work has been expanded upon by scientists working in many disciplines who continue to research the complex relationship between spinal health and internal organ disease, one of the most exciting areas of healthcare research—and chiropractic thrives as one of its leading advocates.

The nerves connecting your internal organs to your spine must remain free of spinal stress. You may not know it or feel it right away, but if you have a vertebral subluxation your internal organs may be slowly weakening and could eventually malfunction and become diseased.

Why wait until you have a kidney, heart, lung, prostate, liver or other problem before you get your body checked for subluxations? Get a chiropractic checkup now to keep your nerve-organ connection free from stress before long-standing subluxations cause serious damage.

Winsor H. Sympathetic segmental disturbances-II. The evidence of the association, in dissected cadavers, of visceral disease with vertebral deformities of the same sympathetic segments. *Medical Times*. November 1921.

The “Chiropractic” Story of Masha & Dasha

Challenging the germ theory of disease

The new mother was told that her twin babies had died after birth. However the truth was far different: they were sent to an institute near Moscow to be studied. This was to be the fate of “Masha” and “Dasha,” one of the most unusual sets of “Siamese” or conjoined twins ever born.

Identical twins are formed when a fertilized egg divides into two eggs. The two eggs grow into two babies who are identical in every respect. Conjoined or Siamese twins are formed in the same way as identical twins but the eggs, for some reason, don’t completely separate; instead, they remain partially attached. It was the unique way in which the twins were connected that caused Soviet scientists to take such an interest in them.

Shared Blood

Although Masha and Dasha had four arms, they had only three legs. They stood on two of their legs, one controlled by Masha, one by Dasha (they were five before they learned how to walk) while a third, vestigial leg remained in the air behind them. Their upper intestines were separated but they shared a single lower intestine and rectum. They had four kidneys and one bladder, and often disagreed on when to urinate. They had a common reproductive system.

Because their circulatory systems were interconnected, the twins shared each other’s blood. Therefore, a bacterium or virus that entered one twin’s bloodstream would soon be seen in the blood of her sister. Yet surprisingly, illness affected them differently. Dasha

was nearsighted, prone to colds and right-handed. Masha smoked occasionally, had a healthier constitution, higher blood pressure than her sister, good eyesight and was left-handed.

The twins differing health patterns presented a mystery. Why did one become ill with a childhood disease, like measles for example, while the other did not? The measles “bug” was in both of their bodies, in their collective bloodstream; why didn’t both get the measles?

Evidently there is more to “getting the measles” than having the measles “bug.” This phenomenon was seen over and over again with the girls (flu, colds and other childhood diseases were all experienced separately). If germs alone had the power to cause infectious diseases, why would one of the twins be disease-free while the other was ill? What was it in their makeup that differentiated one from the other?

The Difference

The answer was not far to seek. Although Masha and Dasha had common circulatory, digestive, excretory, lymphatic, endocrine and skeletal systems (they were joined at the hips), they had separate spinal columns and spinal cords. This was the only important difference between the two girls.

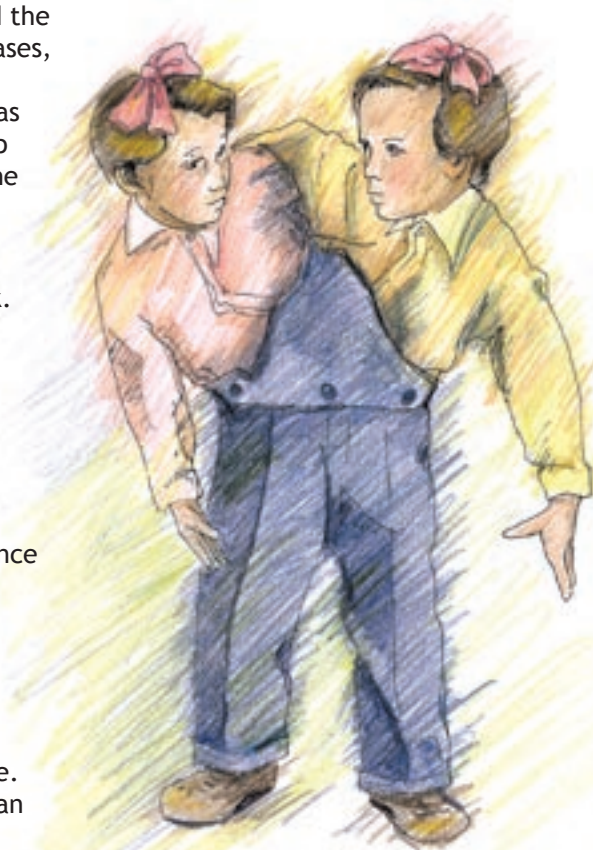
Nature’s Laboratory

In Masha and Dasha, nature’s “laboratory” devised an experiment that no human researcher could ever duplicate. These extraordinary twins are an

invaluable example confirming that there is much more to “catching” a disease than simply breathing in germs; germs can make you sick if and only if your body provides them fertile ground to grow in.

The state of your nervous system can determine whether you have high or low resistance to disease.

If you are suffering from disease, the health of your nervous system will play a decisive role in whether or not (and how rapidly) you will recover. By keeping your body free from subluxation stress, chiropractic care keeps you in a higher state of health.



Frequently Asked Questions

These are some of the more commonly asked questions regarding chiropractic. Please ask your chiropractor for further clarification of your healthcare concerns.

Because chiropractic is new to many people we've included some of the more commonly asked questions regarding our care. Please feel free to ask us for further clarification of your healthcare concerns.

At what age should chiropractic care begin?

Newborns can receive care especially if they've had a difficult or traumatic birth. There are case histories of infants close to death who were adjusted in hospitals with seemingly miraculous recoveries.



Is it bad to "crack" your neck or back a lot?

The desire to "crack" or "pop" the neck or back is caused by a buildup of tension that usually comes from jammed or fixated vertebrae. When one area of the body is locked up another part may compensate by

moving too much and "popping" or clicking a lot. The jammed part should be adjusted by a chiropractor so that the rest of the body will balance and stop being so movable and noisy.

So I'm not adjusting myself?

"Cracking" or "popping" your neck gives relief for a while, but soon the urge to "pop" or "crack" reappears because the cause of the tension hasn't been corrected.

Can subluxations automatically correct themselves?

Yes. There are verified instances of blind people recovering eyesight after a fall, of individuals able to walk again after their wheelchair fell and of amnesiacs who remember their past after experiencing a trauma—these are examples of "accidental adjustments." A visit to the chiropractor is a lot safer. Massage, acupuncture, meditation, various types of bodywork, as well as a cathartic emotional release can also reduce stress, sometimes permitting the body to automatically realign. Occasionally, even a good night's sleep can correct a subluxation.

Can I tell if I have a subluxation without consulting a chiropractor?

Not always. A subluxation is like a dental cavity—you may have it for a long time before symptoms appear. That's why periodic checkups are so important. Although it may be possible to know you have a subluxation,



it is rarely possible to be sure you don't. An occasional chiropractic checkup is always a good idea.

Is chiropractic similar to massage?

No. Chiropractic deals with the structural system and balance, especially the spinal column, discs, nervous system, meninges and mind/body. Massage therapists usually restrict their care to muscle tension, circulation and body fluid drainage.

Do chiropractors work in hospitals?

Today chiropractors have privileges in many hospitals. Ideally, doctors of chiropractic would go through every ward and check all patients for subluxations. After all, who needs a body working properly more than people facing life-threatening diseases? The presence of D.C.s in hospitals is a welcome beginning—hopefully paving the way toward making drugless, natural methods of chiropractic care available to all hospital patients.

What is the education of a chiropractor?

A lot of people ask how chiropractic education compares to medical education. The chart to the right was compiled from a review of the curriculum catalogs of 22 medical schools and 11 chiropractic colleges as well as updates from the National Health Federation Bulletin.



Do chiropractors have medical (M.D.) degrees?

Chiropractors have Doctor of Chiropractic (D.C.) degrees granted from chiropractic colleges. Chiropractic education and medical education are similar in some respects and different in others because chiropractors do not prescribe drugs and medical doctors do not correct subluxations.

Can a person with a broken back or neck see a chiropractor?

After the break heals, yes. In fact, a broken bone forms a callus or bone scar where it heals that is stronger than the rest of the bone. This should dispel any concerns about the safety of chiropractic. People who have had broken bones need chiropractic checkups because accidents usually cause subluxations.

Do chiropractors believe in the value of medicine and surgery?

Certainly, as Norman Cousins says: "There are times when intervention in the form of medicine or surgery is absolutely necessary but there is never a time when the nourishment one puts into one's body or one's mind is not essential to health."¹ Chiropractors would add their unique care to Mr. Cousins' observation.

Can I go to a chiropractor if I'm under medical care?

Yes. Having your subluxations corrected is important, no matter what other type of healthcare you are receiving. Today many D.C.s and M.D.s are working together in clinics and on joint research projects. M.D.s are quite likely to have patients who are under chiropractic care; in fact many medical doctors see a doctor of chiropractic themselves.

How often should I get a chiropractic adjustment?

The answer is "as soon as you develop subluxations." But since subluxations are often painless, it's good to get a periodic chiropractic checkup, just as you get your teeth checked periodically for "painless" cavities.

Course (in classroom hours)		
Chiropractic		Medicine
540	Anatomy	508
240	Physiology	326
360	Pathology	401
165	Chemistry	325
120	Microbiology	114
630	Diagnosis	324
320	Neurology	112
360	X-ray	148
60	Psychiatry	144
60	Obstetrics	148
210	Orthopedics	156
3,065	Total Hours	2,706
Other Required Subjects		
Spinal Adjustments	Pharmacology	
Manipulation	Immunology	
Advanced Radiology	General Surgery	
Grand Total Class Hours		
4,485		4,248

1. Cousins N. *The Healing Heart*. New York: Avon Books. 1984.

When Will I Get Better?

Why Should I Return If I'm Feeling Fine?

Not everyone feels better immediately after a chiropractic adjustment. Healing takes more time with some than others.

That's a question on everyone's mind. While it is true that chiropractic can produce at times miraculous results, not everyone feels better immediately after a chiropractic adjustment. With some healing takes more time than with others.



At the moment you receive a chiropractic adjustment millions of nerves are affected—hundreds and thousands of body functions may be changed—for the better. With less stress on them your nerves are better able to send life's messages, your brain and other internal organs may function more efficiently, and old trapped energies are awakened; healing may begin on many levels.

What Will I Feel?

Everybody responds to chiropractic care in their own unique way. After over a hundred years of millions of patient visits, chiropractic researchers and clinicians have noticed certain general "post-

adjustment" reactions. Among the most common are:

1. Feeling relaxed, more peaceful and a feeling that old tension or stress is beginning to dissolve.
2. A change in symptoms—decreased pain, smoother movement, more balanced posture and more energy.
3. A better night's sleep, interesting dreams and more energy afterward; feeling emotionally calmer.

Cleansing/Healing

We all want to heal, and healing is not always a pleasant journey. Some people experience a cleansing which may include a release of mucus or toxins, a skin rash, a fever, diarrhea or other similar symptoms. Don't let these symptoms scare you—they are wonderful things, ways your body/mind is completing the healing process and returning you to balance and health.

Chiropractic is known as expressive healthcare. That means that a chiropractic adjustment permits you to let out what is blocking your healing; incompletely healed injuries or toxic buildup can now come "to the surface" so you may experience more complete healing. This is known as retracing.

Please let us know how you are feeling after an adjustment. It may be of great importance in your healing journey.



my healing experiences



By the time you have disease symptoms, your body could have been in a state of dis-ease for weeks, months, or even years.

By the time you have disease symptoms, your body could have been in a state of ill health or dis-ease for weeks, months or even years.

Some people think pain is the only reason to visit a chiropractor. That attitude is dangerous because subluxations may be slowly damaging your health, interfering with your life and health expression for months or years before symptoms finally appear. Pain or obvious symptoms can often be the last stage of disease.

Would you go to a dentist who would wait until you had a toothache before he checked you for cavities? ... to an internist who told you to wait until you had a stroke before addressing high blood pressure? ... Of course not! In the same way, the best time to correct subluxations is now, before symptoms develop.

So Why Should I Return?

You may be asked to return periodically for chiropractic checkups even if you are feeling fine. Why?

That's because subluxations are often painless; your body may have been suffering from them for a long time by the time they are discovered. The "battle scene" may be littered with casualties such as weakened, unbal-

anced and unevenly worn joints, muscles, ligaments, tendons and discs. Fibrosis (internal scar tissue) often forms to strengthen the unstable areas and it takes time for it to soften and dissolve.

This damage needs to be cleaned up and repaired if your body is to heal properly. Fibrosis has been there a long time since the body begins to deposit it within a few days of subluxation damage.² Further, the muscles begin to "learn" abnormal holding patterns that must be "unlearned" before you can hold your adjustments.³ Can you imagine what your joints would look like after a few years? Since these tissues are involved in holding the vertebrae in proper alignment, this scar tissue must dissolve if your spine is to heal properly. Until the scar tissue dissolves and the tissues rebuild, your body will not hold its adjustments well and regular corrections or adjustments are needed.⁴

Why wait until you are feeling terrible before you deal with your health? Why not practice preventive health maintenance and have your and your loved ones' bodies checked for subluxations before health problems arise?



But I'm No Longer In Pain!

Don't be lulled into a false sense of security by thinking, "I'm no longer in pain, so I'm free of subluxations." Although in many cases, one or a few adjustments may make you pain-free, that may merely mean that your structural damage is a little less severe than it was when you first entered the office, but not that you have healed completely.



1. Special thanks to Christopher Kent, D.C. for these great analogies.

2. Gunn CC. Prespondylosis and some pain syndromes following denervation supersensitivity. *Spine*. 1980;5(2).

3. Slosberg M. Spinal learning: central modulation of pain processing and long-term alteration of

interneuronal excitability as a result of nociceptive peripheral input. *JMPT*. 1990;13(6).

4. Ressel O, Rudy R. Vertebral subluxation correlated with somatic, visceral and immune complaints: an analysis of 650 children under chiropractic care. *JVSR*. October 18 2004;1-23.

Journey to Optimum Health



My Structural System

This illustration describes how the majority of people relate to chiropractic care. Your experience may vary based on your unique case history, health status, age and inherited strengths and weaknesses.

Initial Intensive Care

There is scar tissue (fibrosis) around your joints, tendons and muscles due to years of chronic subluxations. It's difficult for your body to hold its adjustments.

Corrective or Spinal Healing Care

Corrective Care helps your vertebrae, nerves, discs, muscles, tendons, ligaments and other structures strengthen and heal.

Continued Corrective Care

Your body is increasing in flexibility and strength. By having chiropractic checkups on a regular basis, many of the problems caused by years of subluxation damage can be corrected and prevented.

Health Optimization/Wellness Care

Your body is flexible and moves in a fluid motion. Regular care helps you maintain your good health.



Chronic Ill Health

- Your spine and structural system are weak and unstable.
- Spinal and structural degeneration.
- Height loss, tightness, premature aging.
- Your energy is low.
- You are less able to adapt to stress.



Disease

- Less intense subluxation damage.
- Consistent subluxation correction is needed.
- Height loss slows or stops, flexibility improves, as do physical and emotional overall well-being.
- Energy flows better; your breath is deeper.
- Spinal and structural degeneration has halted and may be decreasing.



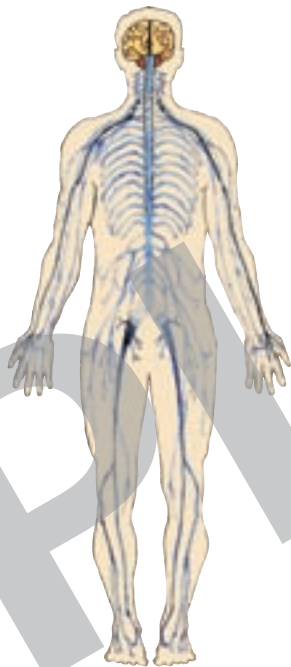
Dis-ease

- Your body is healing its chronic subluxation damage.
- Your adjustments are "holding" for longer periods, permitting increased healing.
- Spinal degeneration is reversing.
- Your energy level is increasing.
- You notice that you are handling stress better.

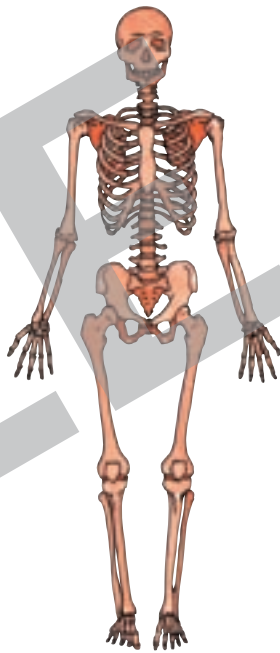


Ideal Health

- Your spinal column, nervous system and structural system are balanced and stable.
- You are better able to adapt to your physical, emotional and chemical stresses.
- You have more energy.
- Your body functions at a higher level of resistance to disease.
- You are more sensitive to your movement.
- You feel increased sensitivity to life.



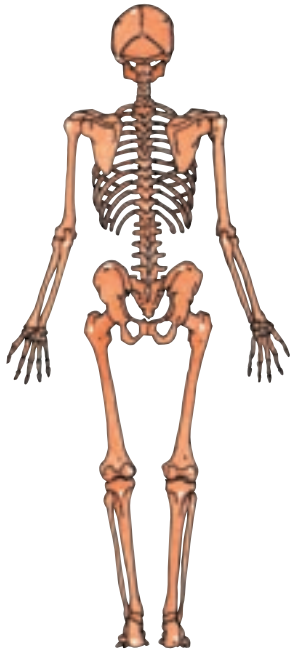
Nervous System



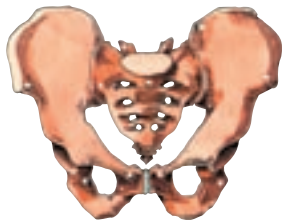
Front View



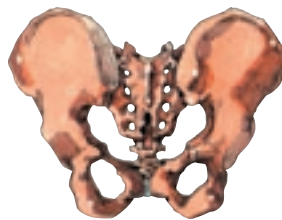
Side View



Back View



Front View of Hips



Back View of Hips



Front View



Side View



Back View

notes



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