

HEALTHY LIVING REPORT

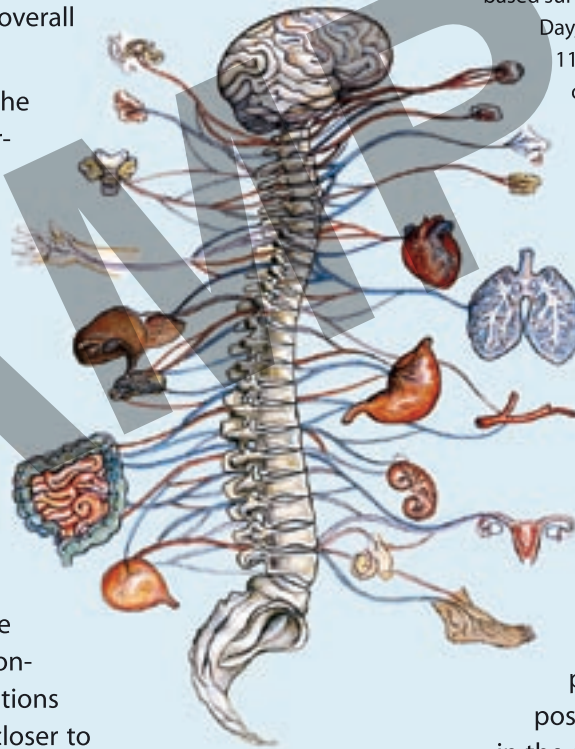
Focus on Chiropractic: Natural Healthcare from Within

MYTH: Chiropractic care is only for back, neck, nerve, muscle and similar problems.

FACT: Chiropractic is a healing art for the entire person. It is for people, not diseases. Chiropractic's purpose is to release a serious form of stress caused by small distortions in body structure called subluxations. Subluxations can cause great suffering and body malfunction affecting your nerves, muscles, energy, brain function, internal organs, discs, bones, tendons, ligaments and posture as well as overall health and vitality.

Of paramount importance is the subluxation's effects on the nervous system. Your nerves coordinate and help control the function of all your organs, muscles, glands and body systems (including the immune system). A subluxation can interfere with the information and energy that flow through the nervous system. This can cause your entire body to not function at its optimum (to become dis-eased). A dis-eased person is a weakened person and can become fertile ground for nearly any disease or condition to develop. When subluxations are released the body functions closer to its natural healing potential.

Chiropractic is not for a particular condition and yet because it affects the entire body it is for people who suffer from any condition. Walk into a chiropractor's office and who do you see? People with all kinds of problems—colds, flu, allergies, hearing problems, ear infections, spinal or disc problems, pain, whiplash, arthritis, insomnia, stress, vision problems, headaches, PMS, allergies, bed-wetting, colic, high blood pressure—the list is very long.



Millions of people have visited their neighborhood doctor of chiropractic for nearly every health condition!

[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.] [Boone WR, Oswald P, Holt K et al. Long term assessment of blood indices and immune panel profiling of subjects receiving chiropractic care: a pilot study. *JVSR*. June 7, 2006;1-11.] [Alcantara J, Ohm J, Kunz D. Treatment-related aggravations, complications and improvements attributed to chiropractic spinal manipulative therapy of pediatric patients: a practice-based survey of practitioners. Pediatric CAM Research Day, University of Alberta, Canada. December 11, 2007.] [Nyiendo J, Olsen E. Characteristics of 217 children attending a chiropractic college teaching clinic. *JMPT*. 1988;11(2):78-84.] [Clum G. Jocks and chiropractic care. *The Latest Stuff from Gerry*. November 1998 issue (on-line).] [Lauro A, Mouch B. Chiropractic effects on athletic ability. *Chiropractic: The Journal of Chiropractic Research and Clinical Investigation*. 1991;6:84-87.]

MYTH: Subluxations are caused only by severe injuries.

FACT: Subluxations are caused by stress of all kinds:

physical stress, emotional stress and chemical stress (toxins). Examples of physical stress include poor posture, accidents, sitting or working in the same position for long periods and trauma. Even a stressful birth or a childhood fall can cause health problems that may not surface until decades later. Emotional stress could be shocks, stressful memories and other emotional issues. Much chemical stress comes from toxins in the environment.

Nearly everyone has subluxations; they are a "hidden epidemic." For that reason you and your family need to see a doctor of chiropractic—just as you get your eyes, teeth and blood pressure checked!

MYTH: I can tell if I have a subluxation by myself.

FACT: Not always. While there are a number of signs that you may have a subluxation—lack of energy, pain, limited range of motion, “brain fog”—a subluxation is not always symptomatic. Subluxations can be likened to dental cavities; you may have one developing for a long time with no noticeable symptoms. That’s why periodic chiropractic examinations are so often recommended.

However, after a period of time under chiropractic care some people become much more sensitive and they can actually be able to tell when they need a chiropractic adjustment. Oftentimes the effects of subluxations are gradual and slowly eat away at your well-being in tiny increments, little noticed until they’ve accumulated for a while. It’s been said that although it may be possible to know when you have subluxations, it is rarely possible to be sure you don’t have any. For that reason, an occasional checkup by a chiropractor is advisable.

MYTH: Chiropractors are not doctors.

FACT: Doctors of chiropractic practice a separate and distinct healing system that has a different approach to health than doctors of medicine. Chiropractors do not have medical (MD) degrees. They earn doctor of chiropractic (DC) degrees granted by chiropractic colleges. The education is similar to that of a medical doctor in some respects and different in others. Chiropractic education involves thousands of hours of intense academic study and clinical practice. Chiropractic colleges are recognized by the U.S. Office of Education and agencies throughout the world.

People like going to chiropractors because they approach healthcare in a unique manner. Instead of the disease orientation (diagnosis and treatment of disease) that MDs have, your chiropractor’s purpose is to enhance your health and promote your natural self-healing ability. Chiropractors emphasize the importance of going to the cause of your health problems, rather than treating the symptoms. Your chiropractor does this by analyzing your body for, and eliminating, your subluxations.

MYTH: Chiropractic is a recent discovery.

FACT: Chiropractic is thousands of years old. Nearly every culture all over the world has recognized the intimate relationship between overall health and body structure. Of course it wasn’t called chiropractic in ancient times.

Modern chiropractic was discovered in Davenport, Iowa in 1895 when Dr. D.D. Palmer, a natural healer, performed the first chiropractic “adjustment” on his deaf janitor, Harvey Lillard. Lillard had been deaf for seventeen years after a slight accident and his hearing returned after Dr. Palmer adjusted his spine.

At first Dr. Palmer thought he had discovered a cure for deafness. But as patients with digestive troubles, sciatica, menstrual troubles, migraine headaches, epilepsy, heart problems, vision problems and many other conditions responded to his “hand treatments” (as he first called them), he realized that he had discovered something more far-reaching indeed.

[Palmer DD. *The Chiropractor's Adjustor*. Portland, OR: 1910.]

Chiropractors are highly trained professionals who help many millions of people each year with their natural, safe procedures.

MYTH: Chiropractic is not scientific.

FACT: Chiropractic draws upon the latest scientific insights from anatomy and physiology, including psychoneuroimmunology (mind/body research) and at the same time respects the ancient concepts of self-healing, life energy and a holistic approach to health. In practice your chiropractor may avail him/herself of the most modern, sophisticated instruments to locate structural, nervous system and functional imbalances or abnormalities.

MYTH: Chiropractic care is dangerous.

FACT: Chiropractic is among the safest of the healing arts. As proof, one merely has to compare malpractice rates between chiropractors and other healthcare professionals. Chiropractors’ malpractice premiums are a small fraction of those for medical doctors, especially orthopedists and surgeons.

MYTH: Chiropractic care is used only by a few “health nuts.”

FACT: Millions of people see their neighborhood chiropractors each year; people from all walks of life choose chiropractic. They usually choose chiropractic because it is a natural method of regaining health and wholeness without polluting the body with chemicals and worrying about side effects. The number of people visiting chiropractors is growing year after year and chiropractic is spreading over the world. Demographic studies usually show that chiropractic patients are often above average in education and know more about healthcare in general.

Originally discovered in America, chiropractic now spans the world, with practitioners in most countries and with chiropractic colleges in North America, Europe, Japan, Australia, Africa and New Zealand.

Why is chiropractic so popular? Chiropractic helps people function better physically and emotionally. People usually feel better, recover from sickness, disease and disability faster and minimize the use of drugs and surgery in their lives! Many who choose a chiropractic lifestyle report less stress, more vitality and more life enjoyment!

[Meade TW. Randomized comparison of chiropractic and hospital outpatient management for low back pain: results from an extended follow-up. *British Medical Journal*. August 5, 1995;311.] [Blanks RHI, Schuster TL. A retrospective assessment of network care using a survey of self-rated health, wellness and quality of life. *JVSR*. 1997;1(4):1.] [Marino MJ, Phillippa ML. A longitudinal assessment of chiropractic care using a survey of self-rated health, wellness and quality of life: a preliminary study. *JVSR*. 1999;3(2):1-9.] [Owens EF, Hoiriis KT, Burd D. Changes in general health status during upper cervical chiropractic care: PBR progress report. *Chiropractic Research Journal*. 1998;5(1):9-16.] [Burd D, Hoiriis KT, Owens EF. Changes in general health status during upper cervical chiropractic care: a practice-based research project update. *Chiropractic Research Journal*. 1999;6(2):65-70.] [Splendori F. Chiropractic-therapeutical effectiveness-social importance: incidence of absence from work and hospitalization: survey on a sample of 17,142 patients. Italy, 1987.] [Study associates chiropractic with better health in the elderly. *Today's Chiropractic*. November/December 1996.]

MYTH: Chiropractic is just for adults.

FACT: Chiropractic is for people of all ages.

From newborns to the elderly, all age groups are able to benefit from chiropractic care. Newborns may need care, especially if they had a difficult or traumatic birth. On the other end, people can be adjusted well into their advanced years with no ill effects. People suffering from bone disease or osteoporosis may need special care if they are exceedingly "brittle."

MYTH: Pregnant women should avoid chiropractic care.

FACT: If there is one group that needs chiropractic care more than any other, it is pregnant women.

Chiropractic care has been a blessing to untold numbers of pregnant women who have found it has given them greater ease, relaxation and comfort. Midwives and pregnant women have reported that chiropractic care helps labor and delivery go easier. Chiropractic has also been used to prevent breech births and the need for caesarian sections; adjustments to the pelvis have been followed by the baby reorienting him/herself into a better position.

MYTH: Anyone who has experienced a serious accident cannot have chiropractic care.

FACT: Chiropractic is always needed, and especially so when a person has had a severe trauma or life-threatening condition. In such a situation, getting a chiropractic adjustment may make the difference between life and death.

Chiropractic is not against emergency first aid—stopping bleeding, restoring breathing, attending to broken bones, stitching wounds, restoring fluids and other procedures needed to save life and limb. When the situation has stabilized and it is safe to do so, chiropractic care should be given to remove interference to the proper function of the body so it may work at optimal efficiency to heal its wounds.

Chiropractic draws upon the latest scientific insights from anatomy and physiology, including psychoneuroimmunology.

MYTH: Chiropractic cannot help surgical candidates.

FACT: In many cases people who were told by orthopedic surgeons and other MDs that they absolutely needed surgery were pleasantly surprised to find that chiropractic care got them out of pain and disability without the need for surgery.

While there are undoubtedly times when surgery, even back surgery, may be needed, in many cases chiropractic care can prevent it. As a general rule, if it's not an emergency situation it's best to get a chiropractic second opinion. It could save you from unnecessary surgery.

MYTH: A person who had back surgery cannot see a chiropractor.

FACT: Many people who have had various kinds of spinal surgery often discover a return of their same back pain (or increased pain and disability) a relatively short time after the surgery. There are so many of these people around that the condition has a special name: "Failed Back Surgery Syndrome." These people can usually receive chiropractic care without undue worry.

Chiropractic care may save them from future operations. It's best to check with your chiropractor on a case-to-case basis.

MYTH: If a medical doctor tells me "I have to learn to live with it," I must "learn to live with it."

FACT: For over a hundred years chiropractors have amazed people given that kind of life sentence that they can "learn to live without it." And whether that's physical pain or disability, a certain disease and condition or even brain and neurological problems, you never know what potential for healing you have until you've seen a chiropractor. Sometimes the power of the chiropractic adjustment has even amazed chiropractors.

MYTH: People should go to a chiropractor only when they don't feel well.

FACT: Waiting may be dangerous. The common medical approach of waiting for symptoms to appear before addressing one's health is neither scientific nor beneficial because by the time symptoms first appear you could have been deteriorating for years. The chiropractic approach is to get your body working well now! Chiropractors can analyze your body and locate (and correct) your subluxations before symptoms appear and before problems get worse.

Of course, if you presently are ill and suffering, you need your natural healing ability enhanced so you can better fight disease and return yourself to a state of balance and health. That is a fact no matter what disease or condition you may have. By correcting your subluxations, chiropractors help activate your natural healing ability to function at its optimum—to awaken your "inner healer."

That's why increasing numbers of people are seeing chiropractors for health problems—but not only for health

problems. Many people are also seeing chiropractors to maintain and enhance their health, for better sports performance, for natural immunity and a drug-free lifestyle.

MYTH: Chiropractic should only be used as a last resort.

FACT: Chiropractic should generally be sought out first. Because it is very effective for health maintenance and optimal body function it should, as a general rule, be sought out no matter what the problem. Why? Since chiropractic is natural, gentle, non-toxic and very safe it should, as a general rule, be used first before more dangerous approaches such as drugs, surgery and radiation are used. Surgery can change a body for life and every drug, from over-the-counter medications to prescription drugs, has numerous side effects and adverse reactions. For example, every year thousands of people die from aspirin and NSAIDs (non-steroidal anti-inflammatory drugs) such as Tylenol™. There is no such thing as a safe drug. That is why it is good to try non-drug approaches first, if at all possible.

MYTH: If you go to a chiropractor once you always have to go.

FACT: Chiropractic care is a natural way to achieve and maintain good health. Chiropractors recommend periodic care because subluxation stress can build up from day-to-day life. In a way chiropractic is like a safety valve, releasing pressure from your system. If the pressure stays high, if the stress is unrelieved then the body and overall health will suffer.

Like everything else we value and want to hold on to in our lives, our good health is worth the periodic investment needed to keep it.

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