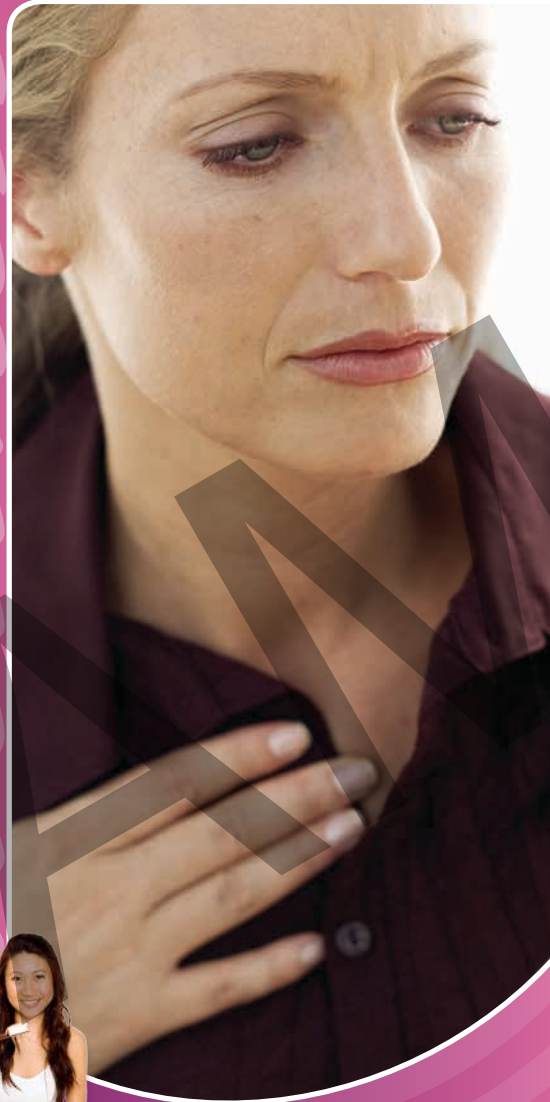


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Digestion, Heartburn & Ulcers



*Chiropractic
brings out
the best in me!*

Digestion, Heartburn & Ulcers



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

• Your Digestive System

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

• Your Esophagus & Stomach

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

• Dyspepsia & Ulcers

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

• Heartburn & Gastritis

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



Doctors of chiropractic will locate and correct your subluxations.



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

• The Standard Medical Approach

Digestive troubles are often poorly understood. Much of medical care is directed at making us feel better by treating symptoms (usually with drugs). Treating symptoms alone, however, apart from the risk of the side effects, can lead you into the false belief that your problem is gone merely because your symptoms are gone. It's not unusual to hear of people "living on" drugs but not getting healthy.

Because of the potential side effects of medical drug therapies and surgery, many people prefer to first pursue more natural, gentler forms of healthcare with chiropractic among the most popular natural healthcare approaches used.

• The Chiropractic Approach

Your chiropractor analyzes your body for subluxations—distortions in your body that stress your nervous system and affect your digestion, assimilation, circulation, respiration, elimination and nearly any other body function.

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



A healthy digestive system needs a healthy nervous system.

• Correction Of The Subluxation

Chiropractic care is divided into two parts—the location and correction of your subluxations. Utilizing the art of the chiropractic adjustment, your doctor of chiropractic will correct your subluxations; this will result in improved function of your glands and organs.

• Water

Dehydration can cause many digestive problems including ulcers, constipation, colitis and dyspepsia. Many people (especially the elderly) are dehydrated and don't know it.¹

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

• Research

As early as 1921, it was discovered that spinal abnormalities could cause stomach, esophagus,

duodenum and intestinal disorders.² In a later study, 87% of a group of adolescents suffering from duodenal and/or gastric ulcer were found to have "pelvic distortion" and "blockage" in the spine.³

Spinal care helps those with dysphagia (difficult swallowing) and "abdominal nausea."⁴ The famous researcher R. Maigne has written that relief of the nervous system helps digestive pains and "pseudo-ulcers;"⁵ others find chiropractic care helps abdominal pain and digestive problems such as "dyspepsia and epigastric distress."⁶⁻⁷

In one fascinating study, scientists surgically created an artificial vertebral subluxation in rabbits. Within 22 minutes there were changes in the stomach and duodenum.⁸ "These changes could make the upper gastrointestinal tract vulnerable to disease and dysfunction."⁹

In a survey of 5,438 office visits from the care of 577 children, digestion/elimination problems were one of the most common reasons why parents brought their children in for chiropractic care.¹⁰

Chiropractic care has relieved abdominal pain, stomach ulcers, gastritis, colitis and spastic constipation, according to other researchers.¹¹⁻¹³

A large study involving 385 chiropractors in seven countries who collected information on 5607 patients found that many reported improvements in digestion with chiropractic care.¹⁴

• In Conclusion

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

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

Spine, Nerves & Organs

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

