

Chiropractic Health Newsletter

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Spoil Yourself with Chiropractic!

Optimal Health ... through Chiropractic. April 2024



Enjoy the benefits of chiropractic - the largest natural, drug-free, surgery-free, expressive healthcare system in the world.

Walk-In Hours:

Monday - Wednesday - Friday

9:00am - 11:45am and 3:00pm - 6:45pm

Thursday 3:00pm - 6:45pm

NEW Patients:

Seen **by appointment ONLY** on

M W F 12:30 - 2:15pm and

M at 6:45pm

Enjoy the benefits of chiropractic - the largest natural, drug-free, surgery-free, expressive healthcare system in the world.

More and more families are discovering that periodic chiropractic checkups and adjustments promote health and healing without drugs and dangerous medical treatments.

More and more people are turning away from symptom treatment and choosing natural ways of achieving and maintaining health.

Are you tired of taking drugs and the medical runaround? Welcome to the world of chiropractic - discover how natural health can be.

"Live as if you were to die tomorrow. Learn as if you were to live forever." - Mahatma Gandhi



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Why Should I Continue Chiropractic Care?

Understanding the Role of Subluxation-Based Care

In the realm of holistic and non-invasive healthcare, chiropractic care stands out as a pivotal approach to maintaining and enhancing overall health. Understanding why continued chiropractic care is beneficial requires an appreciation of the role of subluxations in health and well-being.

Subluxations are essentially misalignments or dysfunctional movements of the vertebrae, which can lead to an array of health issues due to their impact on the nervous system. The spine houses and protects the spinal cord, which, along with the brain, comprises the central nervous system—the main information highway of the body. Any interference in this system, such as a subluxation, can disrupt the normal flow of information and lead to diminished health.

Preventive and Maintenance Care

One of the primary reasons for continuing chiropractic care is its emphasis on prevention. Regular adjustments can help maintain spinal health, prevent the onset of new subluxations, and mitigate the progression of existing conditions. This preventive approach is akin to dental care for teeth or regular exercise for cardiovascular health—it's about maintaining optimal function rather than waiting for a problem to arise.

Enhanced Physical Function and Performance

Continued chiropractic care can also enhance physical function and performance. By ensuring the spine is properly aligned and subluxations do not hinder mobility, individuals may experience improved range of motion, flexibility, and muscle strength. This can be particularly beneficial for athletes or anyone engaged in physical activities.

Supporting Overall Health

The implications of chiropractic care extend beyond the musculoskeletal system. Due to the intricate connections between the nervous system and other bodily functions, adjustments can positively impact overall health. This includes improved respiratory and cardiovascular function, digestion, and enhanced immune system performance. Regular care ensures the nervous system operates without interference, supporting the body's natural healing abilities and promoting general well-being.

Long-Term Wellness

Committing to ongoing chiropractic care is a commitment to long-term wellness. It acknowledges that health is not merely the absence of disease but a state of complete physical, mental, and social well-being. By addressing potential issues before they become symptomatic and optimizing the body's natural processes, chiropractic care supports a proactive approach to health.

The continuation of chiropractic care, especially subluxation-based care, offers a comprehensive strategy for maintaining health, preventing dysfunction, and enhancing quality of life. It emphasizes the body's innate ability to heal and maintain itself, provided it has the proper support. As the chiropractic field continues to evolve, its focus on preventive care and holistic health remains a cornerstone, underscoring the value of sustained treatment and care.[1]

Chiropractic Care and Amenorrhea

Amenorrhea, the absence of a regular menstrual cycle, can be a distressing condition for women. It often indicates an underlying issue with hormonal balance or reproductive health. While medications may provide temporary relief, they usually do not address the root cause of the problem. Chiropractic care offers a natural and holistic approach to improving menstrual health and restoring regular cycles. In this comprehensive guide, we will explore the benefits of chiropractic care for women struggling with amenorrhea.

Understanding Amenorrhea

Amenorrhea is characterized by the absence of menstruation for several months or longer. It can be categorized into two types: primary and secondary amenorrhea. Primary amenorrhea refers to the lack of a first menstrual period by the age of 16, while secondary amenorrhea occurs when a woman who has previously had regular menstrual cycles stops menstruating for at least three months.

Amenorrhea can have various underlying causes, including hormonal imbalances, polycystic ovary syndrome (PCOS), thyroid disorders, excessive exercise, stress, and certain medical conditions. It is important to identify and address the underlying cause of amenorrhea to restore menstrual health and promote fertility.

The Role of Chiropractic Care in Menstrual Health

Chiropractic care focuses on optimizing the function of the nervous system, which plays a crucial role in regulating hormonal balance and reproductive health. The central nervous system, consisting of the brain and spinal cord, controls communication between the body's systems. Any disruption in this communication can lead to dysfunction, including irregular menstrual cycles and amenorrhea.

By removing spinal misalignments, chiropractors can restore proper nerve function and enhance the body's ability to regulate hormonal balance. Chiropractic adjustments can also improve blood flow to the reproductive organs, which is essential for maintaining healthy menstrual cycles.

How Chiropractic Care Works for Menstrual Health

Chiropractic care for menstrual health primarily focuses on optimizing spinal alignment. Spinal misalignments, also known as subluxations, can disrupt nerve communication and interfere with the proper functioning of the reproductive and endocrine systems. By performing gentle adjustments, chiropractors can correct these misalignments and restore the flow of nerve impulses.

Additionally, chiropractic care can help reduce muscle tension and inflammation in the lower back and pelvic region, which can alleviate pain and discomfort associated with menstrual cycles. Chiropractic care improves overall spinal health and promotes optimal nervous system function, hormonal balance, and menstrual regularity.

Did you know?

- Did you know the honeybee is the only insect that produces food eaten by humans? Honey is not only a sweet treat but also has various medicinal properties, including antibacterial effects and wound-healing capabilities.
- Did you know that Venus is the only planet in our solar system that rotates clockwise? This phenomenon is known as retrograde rotation, and it's thought to be the result of a massive collision early in Venus's history that reversed its spin direction.

Chiropractic Care for Athletes in Youth Baseball



Youth baseball, while a source of fun and physical activity, brings with it a set of risks that parents, coaches, and young athletes should be aware of:

Common Injuries:

- Little League Elbow and Shoulder, resulting from stress on the growth plates in the arm.[2]
- Ankle sprains, concussions, and muscle strains.
- Overuse injuries account for 50% of all youth baseball injuries due to year-round training.

Age-Specific Prevalence:

- Little League Shoulder is most common before skeletal maturity, around the age of 14.
- Little League Elbow typically affects those aged 11 to 17 [2]

Risk Factors and Symptoms:

- Pitching while fatigued increases injury risk by 36 times [3]
- Ignoring pitch count recommendations and throwing with mechanic.
- Symptoms include pain or tightness while throwing, loss of pitch velocity or control, and swelling in the forearm, elbow, or shoulder [3]

Understanding these risks and symptoms can help guide preventive measures to ensure the safety and health of young athletes.

Chiropractic Care Benefits for Young Athletes

Chiropractic care provides a multifaceted approach to enhancing the health and performance of young athletes in youth baseball. Here's how:

Injury Prevention and Mobility

- Spinal Alignment: Regular adjustments can correct spinal misalignments, reducing symptoms like dizziness and balance issues, which is crucial for athletes' performance and safety [4]
- Range of Motion: Improved flexibility through spinal adjustments aids in meeting the sport's physical demands, decreasing injury risks from muscle strains [4]

Pain Management and Recovery

- Direct Pain Relief: Chiropractic care offers a medication-free approach to pain relief, targeting the root causes such as nerve interferences or subluxations [4]
- Accelerated Healing: Chiropractic adjustments can reduce inflammation and promote healthy blood flow, shortening recovery periods and keeping athletes' competition-ready [4]

Performance Enhancement

- Optimized Function: Addressing biomechanical imbalances and neuromuscular function can significantly boost athletic performance, agility, and speed [5]

Just the Essentials: Top Essential Oils for Combating Spring Allergies



In exploring the most effective essential oils for combating spring allergies, it's important to highlight the top contenders known for their relief properties:

Peppermint Oil - Renowned for its decongestant capabilities, peppermint oil can significantly reduce inflammation, aiding in relief from colds, coughs, sinusitis, asthma, and bronchitis. Its relaxing effect on smooth muscle also helps to alleviate coughing, besides offering benefits in treating anxiety and mental fatigue [1].

Eucalyptus Oil - This oil is a powerhouse with citronellal, providing analgesic and anti-inflammatory benefits. It opens up the lungs and sinuses, enhancing circulation and reducing allergy symptoms. The sensation of cold it produces in the nose aids in improving airflow, making it a go-to for upper respiratory tract infections [6].

Lemon Oil-Lemon oil supports lymphatic system drainage, relieves a stuffy nose, and overcomes respiratory conditions. Its antibacterial properties, stemming from its acidic nature, also make it an effective antimicrobial substance [6].

Tea Tree Oil - Known for its ability to destroy airborne pathogens that cause allergies, tea tree oil acts as an antiseptic agent. Its anti-inflammatory properties are beneficial in relieving symptoms such as inflamed nostrils and sinuses [6].

Lavender Oil - Lavender oil is a natural anti-inflammatory that also inhibits anxiety and promotes deep sleep, making it beneficial for allergy sufferers [6].

Additionally, a blend of sandalwood, frankincense, and Ravensara oil has shown effectiveness in treating perennial allergic rhinitis, highlighting its role in improving symptoms like blocked nasal passages and sneezing [7]. Each of these oils brings unique properties to the table, offering a holistic approach to managing allergy symptoms during the spring season.

How to Use Essential Oils Safely for Allergy Relief

To ensure safe and effective use of essential oils for allergy relief, follow these guidelines:

Diffusion: Add a few drops to a plug-in diffuser or oil burner to disperse the oil into the air [6].

Direct Inhalation: Inhale directly from the bottle or place a drop or two on a handkerchief for relief on the go [6].

Topical Application: Mix with a carrier oil (like jojoba or coconut oil) before applying to the skin to avoid irritation [6].

Traditional Eating: A Gut Feeling You Should Trust



The Joyful World of Fermented Foods: A Gut Feeling You Should Trust

In the bustling aisles of your local grocery store, amidst the kaleidoscope of fruits and vegetables, lies an ancient secret to good health-fermented foods. These tangy delights are not only a treat to your taste buds but also a boon to your well-being. Let's dive into the effervescent universe of fermented favorites and uncover the reasons why your gut is begging you to indulge in them.

A Fermentation Celebration

What's the Fuss About Fermentation?

Fermentation is when microorganisms like bacteria and yeast break down food components (like sugars) into other products (like alcohol or acids). This not only preserves the food but also creates rich, complex flavors. But the benefits don't stop at just taste:

- **Probiotic Power:** Fermented foods are rich in probiotics, the friendly bacteria that dance in your digestive tract. These microscopic maestros help balance your gut flora, improving digestion and even boosting your immune system.
- **Nutrient Boost:** These foods can enhance the availability of vitamins and minerals for your body to absorb, giving a nutritious punch that unfermented foods may lack.
- **Bioavailability Bonanza:** Fermentation breaks down nutrients into more easily digestible forms. So, say goodbye to bloating and hello to a happier gut!

- **Cultural Kaleidoscope:** From the zesty Kimchi of Korea to the creamy Yogurt of the Balkans, fermented foods are a gateway to world cultures. They're a way to travel the globe through your taste buds.

Gut Instincts

Why trust your gut when it comes to fermented foods? Science has your back. According to a study in the Food Microbiology journal, regular consumption of fermented foods can increase overall gut health and strengthen immune response [8]. So, not only does your palate get a party, but your body reaps the rewards, too.

Fermented foods offer a symphony of health benefits that resonate well beyond their initial zing. They're a testament to the wisdom of our ancestors and a modern-day ally in our quest for better health. So, the next time you spot that jar of pickles or that bottle of kombucha, remember it's not just food; it's a celebration of life, a spoonful of joy, and a gut feeling you shouldn't ignore.

Words of Wisdom

Albert Schweitzer: "The purpose of human life is to serve and to show compassion and the will to help others."

Deepak Chopra: "The best way to get rid of your pain is to recognize the infinite power within you."

Researching Chiropractic

Chiropractic clinical case histories have been a regular feature of our patient newsletter since its inception. There seems to be no limit to the health problems that respond positively to chiropractic care. How many people suffering, reliant on medication and drugs, and facing a life of limitation could be helped by chiropractic care?

Probably most of them.

Ear conditions. Five individuals, ranging from infancy to five years old, were battling with persistent otitis media despite having been on antibiotics for no less than half a year. Each of these patients then embarked on a regime involving chiropractic care. Remarkably, they all showed signs of recovery within the time frame of 3 days to 8 weeks, with the results being highly satisfactory. Among the five, three patients had misalignment at the atlas vertebra; one manifested a dislocation at the occipital bone, while another had both atlas and axis vertebrae out of place. In addition to this, comprehensive spine adjustments were performed on them. [9]

Sciatica and Back Pain. A 30-year-old woman suffered from upper back pain and sciatica. She also had scoliosis and significant pelvic rotation. Medical interventions such as physical therapy failed to make significant improvements to her complaints.

Vertebral subluxations were found at the levels of C2, T6, and Right Ilium.

She was seen twice a week for six weeks and once a week for six weeks. After care, she reported a resolution of the sciatica, a significant decrease in upper back pain, and marked improvements in neck and lower back ranges of motion. [10]

Humor

- Why don't skeletons fight each other? They don't have the guts.
- Why don't eggs tell jokes? They'd crack each other up!
- What do you call an alligator in a vest? An investigator!
- How does a penguin build its house? Igloos it together!
- Why did the tomato turn red? Because it saw the salad dressing!
- What do you call cheese that isn't yours? Nacho cheese!
- Why couldn't the bicycle stand up by itself? It was two-tired!
- What do you call fake spaghetti? An impasta!

Bye

Please write or stop by and give us your feedback. Are there any subjects you'd like to hear about? Anything you dislike? Feedback is always important to us. And, of course, if you'd like hard copies of this newsletter, stop by the office, and we'll give you some for your friends and relatives. If they have email, have them write to us, and we'll add them to our subscriber list.

References

[1] American Chiropractic Association. "What is Chiropractic?" Accessed April 2023. This reference provides a foundational understanding of chiropractic care, its principles, and its practice, highlighting the importance of continued care for overall health and wellness.

[2] <https://www.childrenscolorado.org/doctors-and-departments/departments/orthopedics/programs/sports-medicine-center/sports-injuries-we-treat/baseball/>.

[3] <https://urpt.com/blog/youth-baseball-injury-part-one/>.

[4] <https://www.northeastspineandsports.com/blog/7-reasons-your-student-athlete-could-benefit-from-chiropractic-care/>.

[5] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10075015/> [7] <https://vitalitypc.com/6-reasons-your-young-athlete-needs-chiropractic-care/>.

[6] <https://www.medicalnewstoday.com/articles/320225>.

[7] <https://www.healthline.com/health/essential-oils-for-allergies>

[8] Marco, M.L., Heeney, D., Binda, S., Cifelli, C.J., Cotter, P.D., Foligne, B., Ganzle, M., Kort, R., Pasin, G., Pihlanto, A., et al. (2017). Health benefits of fermented foods: Microbiota and beyond. *Current Opinion in Biotechnology*, 44, 94-102. doi 10.1016/j.copbio.2016.11.010.

[9] Fysh PN. Chronic recurrent otitis media: case series of five patients with recommendations for case management. *Journal of Clinical Chiropractic Pediatrics* 1996 1(2):66-78.

[10] Hamstead A. Reduction of Upper Back Pain & Resolution of Sciatica Following Chiropractic Care to Reduce Vertebral Subluxation in a 30-Year-Old Female with Scoliosis: A Case Study *Annals of Vertebral Subluxation Research* ~ January 16, 2024, ~ Volume 2024 ~ Pages 8-14