

SMITH & PRISSEL CHIROPRACTIC

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HEALTH AT YOUR FINGERTIPS December 2008



Happy Holidays! Have a fun and safe celebration of the season!



TABLE OF CONTENTS

- YOUR INCREDIBLE NECK
- THE SPINAL CORD
- WHAT CHIROPRACTORS DO
- MEMORY LOSS AND LOW LEVELS OF "GOOD" CHOLESTOROL
- REASONS TO AVIOD SOY
- CHIROPRACTIC RESEARCH
- HUMOR

YOUR INCREDIBLE NECK

Your neck is made up of seven bones, referred to as cervical vertebrae, with discs between them.

There are a lot of structures in your neck. Your bones are strapped together with ligaments; tendons attach your bones to muscles and your neck is full of muscles that attach from your head and vertebrae to your ribs, shoulder blade (scapula), collar bone (clavicle), breastbone (sternum) and other structures in your chest. You've also got millions of nerves, blood and lymphatic vessels all over the

place. In addition, there's a food tube (esophagus), an air tube (trachea), a voice box (larynx) and so many more things it would take many pages to discuss them all. Your neck is a very busy place.

Your neck vertebrae are numbered from top down, C-1, C-2, C-3 all the way to C-7. Two neck vertebrae have special names: C-1 is also called the atlas (because it holds the globe of the skull) and C-2 is referred to as the axis (because it is involved in the turning of your head).

Chiropractors pay particular attention to the neck because inside your neck, inside your vertebrae, is a special canal: the spinal canal. Your spinal cord passes through your spinal canal. If the neck vertebrae are not properly aligned, the billions of nerves making up your spinal cord may be affected.



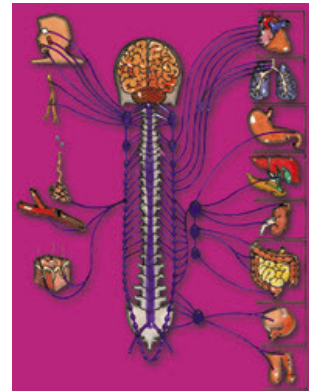
The result? A misalignment (subluxation) of a cervical (neck) vertebra can cause almost any health problem. Your resistance to disease, your immune system, your brain, your internal organs – all can be adversely affected by an unhealthy neck.

THE SPINAL CORD



The illustration to the left is a cross section through one of your vertebra looking down. In the center lies the spinal cord – a tight bundle of *billions* of nerves that starts in the brain and travels down the spine. Nerves exit from your spinal cord and go to every part of your body. The illustration

shows your nerves (in pale yellow) exiting from the spinal cord. The illustration to the right shows the connections between your nerves and your organs.



WHAT CHIROPRACTORS DO

Chiropractors are highly trained professionals that analyze your body structure for distortions known as subluxations. Subluxations put stress on your nerves and can affect the function of your discs, muscles, joints, internal organs, and your immune, digestive, eliminative and other body systems.

Using the art of the chiropractic adjustment, Doctors of Chiropractic correct your subluxations, restore your body structure and release stress from your nerves. The result is a healthier, happier you.

This is a photo of one kind of spinal adjustment to the atlas vertebra that sits just under your skull. There are many ways chiropractors can adjust the atlas (C-1). An atlas subluxation can affect your entire spinal column and therefore the health of your entire body. Chiropractic has developed over 100 different safe, gentle and effective ways of analyzing and adjusting your spine so you'll be free of health-damaging subluxations.



MEMORY LOSS AND LOW LEVELS OF “GOOD” CHOLESTEROL

For years critics of cholesterol-lowering statin drugs have said that low cholesterol was linked to depression, suicide, injuries, cancer and infection. Now a new study reveals those with low levels of HDL by age 61 are 53% more likely to have memory problems (study of 3,673 individuals). (1)

What I want in my life is compassion, a flow between myself and others based on mutual giving from the heart. – Marshall B. Rosenberg

REASONS TO AVOID SOY



Men who ate even a little soy-based foods had dramatically lower sperm counts than men who didn't.

The men in the study were patients at a male fertility clinic who couldn't get their partners pregnant. Scientists tracked their eating habits for six years and found that eating as little as four ounces of tofu or drinking a single cup of soy milk every other day

caused men's sperm counts to plummet.

Why? Soy contains plant chemicals that mimic female hormones (estrogens) that can lower sex drive and sperm counts, increase chest fat (male breasts) and cause prostate problems. For example, Buddhist monks would eat soy to curb their libido.

Soy products that do this include tofu, natto, tempeh, soy milk, soybean oil, soy flour and various soy products (isolate, isoflavones, soy protein, textured vegetable protein [TVP], and xanthan gum). (5)

CHIROPRACTIC AND SPINAL RESEARCH

Did you know there are thousands of papers describing the wonders of chiropractic and spinal care in health and disease? Remember: a person with any kind of health problem needs chiropractic. Being free from subluxations

could make a big difference in any disease. Feel free to send these studies to anyone you know. By the way, is there any disease or condition you'd like to know about? Write us.



Bipolar disorder. A 52-year-old man diagnosed with bipolar disorder sought chiropractic care for lower back pain. The man had symptoms of depression, anxiety and jerky, uncontrolled movements on one side of his body. He was adjusted using Thompson Technique protocol and advised on the benefits of omega-3 fatty acids. After 4 visits, the jerky movements associated with his anxiety attacks had subsided and his depressed state had improved. (2)

Headache, neck pain, arm pain. An analysis of forty-seven random controlled trials reviewed chiropractic care for headaches, neck pain, cervico-brachial pain and/or upper back pain. It took a mean of 17 visits to resolve headaches, neck pain and upper back pain. (3)

High blood pressure. Atlas vertebra subluxations were found associated with decreased blood to the brainstem and increased blood pressure. Fifty patients with Stage 1 hypertension received either an upper cervical adjustment or a sham procedure. Patients received no drugs during the 8-week study. At week 8, there were significant reductions in systolic and diastolic BP for the group receiving adjustments. The authors wrote "restoration of Atlas alignment is associated with marked and sustained reductions in BP similar to the use of two-drug combination therapy." (4)

HUMOR

WHAT IS A GRANDPARENT? (taken from papers written by a class of 8-year-olds)

Grandparents are a lady and a man who have no little children of her own. They like other peoples'.

A grandfather is a man & a grandmother is a lady!

Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run.

They don't say, 'Hurry up.'

They wear glasses and funny underwear.

They can take their teeth and gums out.

It's funny when they bend over, you hear gas leaks and they blame their dog.

See you next month!

References

References can be viewed online at www.myECchiro.com.

