



Do you remember how electrical currents and 'unseen waves' were laughed at? The knowledge about man is still in its infancy. – Albert Einstein

Q. Which day has more collect calls than any other day of the year? A. Father's Day

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Keep your babies and children healthy with chiropractic



You do so many things to ensure your baby's health: during pregnancy you eat right; you avoid cigarettes, alcohol and all drugs (even aspirin, cold, flu and other over-the-counter medications can damage your unborn child). You get

your spine adjusted and educate yourself so you may have a natural, drug-free birth. After the baby arrives you breast-feed knowing that is the superior form of nutrition; in short, you do everything you can to make sure your baby is healthy.

But have you had your child's spine checked? An unhealthy spine can affect your

child's health for his/her entire life. Your doctor of chiropractic is specially trained to check your child's spine for areas of distortion causing nerve damage – the vertebral subluxation complex (subluxations). Bringing in your family for care helps ensure that their bodies function at their best!



Carpal Tunnel Syndrome (CTS)

CTS often affects people involved in occupations requiring repetitive use of the hands and wrists (i.e. office and skilled labor jobs). Anti-inflammatory drugs may be prescribed for CTS, however they are ineffective in some patients and may cause adverse side effects.



CTS sufferers should explore chiropractic. The relationship between spinal health and carpal tunnel has been documented by researchers who find spinal nerve irritation in patients who had carpal tunnel or ulnar neuropathy and who 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). (1,2)

Not surprisingly, when 1,000 people with carpal tunnel syndrome were examined a large number were found to have neck degeneration. (3)

Because of chiropractic's success with CTS anyone with this condition should see a chiropractor. An adjustment may make the difference between a pain-free wrist or surgery! (4)

Chiropractic questions and answers



Question: Is chiropractic care addictive?

Answer: No, it isn't. But if it were (just a little) there'd be a lot less sick people running (or lying) around and we chiropractors wouldn't get patients who last saw a chiropractor "a few years ago when my spine went out." It is possible to get used to feeling more balanced, less stressed and more energetic as a result of periodic chiropractic care. And you may become more sensitive to your body and know when you've "lost" your adjustment.

Question: Can I visit a chiropractor only once?

Answer: Of course. Once is better than never. People have gotten wonderful results from just one visit. But for most people the pain or symptoms they experience is just the "tip of the iceberg." It's best to ask your chiropractor what your spinal care needs are.

Question: What will happen if I stop going?

Answer: Stress will

continue to build up as before. The only difference is that it won't be reduced through chiropractic care. In a way chiropractic is like a safety valve, releasing pressure from your system. If the pressure stays high and is not relieved the body and overall health will suffer.



Words of wisdom

Happiness is in the heart, not in the circumstances. – Unknown

The very fact that you know about someone who is in trouble means that in some way you are able to help. Otherwise, why would this knowledge have entered your world? – Lubavitcher Rebbe

Hug your horse?

Actually this is a picture of animal chiropractor Dan Kamen, DC giving an adjustment to one of his larger patients.

All pets, large and small, benefit from a chiropractic checkup.



Life Without Limits

We have recently changed all of our Lectures to Tuesdays at 6:15pm. Many of you have enjoyed this informative presentation, and others have been unable to attend due to scheduling conflicts. Because of this we have changed the times for all of our lectures in the future. Please note this in your calendars.

We have had many people that tell us it was well worth their time. If you have not been yet, please call us to reserve a time.

References

1. Upton, ARM & McComas, A.J. The double crush in nerve entrapment syndromes. *Lancet*. 1973(2):329.
2. Czaplak S. Impaired axoplasmic transport and the double crush syndrome: food for chiropractic thought. *Clinical Chiropractic*. Jan 1993;8-9.
3. Hurst LC, Weissburg D & Carroll RE. The relationship of the double crush syndrome (an analysis of 1,000 cases of carpal tunnel syndrome). *J Hand Surg*. 1985;10B :202.
4. Davis PT, Hulbert JR, Kassak KM et al. Comparative efficacy of conservative medical and chiropractic treatments for carpal tunnel syndrome: a randomized clinical trial. *JMPT*. 1998;21(5):317-326.