



Brain-to-Stomach—Stomach-to-Brain

In the golden days of the telegraph, lacking punctuation marks, the word STOP was often used to indicate the end of each sentence. You'll hear something similar when those using a two-way radio end each transmission with the word, "OVER."

That's because unlike the brain-to-body communications of our nervous system, these technologies lack the ability to carry on simultaneous two-way communications.

Controlling and regulating nerve impulses leave your brain, travel down your spinal cord to pairs of nerve roots exiting from between each pair of spinal bones and out to every cell, tissue, organ and system of your body. Simultaneously, messages from the body are constantly sent back to the brain. Even the slightest disturbance of these vital messages to or from the brain can produce malfunctioning organs or tissues.

This is why a stomach problem may not be a stomach problem! Instead, it might be a brain-to-stomach or stomach-to-brain communication problem.

That's why chiropractic works so well. We look for nervous system disturbances (usually from the moving bones of the spine) that are interfering with the proper expression of your body. Locating and reducing these communication impairments with safe and natural chiropractic care help restore proper function and good health.

Know someone we could help? Invite them to begin care, tour our website, subscribe to our newsletters or call us with any questions!

The Last Straw!

The artery-clogging plaque in the vessels supplying blood to your heart just increased by .01%. The gum line on your bottom left back molar just receded by .007 millimeter. After last night's tuna steak, the amount of neuro-toxic mercury in your body is .002 grams greater than last week.

That's the problem with lifestyle-caused diseases. The damage happens slowly, often without even a hint of a symptom. Instead, like money in a savings account, it grows with compound interest

We see this all the time. When the symptoms finally show up and we get the call, the most common refrain is, 'But I didn't do anything'. Sure, bending down to pick up the newspaper shouldn't reduce a grown man to tears. But it was the countless years of ignoring the nagging aches and pains that did the damage. Bending over was merely the last straw.

Ironically, the same people who subscribe to the "don't-fix-it-if-it's-not-broken" philosophy will fuss over their lawns, baby their car with fresh oil and filter and religiously replace their smoke detector batteries. But a simple, "Honey, I think you should go in for a checkup" is met with a determined and unexplainable resistance.

If you know why this is, will you explain it to me on your next visit? It will reduce my stomach acid by 0.3% or maybe more!"



Word Origins

When you explore the origins of certain words it can sometimes reveal new meaning and understanding. That's especially true with some of the words used in the realm of health care.

Acute - from the Latin *acutus*, meaning "sharp or pointed."

Chiropractic - from the Greek *cheir* "hand" combined with *praktikos* "fit for doing." Or more simply, "done by hand."

Coccyx - from the Greek *kokkyx* "the cuckoo bird." It is believed that the tailbone was given this name because it resembled the bill of the cuckoo.

Disease - from the Old French *desaise*, a combination of *des* "away from" and *aise* "ease." Thus disease is a loss of ease.

Doctor - from the Latin verb *docere*, meaning "to teach."

Hospital - from the Latin *hospitalia* meaning "apartments for strangers and guests."

Massage - from the Greek *massein*, "I work with the hands" as in kneading dough. Probably related to the Greek *maza*, "barley bread" and the Hebrew *massah*, "unleavened bread."

Muscle - from the Latin *musculus*, "a little mouse." The Romans thought of the movement of muscles under the skin as the scurrying of mice!

Pain - from the Latin *poena*, "a penalty or punishment."

Rx - the letter "R" with the mark on the tail is from the Latin meaning "recipe."

Spine - from the Latin *spina*, "a thorn or a prickly bush." Romans saw the many protuberances on the back and sides of the vertebrae as thorns.

Vaccine - from the Latin *vacca*, "a cow" and the name of a viral disease of cattle called cowpox.