



Do You Have Your Owner's Manual?

It's truly amazing the different ways people value their health. In fact, it's one of the things that make what we do so fascinating.

Each of us is given this amazing body. It's self-healing. Self-regulating. And thankfully, takes care of millions of details all by itself without us having to give it any conscious thought. This "autopilot" feature of our bodies gets many of our patients into trouble. It prompts many to neglect some of the basic maintenance necessary for a long, trouble-free life.

If our bodies came with a manual, exercise, getting the proper rest, eating nutritious foods, drinking enough pure water would all be mentioned. Neglect any of these and your body warns you with hunger, thirst, lack of energy and other symptoms.

You might be surprised what else you'd find in your manual. Since your nervous system orchestrates everything, you'd also find mention of making sure your nervous system was subluxation-free. And that's where we come in. That's the primary purpose of chiropractic care.

Sure, pain can be a compelling motivator. However, it's a lot like waiting until you're starving to death to eat, or not drinking any water until your delirious!

That's what creates the fascinating part: how to explain the benefits of regular chiropractic care, rather than waiting for obvious symptoms. If you have some ideas about how to effectively explain this idea, please let me know on your next visit.

Can You Detect Small Changes?

Many health problems provide warnings long before they become serious. Like radio telescopes scanning the heavens for the faintest signals from space, being aware of the early whisperings of your body is important. If you ignore these ever-so-slight warnings, your body will obediently continue to increase these murmurings into something much louder to get your attention!

Those of us who are keenly aware of our body are sensitive to things like:

- Joint stiffness at certain times of the day.
- Changes in digestion or intestinal gas.
- Pain when attempting to turn or bend.
- A new and persistent cough.
- Changes in the color or size of skin moles.
- Increased frequency of urination.
- Sudden loss or increase of weight.
- Appearance of dark circles under the eyes.
- Sore throat or increased mucus production.
- Inability to fall asleep or stay asleep.

The first key to better health is increased body awareness. Waiting until symptoms become pronounced, reaching a more advanced stage, makes correction more difficult. If you know someone waiting for their problem to "go away on its own," would you please encourage them to call our practice for a thorough examination? (623) 512-4041



Curves Ahead!

Your spine is made up of a series of interconnected bones, each on top of the other, that provide numerous benefits to the body including:

- Shock absorption
- Balance
- Flexibility
- Movement

The spine delivers these benefits through its spinal curves.

During fetal development in the womb, the spine has only one curve, a C-shaped curve, called a kyphotic curve.

Later, as a baby begins to experience significant motor development, such as sitting, crawling and walking, muscles begin to develop. As these muscles strengthen, they allow more weight to be shifted to the baby's spine, causing the formation of secondary curves, called lordotic curves. These curves continue to develop as the child grows.

Four types of spinal curves:

Your spine is an engineering marvel. From the side, you should have a series of opposing curves that make your spine more "springy:"

- Cervical Lordosis
- Thoracic Kyphosis
- Lumbar Lordosis
- Sacral Kyphosis

These curves are important because they allow your spine to support up to 10 times more weight than it could if it were straight.

This also explains why it's important to follow the procedures associated with proper lifting. If you bend at the waist to pick something up, the spine straightens, putting you at far greater risk for injury than if you bend at the knees, maintaining the spinal curves, when lifting.