



Will Adjustments Make My Spine Too Loose?

You may have heard this concern voiced by those who don't fully understand how chiropractic works, or what chiropractic adjustments do.

Usually there's an area of the spine that is "stuck". This is often accompanied by other areas in the spine that compensate by moving too much. These can be immediately adjacent to stuck areas, or at the opposite end of the spine!

We call these compensation reactions.

Your body constantly deals with the force of gravity. Like a tightrope walker trying to maintain his balance, when one area of your spine malfunctions, an equal and opposite reaction can appear elsewhere. This is why patients are often surprised that we examine their lower back when their primary complaint is in their upper neck, or vice versa.

Our goal is to avoid the compensations and focus our attention on the primary subluxation. The spinal joints that move too much are avoided so muscles and ligaments can stabilize and heal. Adding motion to stuck spinal joints permit areas that are too loose to heal.

Living For Today

So many diseases that tax our health care system are the result of long-term abuse or neglect. Lifestyle choices produce obesity, diabetes, heart disease and other common problems. But because it can take decades for the heart attack to show up, these issues are easy to ignore.

If taking the elevator instead of the steps immediately resulted in a visible weight gain, you'd take the stairs. If expressing anger, envy or grief instantly created a stomach ulcer, you'd be careful about expressing those emotions. But they don't. It can take years for the earliest symptoms to show up. By then, the problem can be well advanced.

"It won't happen to me," we lie to ourselves.

Yet, the damage is done. It's so incremental as to hardly matter. But it does matter. That's why some of our most health conscious patients choose to see us on a regular, ongoing basis. Can chiropractic care reverse years of obvious abuse and neglect? Of course not. But periodic checkups can often catch little problems before they become serious.



Test Your Knowledge

Why does chiropractic work so well? The answer is simple...

1. The primary focus of chiropractic care is to...
 - a. Enhance the function of the immune system.
 - b. Improve the vitality of the nervous system.
 - c. Reduce pain with natural methods.
2. Chiropractic can help so many different health problems because...
 - a. The spinal column supports the entire body.
 - b. The nervous system controls and regulates everything.
 - c. The only "side effects" are largely positive effects.



(Answers: chiropractic is about the integrity of the nervous system - 1(b) and 2(b).)

How Full is Your Bucket?

One of the most common health complaints is allergies. It's so common, in fact, many people don't even recognize the many ways our bodies alert us to allergic reactions:

- Sneezing
- Running nose
- Itchy eyes
- Sinus congestion
- Asthma
- Heartburn
- Skin rashes
- Acne
- Itching
- Weight gain

Yet, the problem isn't the pet dander, pollen, chemicals or spicy food. While these and other allergens are often singled out as the culprit, the problem is actually the *person* — not the allergen. If it were the allergen, everyone would react.

Clearly, the problem must be a person's ability to accommodate the allergen. The ability to adapt to allergens involves the nervous system. So, it's no surprise that many people with allergies also have subluxation(s) that drain their body's ability to adapt.

Think of your body's ability to accommodate physical, chemical and emotional stress as an empty bucket. Fill your bucket with the stress of poor nutrition, lack of rest, a poor career choice, a stressful commute each day and other stressors and your bucket is filled to the brim. Now, along comes tree pollen season, or you encounter a house cat and you start wheezing. Why? Because your bucket is overflowing!

The pollen or the cat may get the blame, but only because your ability to adapt has been exhausted by the other stress.

Do you know someone with allergies? Introduce them to chiropractic. Chiropractic isn't a treatment for allergies, but perhaps we can help them increase their ability to adapt!