



### Pain is Not the Problem

Many people begin chiropractic care because of pain. Pain can be distracting, debilitating, irritating or annoying. Pain can be chronic, acute, intense or intermittent. Pain can be sharp or dull. And pain can be localized or general. Pain may be a pain, but pain is not the problem!

Pain is a warning. Pain is no more a problem than your alarm clock jarring you awake. If there's a problem, it's the *meaning* we attach to the pain.

When we meet patients who are in pain, our first thought is that they must have exceeded some physical, chemical or emotional limit to which they can no longer adapt. We're interested in the pain, but we're more interested in the underlying *cause* of the pain.

Do you know someone who thinks pain is a problem? Please send them our way. Because in our practice, pain is never a problem!

### Deadly NSAIDs

A recent *New England Journal of Medicine* article showed that the adverse effects of using NSAIDs (Non Steroidal Anti-Inflammatory Drugs) such as Advil, Motrin, Aleve and others, can include stomach bleeding, ulcers and, in some cases, death.

Millions take NSAIDs without much thought. However, research has shown that bleeding and ulcers occur half the time... often, with no symptoms. Among those who develop serious bleeding from NSAIDs and require visits to the hospital, 10 to 15% will die. In fact, 2,000 people in the United Kingdom die each year as a result of taking NSAIDs.

NSAIDs cover up your body's warning signs and fool the body. We help locate and address the *cause* of many health problems. Is it time for a chiropractic checkup for you, or someone you know?



### True Health Insurance



Are you one serious illness away from bankruptcy? Many in America with "health" insurance policies think they're protected from the burden of huge medical bills. Sadly, it's just not true.

In a Harvard University study of almost 2,000 Americans in bankruptcy court, half said that illness or medical bills drove them to bankruptcy. Every 30 seconds in the United States, someone files for bankruptcy because of a serious health problem. Over 75% of those lost coverage during the course of their illness.

"If you're sick enough, long enough, you're likely to be financially ruined," cautioned Dr. David Himmelstein the lead author of the Harvard study.

The solution? Don't get sick, of course. But how? Many people neglect their health until their symptoms are unbearable. By then, problems can be well advanced or even irreversible. That's why I suggest wellness visits. Visiting our office when you feel great may sound a little strange to your health insurance provider - and to you. But preventive measures may provide more "insurance" than your insurance.

### The Master System

The nervous system is made up of two parts: the central nervous system, or CNS, and the peripheral nervous system, or PNS.

The brain and the spinal cord comprise the central nervous system. The spinal cord transmits sensory messages to the brain and motor messages from the brain.

Sensory nerves carry messages from receptors to the brain. If you touch a hot stove, pain receptors on certain types of nerve cells tell your brain to move your hand.

Motor nerves send signals from the brain to the muscles in the body. These nerves help us to do things like walk or kick a ball.

The peripheral nervous system transports the messages between the central nervous system and the body. It consists of cranial and spinal nerves that carry messages to and from every sensory and motor nerve in your body.

Part of the peripheral nervous system is called the autonomic nervous system. The actions of the autonomic nervous system are automatic and include actions such as breathing, regulating your heartbeat and digestion.

The autonomic nervous system is made up of the sympathetic and parasympathetic nervous systems. The sympathetic system alerts the body when there is an emergency or danger, resulting in what is called a "flight or fight" response. The parasympathetic system returns your body to normal when the danger is over.

Chiropractic care helps restore the integrity of your nervous system so everything works properly. That's why it's vital to have your spine checked regularly for optimum health and well-being.