

APRIL '15 WELLNESS LETTER

Dear Patients and Friends,

I always try to make these newsletters informative for you and hope that you find them worthy to share with your family, friends and co-workers in hopes that they too will benefit. Thank you for helping us to reach more people every newsletter!

The topic for this month's newsletter is actually a question for you: **“Why do you get adjusted”?**

If everyone reading this emailed, texted me or messaged me on Facebook your answer, we would likely have some varied answers. These would be just a few: low back pain, neck pain, headaches, sciatica, disc problems, vertigo, carpal tunnel syndrome.... The list could go on. It all depends upon why you sought chiropractic care. Most times we view things only as it relates to us personally and our experiences and rightly so.

Here's my personal answer I'd like to share with you. I learned long ago that the nervous system controls and coordinates ALL systems in the body. Misalignments of the spine, subluxations, cause alteration of nerve supply from the brain to the body part supplied by those particular nerves. Altered nerve supply can lead to either over stimulation [irritation] or under stimulation [pinched] of the body part supplied. While acute trauma results in immediate effects on the body, most people experience long-term problems in which the body can no longer adapt and **symptoms** finally appear to alert you that you have a problem. Chiropractic adjustments help to normalize your nervous system function in order to allow the body to heal naturally. I get adjusted to make sure my body is functioning the best that it can and be able to adapt to all of the stressors that my body is exposed to, all of the time, not just when I'm in pain.

It's simple but true. Doctors of Chiropractic are well versed in this philosophy of healing. We understand that true healing occurs from an inside out model not outside in. This in no way negates the necessity for medicine and surgery. That would be foolish to think that was so.

The U.S. takes the most prescription medicine in the world but look where we rank in regards to overall health. Look at where we rank in Oswego County in New York State!!!! We are at the bottom looking up!

Normalizing function in the body is the key to good health. Good health does NOT come in a bottle! We'll be exploring more of what I call the “spokes in the wheel” of good health in coming newsletters. I wanted to start by asking the above question because getting adjusted is at the very core of what you can do to optimize good health.

Make it a great day!
Dr. Ed