Enjoying the Winter?

Every season has its beauties, including the winter. The fluffy snow, the bracing air, the clear skies, the winter sports and don’t forget the slush, ice, dead car batteries and the insulation that the builder “forgot” to install. OK, it’s a mixed blessing. But every day brings us closer to spring. Can’t you feel the stirrings of life ready to burst through the slush and snow?

Neither can we. But we’re sure it’s on its way. Every day the sun (when we can see it) is a little higher in the sky, and it does feel a bit warmer through the windows and when we’re out on our walks.

But a nice fire on a cold winter night has its charm and perhaps life’s message is to enjoy where you are. So relax, have some hot cocoa (organic, of course) and be part of a tradition that goes back thousands of years – watching the fireplace. (No fireplace? Well, there are fireplace videos.)

Honey for Anxiety?

Anxiety and nervousness are the enemies of a healthy mind and in any situation, especially when the heat and lights go out, you need a clear head. Honey’s nutrients produce a calming effect, especially when taken in significant amounts. No wonder some consider it a part of the breakfast of champions. Honey can also be mixed with a suitable beverage for a good night’s sleep.

Is Chiropractic Safe?

Chiropractic is very safe. Study after study reveals that chiropractic is one of the safest healing professions in existence. As proof you only need to compare the malpractice rates for chiropractors and medical doctors. The chiropractors’ premiums are a small fraction of most medical malpractice premiums. Numbers don’t lie.
**Chiropractic Q&A**

**Question.** Why do chiropractors practice in so many different ways?

**Answer.** The goal of chiropractic care is the same no matter what chiropractor you visit – to remove nervous system interference, release stress, promote balance and permit the body and the nervous system to function as close to 100% as possible.

Chiropractors use nearly 100 different techniques or methods to adjust or correct your spine and structural system to do the above. Why not ask us about the techniques we are using?

**Pinched Nerve**

People may say they have a “pinched nerve” when they are suffering pain from an unidentified source. It may actually be caused by spinal subluxations, a tunnel syndrome, the referred pain from trigger points, or something else.

So-called pinched nerves are more usually just irritated or inflamed because the bones, joints or muscles of the spine are not in their proper position, or not moving correctly. This condition is the aforementioned “subluxation”, which the doctor of chiropractic specializes in correcting.

Those times when nerves do genuinely become “pinched” include Carpal Tunnel Syndrome, Sciatica and Thoracic Outlet Syndrome. These involve an injury, spasm or inflammation that causes the surrounding muscles and connective tissue to compress the nerve, resulting in pain. These conditions are called “tunnel syndromes”, and although the chiropractic treatment of these is more complex than dealing with a simple spinal subluxation, they usually respond very well, especially when combined with exercises, stretching, and massage, etc.

Trigger points are very small and tight “knots” in the fibers of the muscle that form when the muscles become chronically overworked or injured. Pain from trigger points is very often referred to other parts of the body that may seem wholly unrelated to the source. Trigger points can be successfully treated by a combination of chiropractic care, stretching, and a precise deep tissue massage known as “trigger point therapy”.

Pain of any sort must be properly diagnosed before it can be effectively treated, especially when it is the nerves that are affected. Otherwise the nerve may end up being permanently damaged. Being told by your doctor that you have a “pinched nerve” should not be viewed as a diagnosis; only as an indication that further investigation by a doctor of chiropractic is required as soon as possible. Working better it’s healing better – no matter what the disease. (1)
Research and Chiropractic

There seems to be no end to the conditions that respond to chiropractic care — physical as well as psychological conditions.

That is because chiropractic does not “treat” a particular condition. Chiropractic care “treats” or more accurately “corrects” a serious interference to brain, nervous system and energy function known as the subluxation.

No matter what condition you or a loved one may have, you will always function better when free from subluxations. Chiropractors are uniquely trained to locate and correct subluxations. Enjoy this month’s cases and see more next month.

Parkinson’s disease. A 68-year-old woman who had been diagnosed with Parkinson’s disease four months prior began chiropractic care.

She began experiencing tremors one-year prior to being diagnosed with Parkinson’s disease and her symptoms were getting progressively worse. She had resting tremors in her hands, fatigue, and pain, stiffness and lack of motion in her cervical (neck) and lumbar (low back) spine.

The patient came in for adjustments twice a week over a four-month period. She noticed improvements in neck and back ranges of motion. In addition bilateral heat and electrical readings on her spine improved. The patient reported improvements in tremors, fatigue, mobility, rigidity and neck pain/stiffness and lower back pain. (2)

Glossopharyngeal neuralgia. An 82-year-old woman had been suffering from right-sided glossopharyngeal neuralgia of ten years. The pain was helped by medication and made worse by talking, swallowing, coughing, quick head movements and air conditioning. She was taking Gabapentin, 5700 mg. each day.

She had fallen on her head while snow skiing when she was sixteen, had a fall on the ice that year and was in a car accident in 1984. She had constant stabbing pains with tremor in her right temple, face, tongue and throat and could only whisper a few words at a time.

Chiropractic analysis included posture and leg length analysis and x-rays that indicated vertebral subluxations at her atlas, axis, C4, C5 and C6.

Specific adjustments were given to C5, C2 and C1 and immediately afterwards her pain diminished from 10 to 1. Her tremor disappeared and her head tilt, eye clarity and facial color returned to normal. She could talk normally. Two days later her pain was zero.

On six weeks follow-up her chiropractic analysis revealed no return of subluxations or symptoms. (3)

Bedwetting (enuresis) in a 10-year-old boy. This is a case report of a ten-year-old boy with a history of nighttime enuresis (bedwetting) that occurred two to three times per week.

The child received chiropractic adjustments two times per week for ten weeks to correct areas of vertebral subluxation. The patient and his mother reported a decrease in the frequency of the bedwetting. (4)

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References