

# UNDERSTANDING chiropractic

Chiropractic health care is a branch of the healing arts which is based on the scientific principle that our nervous system controls or influences the function of all 11 trillion interconnected cells in our body. The term "Chiropractic" comes from the Greek word "cheiro and praktikos" meaning "done by hand."

The Chiropractic or wellness model of health is centered on the philosophy that the human body will heal itself given the right opportunity. In other words the body heals from the inside out.

Interference to the nervous system, caused by a vertebral subluxation complex (more commonly called a subluxation) will effect how the nervous system relates to the cells to which it influences.

Think of nerve irritation like a dimmer switch on your lights. If the dimmer is turned down, the lights are still on, but the light is low. If it is turned up too high, the bulb may burn out prematurely. Therefore the muscle or organ still receives the nerve impulse, however it is altered. This helps to explain why when nerve irritation exists in the middle back region, an individual may experience indigestion or an upset stomach.

Doctors of chiropractic (DC) essentially promote the healing process by minimizing interference to the nervous system. By detecting and correcting nerve interference, doctors of chiropractic facilitate the healing process, but it is your body that does the healing!



## EXPERIENCE



## CHIROPRACTIC

Our culture has reached the point where we must take a second look at certain established beliefs for the way we are being influenced in regards to our health care and the health care of our children. It seems as though the time has come to consider using conservative methods instead of simply following the accepted norms, and time to look at prevention in terms of nutrition, exercise, and chiropractic care...all of which allow the body to heal itself naturally, just like it was designed to do!

### FLANAGAN CHIROPRACTIC

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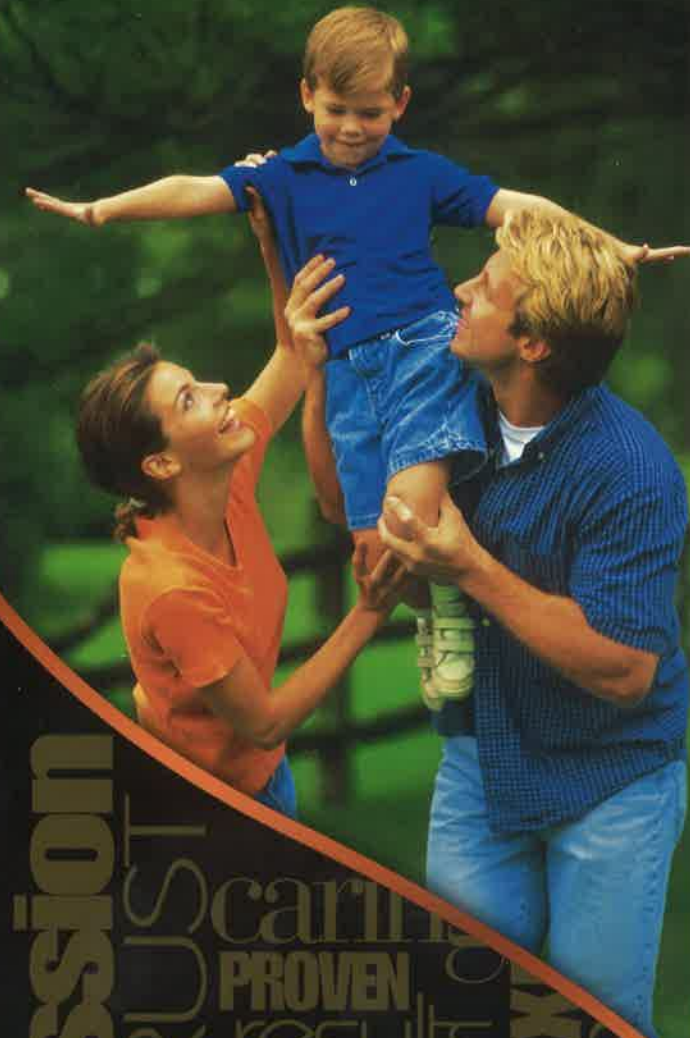
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# Chiropractic WELLNESS™



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## Understanding Your Spine

A short course in the basics of spinal anatomy is tremendously helpful in understanding why the chiropractic profession is the number one source of alternative care in the world. Hang in there - it will be well worth it!

The central nervous system (the brain, brain stem, and spinal cord) is connected to the peripheral nervous system (the spinal and peripheral nerves) and controls the way we move and function. Our skull protects our brain and most of our brain stem, and the spine provides protection to our spinal cord and spinal nerves.

The spine is a column of small bones called "vertebrae" that supports the entire upper body. The column is grouped into three sections: the cervical spine (neck), the thoracic spine (middle back), and the lumbar spine (lower back).

Vertebrae in the spinal column are separated from each other by small "cushions" of cartilage known as inter (between) vertebral (spinal bones) discs. The vertebrae and discs combine to create a space (called the intervertebral foramina or IVF) for each spinal nerve to exit from the spinal cord on its way to the body. Abnormal positioning of the vertebrae (also known as the vertebral subluxation complex or nerve impingement syndrome) can compromise the IVF or nerve space, and create nerve irritation or nerve interference. The nerve will still influence the muscle or organ it supplies, however the quality of the nerve transmission will be affected.

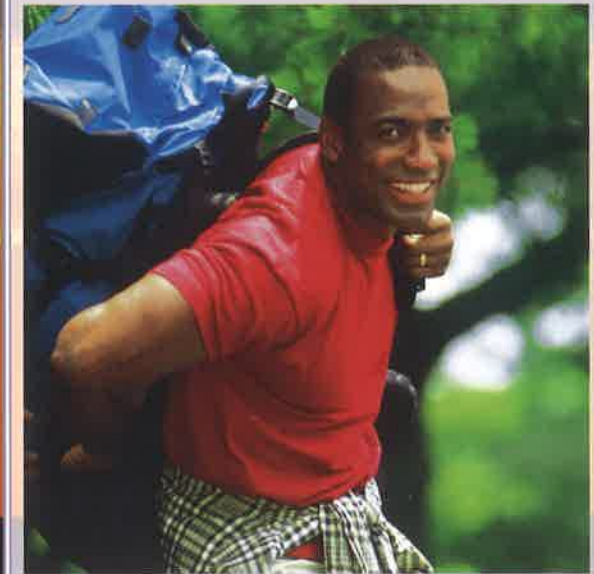
Here's probably one of the most important concepts to grasp - nerve interference may occur without a trace of any symptoms. Read that one more time. Nerve interference may occur without the trace of any symptoms.



This point allows a sharper understanding of the wellness approach to health. Just like brushing our teeth before we get cavities, uncovering nerve interference before symptoms arise is a foundational principle of chiropractic care.

Once detected, your doctor of chiropractic is uniquely trained to apply spinal adjustments. In fact although other professionals utilize spinal adjustments as part of their treatment, doctors of chiropractic deliver 94% of all spinal adjustments.

Although each individual responds differently to chiropractic care, research reveals that most are very satisfied with the care they receive. In fact, a recent Gallup Poll of chiropractic patients conducted for the American Chiropractic Association (ACA) yielded some remarkable results about patients' opinions of the care they received:



- 73 percent felt that most or all of their expectations were met.
- 80 percent were satisfied with the chiropractic services they received.
- 90 percent of chiropractic patients considered their chiropractic treatment to be effective.

Remember, although the wellness approach to health may take some getting used to, especially if you are accustomed to a sickness model of health, it is certainly well worth it!

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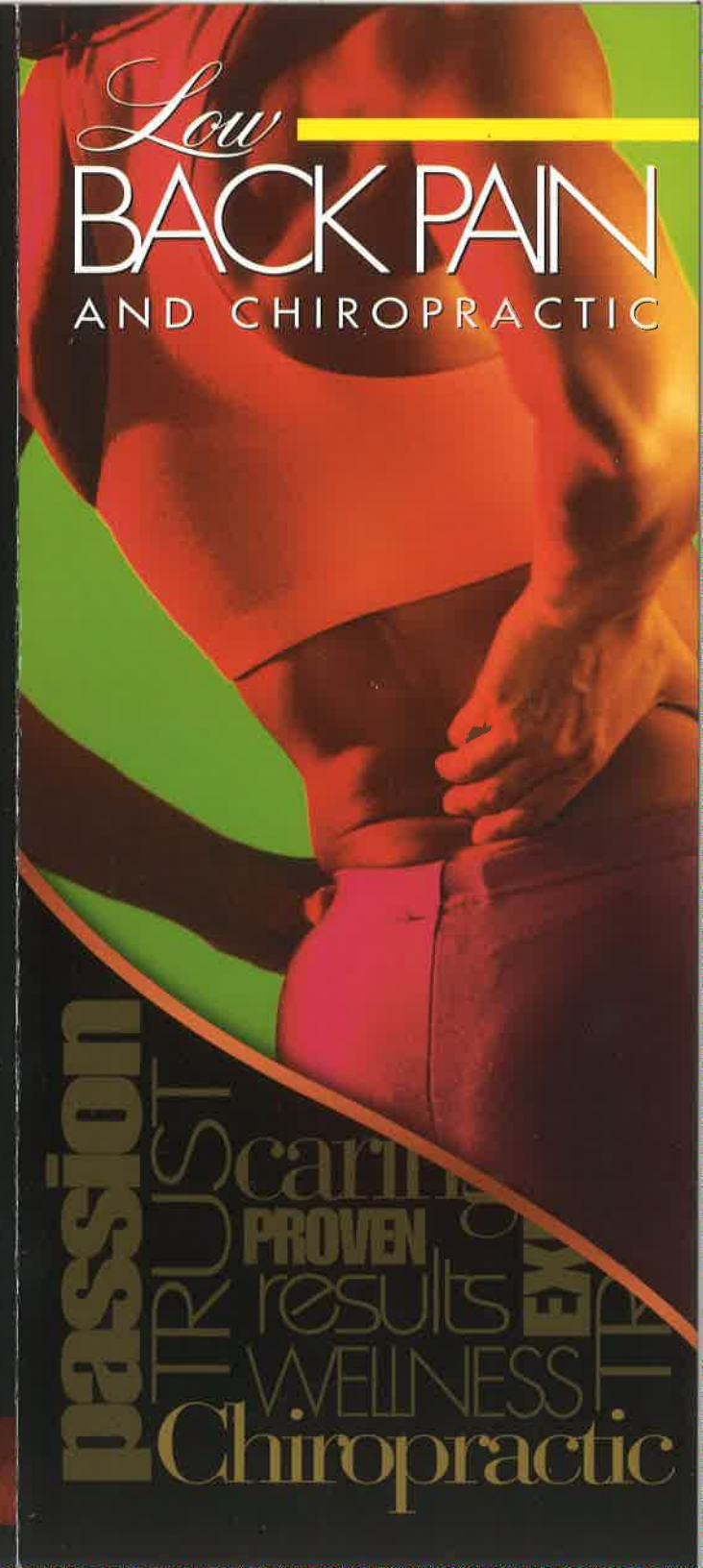
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# Low BACK PAIN AND CHIROPRACTIC



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## Understanding Your Back Pain

*You wake up and it's there. You get up from your chair and it's there. You get out of your car and it's there. You bend over to put your little one in their crib and it's there. A simple sneeze, cough, or just a walk on the beach reminds you that you are its victim. It haunts you. Day and night you cannot escape its grip.*

To those of us suffering from Chronic Lower Back Pain (CLBP) this sounds all too familiar. The effect that lower back pain has on society is staggering. Conservative estimates reveal that lower back pain, the most common cause of disability for people under age 45, robs our society of \$50 Billion each and every year. It also steals the joy from our lives as we're forced to pass up playing with our children and grandchildren, miss critical days from work, and become less and less active. All of which can lead to a downward spiral of weight gain, the loss of our job, and many times ending in depression.



## The Choice: Medication or Chiropractic Care?

When suffering from the effects of CLBP, there comes a point of decision as to what do we do? The ease of reaching for the bottle of Advil, Tylenol, or a host of other prescription or non-prescription medications is very attractive, and the "relief," albeit temporary, is very tempting. However, we've been down that path a thousand times. Temporary relief.



Another pill. Temporary relief. Another pill. The cycle goes on and on. We begin to wonder, "Will this ever end? Is there another way?"

Thankfully there is! For over a century, tens of millions of individuals have chosen a natural



approach for caring for their CLBP. Long known as the most common "alternative care" for lower back pain, chiropractic care has entered the mainstream, and for good reason.

A recent study published in the prestigious medical journal, *Spine*, found that when comparing chiropractic and medical care that:

At the end of the study, the group receiving chiropractic adjustments experienced a 450% increase in the number of patients fully recovered versus the medication group. In layman's terms that means for every 2 people that fully recovered with medication, 9 people fully recovered with chiropractic care!

Did you catch it? Back up for a moment. Read that one more time. Fully recovered! The cycle was broken. You see, chronic lower back pain is real. Its effects are real. Don't delay. If you or someone you know is suffering from CLBP, ask a friend or family member for the name of their doctor of chiropractic, and find out if this natural approach is right for you.

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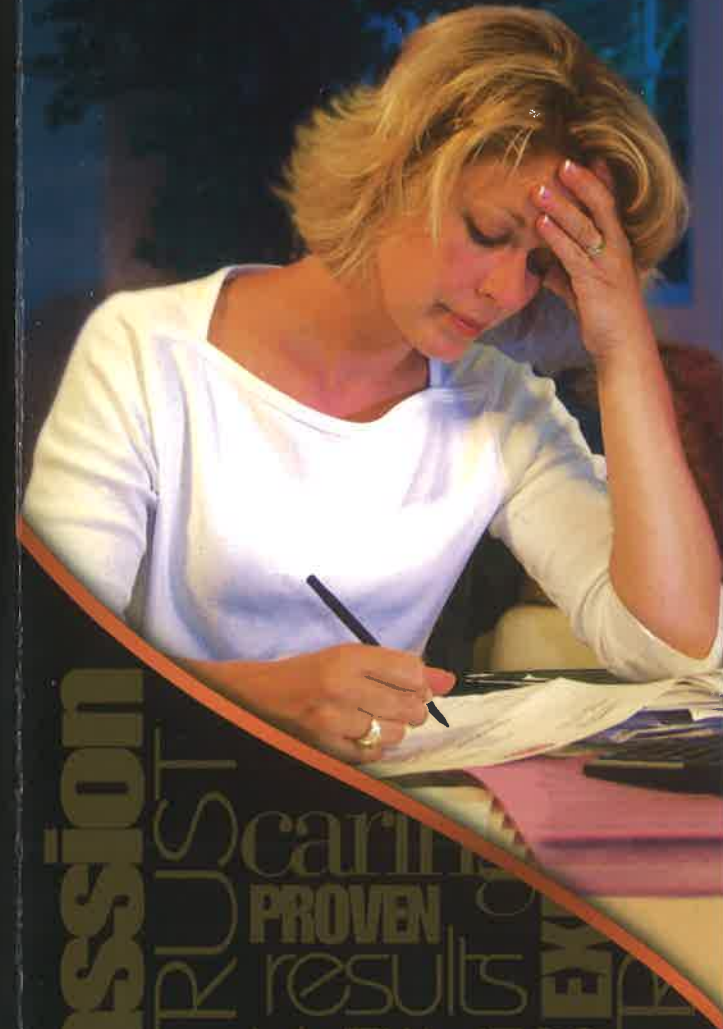
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# headaches AND CHIROPRACTIC



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## Understanding Your Headaches

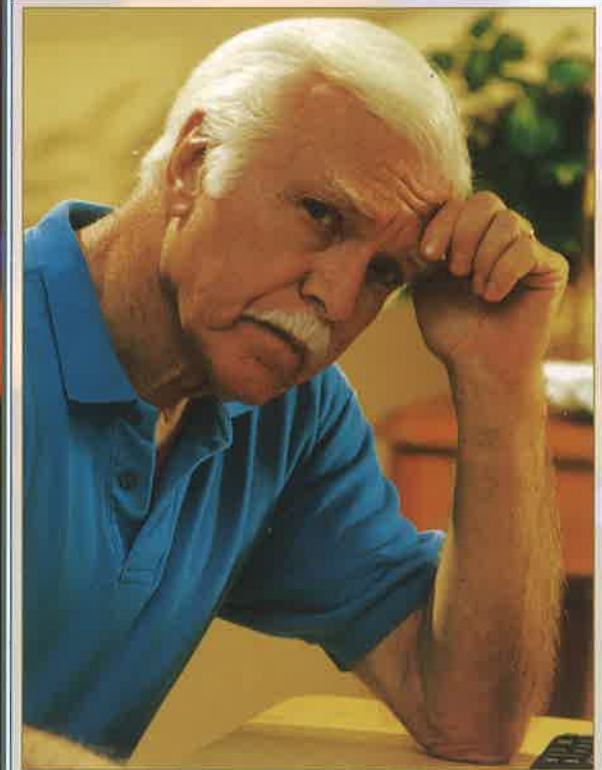
Stress. Tension. Neck Pain. Headache. This is the common journey for more than 50 million Americans suffering from "cephalgia" or headaches. Although the International Headache Society has classified 129 different types of headaches, there are 3 that are the most common. These include migraines, tension-type, and cervicogenic (cervico = neck and genic = originating from, or a headache originating from the neck). Almost 9 million suffer from "chronic tension-type headaches," which is defined as experiencing more than 180 headaches per year! Another 7 million experienced cervicogenic headaches more than 5 times per month, and approximately 11 million suffer from debilitating migraines.

### Diagnosis. The First Step.

The key to treating any condition is the proper diagnosis of that condition. To properly diagnose your headache, you and your doctor will work as a team. Some of the important characteristics to address are frequency (how often you experience headaches), severity (the rating of your pain on a 10 scale with 10 being the highest pain level), the location of your headache (one side, both sides, behind the eyes, starts in the neck, etc.), and other factors like seeing flashes of light, or associated nausea and/or vomiting.

### Treatment. Research is the Key.

Due to the huge cost of headaches to society, research for treatment alternatives has drawn some considerable attention. Some of the most current research compares physical treatment (chiropractic, physiotherapy, and massage), medicine (prescriptions), and behavioral therapy (such as biofeedback and relaxation techniques). A landmark research study conducted by the prestigious Duke University reported that chiropractic adjustments/treatment in the cervical (neck area) resulted in immediate improvement of cervicogenic headaches. Furthermore, when compared to soft-tissue therapies (massage), a course of chiropractic adjustments resulted in sustained improvement in headache frequency and severity. In treating tension headaches, chiropractic care was compared to a common medication called amitriptyline. One month after a six-week course of treatment, patients who had received chiropractic care were significantly better than those who had taken amitriptyline for both headache frequency and severity.



Patients have known for years that chiropractic care had been effective at treating their headaches. It's nice to see that science is finally catching up!

If you or someone you know is suffering from headaches, a complete Chiropractic evaluation may be the first step to freedom from pain.

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