

# Chiropractic

NATURAL HEALTH™

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## CHRONIC PAIN IS HAZARDOUS TO YOUR HEALTH!

### Chronic Pain... Different Brain !

The first study of its kind was conducted in 2004 by Northwest University. **Researchers found that chronic back pain shrinks the brain by as much as 11% !** The study also determined that brain cell loss is 10 to 20 times that of normal aging !

Specifically, it shrinks the gray matter, which makes up the part of the brain responsible for memory and information processing.

Those in the study with chronic back pain and sciatica had the largest decrease in gray matter. The more years someone has chronic back pain, the more brain loss they suffered !

### The “Silver Lining” in this story...

Now, a new Canadian study on “low-back pain” published in the *Journal of Neuropsychology* (May 2011) offers hope that the brain can normalize when the pain ends,

“...data indicate that functional and structural brain abnormalities are reversible, suggesting that treating chronic pain can restore normal brain function in humans.”

Another study published in the *Journal of Orofacial Pain* (Spring 2011), concluded that some jaw disorders associated with chronic pain have also been linked to a decrease in brain size. **Multiple studies show that chronic back pain, pelvic pain and jaw pain affect different areas of the brain.**

Since we want to hold on to as many brain cells as we can—for as long as we can—it’s probably not a good idea to ignore your pain and risk losing what you have !

That’s why you need to schedule a Chiropractic exam so we can identify the source of your pain and get you started on a treatment program that will help you resolve it!!

**Y**ou can (literally) lose your mind from chronic pain! Sounds pretty SCARY ! So TREAT yourself to a **natural solution that’s been proven to relieve head, neck, back, shoulder, arm, wrist, hip and leg pain !!**

You already know that chronic pain can diminish the quality of your life! You can lose your ability to exercise or play your favorite sport. It can mean a job loss. And it can put a tremendous strain on your relationships.

If that weren’t enough, now scientists say there’s something else you can lose. As strange it sounds, **chronic pain has been shown to reduce the volume of brain tissue and can result in a loss of brain function !** One explanation is that nerve cells work overtime when you’re in a state of chronic pain.

**INSIDE...**  
Proven relief  
from disc  
pain !

# Chiropractic Helps "Disc Pain" VANISH!

If you suffer from neck, shoulder and shooting arm pain or low-back pain and shooting leg pain, you could have an injured or diseased spinal disc. **Thankfully, Chiropractic can reduce painful disc pressure!**



Healthy discs help you to bend, twist and turn comfortably! That's why maintaining disc health with regular **Chiropractic care can help you stay active, off pain medications and out of surgery!!**

Your lumbar (low back) discs are particularly vulnerable to injury. They bear not only the entire weight of your upper body, but also the weight of whatever you pick up, carry or push—*every single day!*

Most patients don't know how they injured their disc—they just know they're in dire pain.

Healthy discs are pretty robust. However, over time your discs undergo gradual changes brought on by daily microtrauma or minor injuries that are rarely noticed at the time. Once your discs are degenerated, they can be easily injured with any sudden force, like a whiplash fall or even a violent sneeze!

**Even without a specific injury, your discs gradually lose water and start to thin with age resulting in a loss of disc height.**

Healthy discs maintain the ideal space between your vertebrae to avoid painful nerve pressure and

help slow down spinal degeneration. An inflamed disc, disc disease and the resulting nerve irritation can cause excruciating pain, numbness and restricted mobility.

## Meet Your AMAZING Discs!

Your 24 vertebrae are separated by shock-absorbing cartilage-like discs—which are complex structures consisting of a soft inner core and firm outer ring.

The ball-like gel center is held in place by a strong outer ring that's reinforced by "crosshatched fibers" similar to the steel belts of a car tire.

The soft center of healthy discs have a high water content. These tiny hydraulic cushions help to evenly distribute the weight of your body by absorbing stress and transmitting their load from bone to bone.

Your discs, amazingly, help create a delicate balance between the forces that are trying to push the gelatin-like center out to the sides and the tension of the outer ring that tries to hold the center in its place. Chiropractic care supports that crucial balance to prevent—and rehabilitate—disc injuries!! ❖

Treat Your Family,  
Friends & Co-workers

To the Gift of Health!  
Please share this newsletter!

Thank You  
For Your Referrals to  
Our Practice!



Regular Spinal  
Adjustments  
Help Slow  
Down the  
Degenerative  
Process!

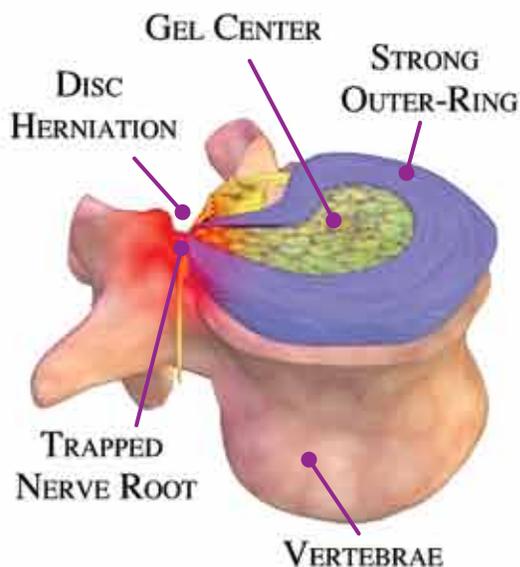
# CHIROPRACTIC PROTECTS YOUR SPINE FROM "EARLY" DEGENERATION!

We can help you protect your spinal discs in the hope of extending their years of service!

Since your discs don't have a blood supply, they get their nutrients—including life-giving oxygen and lubrication—from the "pumping" action that occurs through spinal motion.

Like any other part of your body, **without adequate nutrition, oxygen and water, your discs become diseased—thin, dried out or torn.** A disc herniation or rupture refers to a tear in the outer ring.

As the outer ring weakens, the inside part of the disc



**HERNIATED DISC**

pushes through the tears and can trap the nearby nerve root (see illustration). Sciatica is an example of extremely painful nerve irritation that can result from a herniated or degenerative disc.

One way to help keep your discs healthy is to drink plenty of pure water and get regular Chiropractic care. Our focus is on the **skillful realignment of your spine and restoration of your normal range of motion to reduce inflammation, stress and abnormal pressure on your spinal discs.** ❖

**For proven natural pain relief without drugs or surgery, CALL US TODAY!**

## "NO MORE BACK PAIN!"

By Amber Lewars



**"AND I'M BREATHING BETTER TOO!"**

I had back pain for about a year. It was very hard to find a comfortable sleeping position. The pain actually got so bad, I had difficulty breathing.

I kept thinking it was going to get better on its own. That never happened, so I finally sought Chiropractic care.

**Within about six weeks the pain was 100% gone, and my normal breathing had been restored!** Something else I never expected happened. Now that my discs are healthier, I even got a little taller!!

Although I was feeling great at the end of my intensive program of care, I decided to continue monthly maintenance treatments for the remainder of the year. I'm so glad I did.

I'm now in my second trimester of my first pregnancy and **Chiropractic has been incredibly helpful in relieving my back and hip pain.**

Is it any wonder I've referred five other people to Chiropractic care? They've all had great results, too! ❖