

DR. LAURA T. BRAYTON

(201) 792 3544

50 Harrison Street Suite 218  
Hoboken, NJ 07030

# Newsletter

JUNE 2008

## Does Chiropractic Cure Disease?

Many of chiropractic patients are surprised to learn that chiropractic doesn't cure anything. Nor is it a treatment for disease!

Yet, name virtually any disease or health problem and a chiropractic patient somewhere has seen it resolve after receiving chiropractic care. So, how do you explain that cases of asthma, acid reflux or sinus problems have been known to improve with chiropractic care?

It starts with the fundamental truth that health is normal. If you're not healthy, something is interfering with this state of normalcy. Since doctors (or drugs) don't heal, the only thing that the best doctors (of any type) can do is to remove interferences that may be preventing your body from expressing your normal health potential.

That's why chiropractors focus on your nervous system, which controls and regulates every aspect of your health and well-being. If controlling and regulating nerve impulses are compromised somewhere between your brain and your body (often along the spine), then restoring better brain/body communications can permit a more normal expression of health. The fact that a headache, back pain or allergic reaction may improve in the process is wonderful, unpredictable, highly likely and merely an expression of better nervous system control of your body.

Thus, chiropractic doesn't cure anything. Only you can do that. If there isn't any interference!

## Living to 100

Year after year, life span continues to increase. Those born 100 years ago would typically live to the ripe old age of 50 years. However, children born this year are expected to live longer than 80 years.

A study of these centenarians (one of the fastest growing segments of our population), reveals some general guidelines that you can use to help extend your own life, regardless of your current age:

1. Be born a female. Hard to do much about this, but it appears that females have been outliving males for centuries. Since you can't do much about your gender or genetics, there are other practical steps you can take to enhance your lifespan.
2. Stay married. It turns out that statistically, married people live longer than single people. Married men live, on average, 10 years longer than nonmarried men, and married women live about four years longer than nonmarried women.
3. Eat less. Research shows that life expectancy can actually double if you reduce your food intake by 40%. Besides lengthening your life, calorie restriction seems to improve resistance to disease.
4. Avoid tea and coffee. Caffeine, a nervous system stimulant, can raise the heart rate. One study has shown that heavy coffee drinkers were two to three times more likely than nondrinkers to develop coronary heart disease.
5. Pass up refined sugar. Sugar can speed the aging process and compromise the function of your immune system.
6. Use little salt. Like cutting out sugar, getting used to salt-free tastes will take some getting used to. But worth it if you want to live longer.
7. Reduce protein intake. Excess protein stresses the body, increases the acid level of the body and reduces your ability to fight disease.
8. Regular exercise. No need for a gym membership. Brisk walking improves circulation, metabolism and emotional well-being.

Regardless of how long you live or how well you live, it's better to burn out than rust out. Don't take a single day for granted!

(Part 2 next month.)

## Shock Absorbers of the Spine

They bulge, herniate, degenerate and tear, but they don't "slip."

Discs, along with the curves of the spine, serve as the "shock absorbers" of your body. Separating each vertebra, they create the necessary spacing for nerves to exit the spinal cord to service the organs and tissues of your body. Rings of fibrous tissue called the annulus contain a soft jelly center.

Chiropractors generally see two disc problems:

**Bulging Disc** - A weakened area of the annulus can allow the softer center of the disc to bulge out like a balloon. This can put pressure on nearby nerves. Bulging discs respond well to chiropractic care. With improved spinal function we've seen many cases in which surgery was threatened, resolve nicely.

**Herniated Disc** - A herniated or ruptured disc is more serious. It can occur anywhere in the spine, but seems most common in the lower back. This is when part of the soft center pushes out through a weakened area due to trauma or degeneration, putting pressure on the spinal cord.

Chiropractic care, along with strengthening exercises, increased water intake and improved nutrition offers a natural, non-surgical resolution for many.

## Stomach Bleeding and Kidney Damage

While the unintended deaths from high profile prescription drugs continue to make front-page news, there may be a far more dangerous drug problem lurking in your medicine cabinet.

Every day, millions of people take an NSAID (non-steroidal anti-inflammatory drug) for quick, easy pain relief. Because these drugs are easily accessible and can be very effective, there is a dangerous misperception that they are risk-free. Problems can range from mild stomach upset to stomach bleeding and ulcers. This can happen because NSAIDs prevent prostaglandins from doing their job of protecting the lining of your stomach. At the same time, NSAIDs prevent the body's normal ability to stop bleeding.

Pain medications such as aspirin, ibuprofen and naproxen, are the leading cause of stomach ulcers and have been associated with side effects ranging from stomach upset to stomach bleeding, which can be life threatening. In fact, NSAID use leads to more than 103,000 hospitalizations and 16,500 deaths each year in the United States alone!

Prostaglandins are also essential for the proper function of your kidneys. The elderly are especially susceptible to kidney damage from NSAID use. In fact, a recent study of 114 elderly men and women who had just begun taking ibuprofen, a popular NSAID, showed that 13% were experiencing reduced kidney function. When taken in high doses, NSAIDs can permanently damage your kidneys, requiring dialysis.

Before relying on a drug and its side effects, seek chiropractic care. Side effects include improved energy, increased vitality and enhanced well-being!