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# Newsletter

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## Brain-to-Stomach—Stomach-to-Brain

In the golden days of the telegraph, lacking punctuation marks, the word STOP was often used to indicate the end of each sentence. You'll hear something similar when those using a two-way radio end each transmission with the word, "OVER."

That's because unlike the brain-to-body communications of our nervous system, these technologies lack the ability to carry on simultaneous two-way communications.

Controlling and regulating nerve impulses leave your brain, travel down your spinal cord to pairs of nerve roots exiting from between each pair of spinal bones and out to every cell, tissue, organ and system of your body. Simultaneously, messages from the body are constantly sent back to the brain. Even the slightest distortion or disturbance of these vital messages to or from the brain can produce malfunctioning organs or tissues.

This is why a stomach problem may not be a stomach problem! Instead, it might be a brain-to-stomach or stomach-to-brain communication problem.

That's why chiropractic works so well. Chiropractors look for nervous system disturbances (usually from the moving bones of the spine) that are interfering with the proper expression of your body. Locating and reducing these communication impairments with safe and natural chiropractic care help restore proper function and good health.

Know someone who could be helped with chiropractic care? Encourage them to subscribe to our newsletter and consult a member chiropractor today!

## The Last Straw!

The artery-clogging plaque in the vessels supplying blood to your heart just increased by .01%. The gum line on your bottom left back molar just receded by .007 millimeter. After last night's tuna steak, the amount of neurotoxic mercury in your body is .002 grams greater than last week.

That's the problem with lifestyle-caused diseases. The damage happens slowly, often without even a hint of a symptom. Instead, like money in a savings account, it grows with compound interest

Chiropractors see this all the time. When the symptoms finally show up and we get a call, the most common refrain is, 'But I didn't do anything'. Sure, bending down to pick up the newspaper shouldn't reduce a grown man to tears. But it was the countless years of ignoring the nagging aches and pains that did the damage. Bending over was merely the last straw.

Ironically, the same people who subscribe to the "don't-fix-it-if-it's-not-broken" philosophy will fuss over their lawns, baby their car with fresh oil and filter and religiously replace their smoke detector batteries. But a simple, "Honey, I think you should go in for a checkup" is met with a determined and unexplainable resistance.

It brings to mind the simple wisdom of "an ounce of prevention is worth a pound of cure."

## Word Origins

When you explore the origins of certain words it can sometimes reveal new meaning and understanding. That's especially true with some of the words used in the realm of health care.

Acute -from the Latin adjective *acutus*, meaning "sharp or pointed."

Anatomy -from the Greek *anatomē*. A combination of two words, *ana* which means "up or through," and *tome* meaning "a cutting." It was by "cutting up" a body (dissection) that anatomy was revealed.

Chiropractic - from the Greek *cheir* "hand" combined with *praktikos* "fit for doing." Or more simply, "done by hand."

Coccyx - from the Greek *kokkyx* "the cuckoo bird." It is believed that the tailbone was given this name because it resembled the bill of the cuckoo.

Disease -from the Old French *desaise*, a combination of *des* "away from" and *aise* "ease." Thus disease is a loss of ease.

Doctor -from the Latin verb *docere*, meaning "to teach."

Hospital -from the Latin *hospitālia* meaning "apartments for strangers and guests."

Massage -from the Greek *massein*, "I work with the hands as in kneading dough." Probably related to the Greek *maza*, "barley bread" and possibly the Hebrew *massah*, "unleavened bread."

Muscle -from the Latin *musculus*, "a little mouse." The Romans thought of the movement of muscles under the skin as the scurrying of mice!

Pain -from the Latin *poena*, "a penalty or punishment."

Rx -the letter "R" is from the Latin meaning *recipe*, which in the context of a prescription means "Take thou this." The mark on the tail of the "R" is said to be from the astrological sign of Jupiter. At one time it was believed to precede a formula with the Jupiter's sign, as a sort of invocation, would assure a favorable result.

Spine -from the Latin *spina*, "a thorn or a prickly bush." Romans saw the many protuberances on the back and sides of the vertebrae as thorns.

Vaccine -from the Latin *vacca*, "a cow" and the name of a viral disease of cattle called cowpox

## Seed or the Soil?

Imagine the freedom of learning that every effect has a cause!

We take this for granted, but this was not always so. In times past, many believed that poor health came as punishment from the "gods," the result of poor "humors," the "evil eye" or just bad luck. It's difficult to keep and maintain one's health if you don't know what causes poor health.

Today we know better. As more and more people realize that the presence of germs doesn't automatically manifest in a disease, it causes us to rethink the real cause of the cause.

We see disease and poor health from a slightly different perspective. Germs are a lot like grass seed. They have the potential to germinate and become a healthy green lawn, but only if the circumstances are just right. If you've ever tried to start a lawn from scratch, you know it takes some effort.

While grass seed needs the proper temperature, moisture, sunlight and soil conditions, all germs need is a lowered resistance due to physical, chemical or emotional stress. In fact, next time you get a cold, take an inventory of the one or more physical, chemical or emotional stresses that you experienced in the days just prior to your cold.

When your adaptive capacity is reduced by subluxations, even the mildest stress can exhaust your reserves, creating the perfect environment for a host of diseases, aches and pains.

One of the best ways to enjoy good health is to see a chiropractor regularly to be checked for subluxation and make sure your ability to adapt to stress is at full capacity.