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Newsletter

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Do You Have Your Owner's Manual?

Each of us is given this amazing body. It's self-healing. Self-regulating. And thankfully, takes care of millions of details all by itself without us having to give it any conscious thought. This "autopilot" feature of our bodies gets many chiropractic patients into trouble. It prompts many to neglect some of the basic maintenance necessary for a long, trouble-free life.

If our bodies came with a manual, exercise, getting the proper rest, eating nutritious foods, drinking enough pure water would all be mentioned. Neglect any of these and your body warns you with hunger, thirst, lack of energy and other symptoms.

You might be surprised what else you'd find in your manual. Since your nervous system orchestrates everything, you'd also find mention of making sure your nervous system was subluxation-free. And that's where we come in. That's the primary purpose of chiropractic care.

Sure, pain can be a compelling motivator. However, it's a lot like waiting until you're starving to death to eat, or not drinking any water until your delirious!

That's what creates the fascinating part: how to explain the benefits of regular chiropractic care, rather than waiting for obvious symptoms. If you have some ideas about how to effectively explain this idea, please call one of our member chiropractors and let them know!

Can You Detect Small Changes?

Many health problems provide warnings long before they become serious. Like radio telescopes scanning the heavens for the faintest signals from space, being aware of the early whisperings of your body is important. If you ignore these ever-so-slight warnings, your body will obediently continue to increase these murmurings into something much louder to get your attention!

Those of us who are keenly aware of our body are sensitive to things like:

Joint stiffness at certain times of the day.

Changes in digestion or intestinal gas.

Pain when attempting to turn or bend.

A new and persistent cough.

Changes in the color or size of skin moles.

Increased frequency of urination.

Sudden loss or increase of weight.

Sore throat or increased mucus production.

Inability to fall asleep or stay asleep.

Better health comes from better body awareness. Waiting until symptoms become pronounced makes correction more difficult. If you know someone waiting for their problem to "go away on its own," encourage them to call one of our member chiropractors for a thorough examination.

Curves Ahead!

Your spine is made up of a series of interconnected bones, each on top of the other, that provide numerous benefits to the body including:

- Shock absorption
- Balance
- Flexibility
- Movement

The spine delivers these benefits through its spinal curves.

During fetal development in the womb, the spine has only one curve, a C-shaped curve, called a kyphotic curve. Later, as a baby begins to experience significant motor development, such as sitting, crawling and walking, muscles begin to develop. As these muscles strengthen, they allow more weight to be shifted to the baby's spine, causing the formation of secondary curves, called lordotic curves. These curves continue to develop as the child grows.

Four types of spinal curves:

- Cervical Lordosis
- Thoracic Kyphosis
- Lumbar Lordosis
- Sacral Kyphosis

These curves are important because they allow the spine to support 10 times more weight than it could if it were straight. This also explains why it is important to follow the procedures associated with proper lifting. If you bend at the waist to pick something up, the spine straightens, putting you at far greater risk for injury than if you bend at the knees, maintaining the spinal curves, when lifting.

If I Could Do It Over

I ran across this recently and if your children are older, you'll probably relate:

If I had my child to raise all over again...

I'd build self-esteem first, and the house later.

I'd finger paint more, and point the finger less.

I would do less correcting and more connecting. I'd take my eyes off my watch, and watch with my eyes... I would care to know less and know to care more... I'd take more hikes and fly more kites... I'd stop playing serious, and seriously play... I'd ignore the stares and stare at more stars... I'd do more hugging and less tugging... I'd see the oak in the acorn more often... I would be firm less often, and affirm much more... I'd abandon my love of power, in favor of the power of love...

Be the extraordinary parent you always wanted to be. Today!