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# Newsletter

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## Good or Bad?

It seems a week doesn't pass that we don't hear something in the media about the dangers of eating, drinking or coming into contact with one substance or another. Even more confusing is that if you wait long enough, someone else comes out with another study extolling its health benefits!

Consider some of things we've been told are good/bad for us:

Sushi	Red meat
NutraSweet	Sucralose
Saccharin	Dyes
Perfumes	High fat foods
Decaffeinated coffee	Antibacterial soap
White bread	Hot dogs
Sugar	White flour
Coffee	Carbohydrates
Tap water	Margarine
Butter	Wheat
GM corn	Fluoride
Silver fillings	Tuna
Bacon	Eggs

Are they good? Are they bad? Not sure? Consider this. For every person who has developed cancer or some other malady from one or more of these items, thousands upon thousands have not. In fact, we've all heard of those in their 80s, 90s or older claiming their secret to longevity was the result of eating or drinking something we've been told is bad for us.

Kind of makes you wonder doesn't it? It's convenient, but maybe it's not the substances. Instead, maybe it's our attitude, stress level, ability to adapt (nervous system integrity), the toxicity of our environment and a constellation of countless other issues at play. What do you think?

## Pain is Not the Problem

Many people begin chiropractic care because of an ache or a pain. Pain can be distracting, debilitating, irritating or annoying. Pain can be chronic, acute, intense or intermittent. Pain can be sharp or dull. And pain can be localized or general.

But pain is not the problem!

Pain is a symptom. An effect. A signal. A sign. An indicator. A warning. Pain is no more a problem than a traffic signal or your alarm clock announcing that it's time to start the day. If there's a problem, it's the meaning we attach to the pain.

When chiropractors meet patients who are in pain, besides being compassionate, our first thought is that they must have exceeded some physical, chemical or emotional limit to which they can no longer adapt. And their body is saying "Whoa!" So, while we're interested in the pain, we're even more interested in what was the underlying cause of the pain. Did it just happen? Has it been present a long time? What circumstances brought it on? Plus, what change(s) should the patient make to avoid this in the future?

Do you know someone who thinks pain is a problem? Please send them to one of our member chiropractors.

## My Child Has a Fever...

Most people automatically think that a fever is something bad that should be lowered as quickly as possible. Not so fast!

It's important to remember that by itself a fever isn't an illness. It's usually a symptom of some underlying problem. Often, it's a natural way the body responds to fight viral and bacterial infections. Rushing in to artificially lower the body's temperature can actually serve to lengthen the time it takes the body to do the needed work. Most fevers are usually not cause for concern until they reach a temperature of 104° F (40° C) and only then if the fever lasts for three days or longer.

That said, it doesn't mean you should ignore a fever and take a cavalier attitude. A fever means the body is in a battle and has "set the thermostat a bit higher," using temperature to help subdue the enemy. Careful you don't throw open the doors and windows and force it to work even harder. More helpful would be a chiropractic adjustment or two!

## Do You Get the Message?

Many people think chiropractic is about bones, especially spinal bones. But the fact is, we're much more interested in nerves. In particular, the nerve messages that travel between the brain and the body and from the body back to the brain.

Any type of disruption can distort or disturb the integrity of the controlling and regulating messages from the brain. The result is ill health.

A common culprit is the 24 moving bones of the spine that cover your spinal cord. When spinal bones lose their normal motion or position, it can irritate nearby nerves. We call that a subluxation. Because the nervous system controls every cell, tissue, organ and system of your body, chiropractic care has been known to help a wide variety of health problems.

Maybe you know someone who has been told that it's "all in their head" or that they'll have to "learn to live with it." Worse, someone who thinks they have a muscle relaxer shortage! Forward our newsletter to them.

## Organic Foods - Unplugged!

It's exciting to see all the interest in organic foods, pure drinking water, exercise and fitness.

Yet, many of these well-intentioned, health-conscience people are wasting their money.

If you know someone who is shopping organically and reducing their dependence upon processed foods, but not getting regularly adjusted, they may be overlooking a key point.

Let's say you go to your favorite grocery store for your weekly shopping. And because you've wisely shopped the perimeter of the store where the fresh foods are, you return home and put things away in your refrigerator.

But you overlooked one little detail. Your refrigerator isn't plugged in! It has a major subluxation at the electrical outlet.

In the same way your body cannot properly digest, assimilate and eliminate foods with a subluxation interfering with your digestive system, your refrigerator cannot preserve, protect and prolong the vitality of your foods without a properly functioning electrical system.

Your nervous system runs the whole show. If it doesn't work right, you don't work right. And if you're not working right you can't fully benefit from your organic food, gym membership and any other 'healthy' habit.