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Newsletter

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Why Diets Don't Work!

“What do you think of Atkins? Or the Zone? Or South Beach?”

It's a question chiropractors get all the time from patients who have either begun a slimming program or are considering one. They're looking for confirmation as to which diet is easy and effective. But virtually every diet has a flaw.

It's the diet part.

Name the diet, and if someone follows it, they'll usually lose some weight. When they reach their goal, they congratulate themselves and soon return to their original eating and exercise habits. Soon, they're back to where they began. But discouraged and disillusioned.

This is so common, it even has a name: the Yo-Yo Diet.

I mention this because many people see their chiropractic care as a short-term “diet” of sorts. They come in religiously while they're hurting. But discontinue their care when they're feeling better. Later, they experience a relapse.

That's because lasting spinal changes are made with continued care after symptoms subside. In fact, many cases, because of so many years of neglect, require some type of ongoing supportive care for the rest of their lives.

So rather than a brief episode, getting and keeping our nervous systems interference-free is a lifestyle choice. That's why more and more patients opt to see a chiropractor on a regular, ongoing basis. They're the ones who tried the chiropractic diet and decided to go for the chiropractic lifestyle.

“I don't want you to catch what I have.”

From time to time chiropractors get calls from patients announcing that they are either too sick to keep their appointment or fearful that their presence in our office would needlessly expose us to their germs.

Let's correct some serious misconceptions!

If you're sick, you probably have subluxations and could benefit greatly from an adjustment. Try to keep your appointment. It's likely to help your recovery.

If chiropractors were to somehow “catch” everything that our patients had, we'd be sick all the time. But we're not. Because...

We do many things to keep our immune systems strong. Among them is getting regular chiropractic adjustments.

What's the Big Idea?

Some chiropractors already knew about it when they arrived at chiropractic college. Those who didn't, quickly did. After all, it's the very foundation of chiropractic.

What is it? It's the “Big Idea.”

To appreciate the Big Idea, consider a couple of smaller ideas.

Pain relievers are a small idea. Sure, if you have an ache or pain, relief is a big deal. But ingesting a drug that stops your brain from sensing pain is actually a dangerous idea!

Germs are a small idea. Our body successfully deals with them all the time. (There are over 300 different types in your mouth right now!) They're only an issue on those rare situations when we create a hospitable environment for them to flourish. Germs are small, but the fear is needlessly large.

Just what is the Big Idea? It's the idea that we are self-healing. That perfect health is our birthright. When we function as we were created, we're naturally healthy and are able to heal. When you're not healthy, something is interfering with this ability. Since your nervous system controls the whole show, that's where chiropractors look first.

Immune-Nervous System Link

Back in 1918 the Spanish influenza pandemic claimed over 25 million people around the world.

The death rate among those who consulted medical doctors often exceeded 6.5%. This contrasts with the .06% to 1.2% death rate recorded among patients seeing chiropractors.

While suspected at the time, and more obvious today, there is a connection between the nervous system and the immune system. When disturbed by subluxations the nervous system can have a dampening effect on the immune system. In fact, most of us can recall getting a cold or some other illness immediately following periods of stress, sleep deprivation or the "let down" after taking an important test or completing a big project at work.

Whether you're concerned about the flu or know someone who is, the best defense is a good offense. Make sure your nervous system is in tip-top shape so your immune system can work to its fullest potential.