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Newsletter

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The Chicken or the Egg?

What comes first, compromised function or the obvious symptom?

It's tempting to think pain appears at the same time the function of an organ or tissue is compromised. But there's typically a lag.

Because our bodies are so adaptable, we often manage in spite of a growing problem that keeps nagging us. We may not yet have obvious symptoms, but our capacity to adapt is diminished. Then, all it takes is a sneeze, tying our shoes or the stress of a deadline to put us over the edge and symptoms appear.

You might say, "But I didn't do anything!"

Actually, there were probably subtle signs that something was amiss. We all have a different threshold of "body awareness." Some are aware of an impending head cold with the earliest hint of a sore throat. For others, it takes full-blown sinus congestion before they admit, "Hey, I have a cold!"

Become more aware of your body. Take note of even small changes in your energy level, sleep habits and elimination. Take action while your body is still whispering, rather than waiting until it's shouting for help!

By the time the most obvious symptom appears, it's likely that the problem has been quietly worsening, just below the threshold of recognition, annoyance or impairment.

Cruising Altitude

"United 475 Heavy, you're cleared for take off on 32 left."

Soon after your pilot receives a message like this, you'll start down the runway. In a matter of mere moments, you'll be going fast enough to cause the low pressure above the wing, created by its unique shape, to lift the plane into the air. To create the speed necessary to produce lift requires an enormous expenditure of energy. Large quantities of fuel are burned during the first twenty minutes of your flight, when your pilot is guiding the plane in its initial ascent. Once the proper "cruising" altitude is reached, it takes hardly any fuel at all to maintain the appropriate cruising speed.

Just like chiropractic care.

At the beginning, lots of energy is used. The visits are frequent. The goal is to create sufficient momentum to reverse the unhealthy spinal pattern that has prompted a visit to our office. Then, as symptoms subside, it usually takes fewer visits to maintain the progress and start retraining the spine for more lasting change.

Now that they are feeling better, this is when many chiropractic patients bail.

And since they're on the ground, not cruising along in the stratosphere, it's easy to do. Which, of course, predisposes them to a relapse.

Which again, requires massive amounts of fuel...

Which again, gets them to a comfortable cruising altitude...

Which prompts them to discontinue their care... Which, well, you get the idea.

Conserve your energy. Stay well with regular chiropractic checkups so you don't have to keep burning lots of energy getting well.

Intelligent AND Smart!

The pause between heartbeats constantly changes, and this “heart rate variability” is one indicator of overall health. Now look at blood pressure: 120/80 is considered normal. But “normal” changes throughout the day. If it didn’t, you might pass out just by standing up!

These and many other aspects of our bodies are dynamic. Fortunately, we have an intelligence within us that makes these adaptations for us. In fact, the ability to adapt to the environment is one of the definitions of intelligence.

Your car, with limited intelligence, requires that you do the adapting for it. Driving uphill requires you to apply more gas. Stop sign? You have to adjust! To safely operate your car, you have to supply most of the intelligence.

Not true with your body. Your nervous system, which controls the whole show, does the work for you—if it isn’t impaired. Thus, regular chiropractic checkups are not only intelligent, but also smart!

No Big Thing?

A sore throat is a small thing. It could be a sign that you’ve exhausted your immune system.

An upset stomach is a small thing. It may be a symptom of producing too much (or too little) stomach acid.

Back pain is a small thing. It might be how your body reminds you that change is needed. A change in the way you move or think.

Subluxation is a big thing. When your brain loses touch with part of your body and can’t regulate it, that’s big. Impaired nerve communication is a big problem.

An adjustment is a big thing. A precisely applied energy that helps restore nervous system integrity, is big. Really big. Knowing where and how takes a big commitment of education, expertise and experience.

Chiropractic is a BIG thing. Maybe one of the biggest secrets in health care! It’s faced big opposition by those who don’t understand it. You could play a big role by sharing your experience with others. That would be a big help!