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Newsletter

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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.

Pain may be a pain, but pain is not the problem!

Pain is a symptom. A signal. A sign. An indicator. A warning. Pain is no more a problem than a traffic signal or your alarm clock jarring you awake.

If there's a problem, it's the meaning we attach to the pain.

When chiropractors meet patients who are in pain, our first thought is that they must have exceeded some physical, chemical or emotional limit to which they can no longer adapt. 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 be made to avoid this in the future?

Do you know someone who thinks pain is a problem? Please show them this website. Because for chiropractors, pain is never a problem!

The Master System

The nervous system is made up of two parts: the central nervous system, or CNS, and the peripheral nervous system, or PNS.

The brain and the spinal cord comprise the central nervous system. The spinal cord transmits sensory messages to the brain and motor messages from the brain. Sensory nerves carry messages from receptors to the brain. If you touch a hot stove, pain receptors on certain types of nerve cells tell your brain to move your hand. Motor nerves send signals from the brain to the muscles in the body. These nerves help us to do things such as walk, kick a ball or pick up an object.

The peripheral nervous system transports the messages between the central nervous system and the body. It consists of cranial and spinal nerves that carry messages to and from every sensory and motor nerve in your body.

Part of the peripheral nervous system is called the autonomic nervous system. The actions of the autonomic nervous system are automatic and include such actions as breathing, your heartbeat and digestion.

The autonomic nervous system is made up of the sympathetic and parasympathetic nervous systems. The sympathetic system alerts the body when there is an emergency or danger. When this happens, your heart beats faster, your blood pressure rises and your pupils dilate in what is called a "flight or fight" response. The parasympathetic system returns your body to normal once the danger has passed.

Chiropractic care is designed to restore the integrity of your nervous system so that everything works the way it's supposed to. That's why it's vital to have your spine checked regularly for optimum health and well-being.

Serious NSAIDs

A recent New England Journal of Medicine article showed that the adverse effects of using NSAIDs (Non Steroidal Anti-Inflammatory Drugs) like Advil, Motrin, Aleve and others, can include stomach bleeding, ulcers and, in some cases, death.

Millions take NSAIDs without much thought. However, research has shown that bleeding and ulcers occur half the time... often, with no symptoms. Among the people who develop serious bleeding from NSAIDs and require hospitalization, 10 to 15% will die. In fact, 2,000 people in the United Kingdom die each year from gastro-duodenal lesions from taking NSAIDs.

These drugs simply cover up your body's warning signs and fool the body. Every day chiropractors help locate and reduce the underlying cause of many types of health problems. Is it time for a chiropractic checkup for you, or someone you know, who thoughtlessly reaches into the medicine cabinet?

True Health Insurance

Are you one serious illness away from bankruptcy? Those of us with "health" insurance policies think we're protected from the burden of huge medical bills. Sadly, that's just not true. In a Harvard University study of almost 2,000 Americans in bankruptcy court, half said that illness or medical bills drove them to bankruptcy.

Every 30 seconds in the United States, someone files for bankruptcy because of a serious health problem. Over 75% of those had insurance but lost coverage during the course of their illness. Thus, they face the double disaster of illness and bankruptcy.

"If you're sick enough, long enough, you're likely to be financially ruined," cautioned Dr. David Himmelstein the lead author of the Harvard study.

Once thought largely the result of bad financial choices, bankruptcy is increasingly accompanying serious health problems. People who go under from medical debt are mostly middle- or working-class homeowners.

The solution? Don't get sick, of course. But how?

Many people neglect their health until their symptoms are unbearable. By then, problems can be well advanced or even irreversible. That's why we suggest wellness visits - preventive measures may actually provide more "insurance" than your insurance!