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Newsletter

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Neck Adjustments Are Safe!

One of the most effective chiropractic adjustments is to the cervical spine. Because virtually every nerve impulse of your body passes through the neck, subluxations here have far-reaching effects. Yet, critics have warned that such adjustments are dangerous. That notion has been put to rest!

A recent Canadian study shows that you're no more likely to suffer a stroke following a visit to a chiropractor than to a medical doctor. Published in the journal *Spine*, the research looked at 818 Canadians who suffered a stroke from an "arterial dissection."

While researchers confessed that they suspected a link between chiropractic care and stroke, they didn't find one.

Please forward this to anyone you know who has unwittingly fallen for the false impression circulated by chiropractic critics.

Can You Defy Gravity?

We see it all the time. A patient faces a health crisis and shows up in our office. We're always delighted to help, but often as soon as the client feels better, they discontinue their regular care.

That's how our society tends to view health care: people attend to health matters only after losing their health.

The entire process is similar to riding a roller coaster.

After getting strapped in and using lots of energy, the roller coaster is pulled up a steep incline. That's like the frequent visits a new patient experiences when beginning care. When you reach the top the views are great, but when the power pulling the coaster up is removed, there's only one way to go!

Like patients who feel better and then discontinue their care, they coast. Which is what a roller coaster is: a scary ride that while fast, is entirely based on coasting downhill. Gravity wins every time.

Much of the healing and retraining of muscles and ligaments necessary for more lasting spinal changes happen after the relief of obvious symptoms. That's why discontinuing care too soon invites a relapse. Coasting right back to the bottom is fun on a roller coaster, but not much fun when it applies to your health!

Are you coasting? If it's been awhile since your last chiropractic checkup, schedule one today!

Germs Are Not the Enemy!

How come some people go from one cold to the next, getting all the bugs that “go around” and others don’t? It was this very question that prompted D. D. Palmer back in 1895 to pursue what we call chiropractic!

We chiropractors meet a lot of people who are fearful of germs. But germs are a lot like seeds. Ever try to start a lawn or plant a garden? It doesn’t just happen. The conditions have to be just right! Same with germs manifesting into disease.

A common factor is a depressed immune system, and your nervous system affects the function of your immune system. Weakened by a compromised nervous system, your stomach, lungs, nose, ears and throat become the perfect “soil” for viruses, microbes and other bugs.

Restoring the integrity of the nervous system is what chiropractic does. It’s a simple idea that helps our patients enjoy better health, naturally.

Resolution Check-In

Just a few months ago, many of us resolved to make changes in our lives. What happened?

Consider some of the traits of those who keep new, healthier habits:

They believe in their ability to change. They know that keeping old habits and forming new ones are choices that they control.

They don’t blame themselves or make excuses. Instead of giving up after “falling off the wagon,” they dust themselves off and recommit to their goal.

They concentrate on measurable results. They track their progress.

They make change a long-term lifestyle decision. Diets don’t work. Abandoning unhealthy habits requires thinking long term.

If you’ve fallen out of the habit of regular, preventive chiropractic care, it’s not too late to get back in the habit!