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# Newsletter

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## Do Germs Cause Disease?

How do you “catch” a cold? How do you “get the bug” that’s going around?

Many people in our society have been led to believe that germs cause disease. But germs only manifest in disease when the conditions are just right... in other words, when our immune system is compromised.

Our immune system (working hand in hand with our nervous system), successfully fends off germs and other pathogens 24/7. So, consider the circumstances when our immune system is inadequate, and symptoms do appear. What are we doing (or thinking) that compromises our immune system? Yes, our mental and emotional health are common culprits!

If you want to remain disease-free, instead of focusing on germs, attend to ways to boost the effectiveness of your immune system. A good place to start is by regularly removing stress to your nervous system with periodic chiropractic care. If you or your loved ones haven’t been in awhile, make an appointment today! your nearest ANJC member: [www.njchiropractors.com](http://www.njchiropractors.com).

## Why We Recommend Frequent Visits

When patients begin chiropractic care chiropractors will frequently recommend up to three visits per week or more. We’re often asked how we arrive at this visit schedule.

Since the patient is doing the healing, not the chiropractor, everyone responds differently. Predicting the best course of care is a combination of education, experience and keen observation skills.

A chiropractic adjustment applies a specific force, at a specific location, in a specific direction to assist your body in “righting” itself. Only your body knows where a particular vertebra is supposed to be! Our job is to supply energy at the right time and place so your body can use it.

We’ve found that frequent visits at the beginning of care, balances the repetition needed to establish a healthier spinal pattern with fitting chiropractic care into a busy life. We’ve tried more and less frequent care schedules. But for most new patients, up to three times a week seems to produce the best results in the shortest amount of time.

## The Meaning of Pain

What is the purpose of pain?

Pain causes you to pay attention to something that's not working right. It's a warning that a limit of some type has been reached that the body is not equipped to handle or cannot adapt further. It's a not-too-subtle way your body alerts you that a change is required.

In many ways, pain is a good thing. It's only when we misinterpret the pain or make it go away without tending to its underlying cause that we get into trouble.

Many people begin chiropractic care because of a painful symptom. Naturally, we show our compassion, but as chiropractors, our primary interest is in the underlying cause of the pain. Numbing the body with drugs to hide the pain may be convenient, but in the long run, expensive. We take a more natural approach.

It begins with a thorough examination. Plus, we'll ask about the various physical, emotional and chemical stresses you may be experiencing.

If you know someone who regularly takes pain medication to suppress their ability to sense pain, urge them to consult a chiropractor. We promise to help identify the underlying cause of their problem and offer safe and natural solutions to their body's cry for help.

## Burning Calories the Easy Way!

You may have suspected that proper weight control cannot be achieved by dieting alone. In fact, you may know a few people who are engaged in a sedentary lifestyle who never work out, yet seem able to maintain an ideal weight. How do they do it?

Turns out many extra calories can be burned by participating in a variety of "strenuous" activities that require little, if any, physical exercise. Maybe you know a few people who "burn calories" in one of the following creative ways:

Activity	Calories Burned
One hour of jogging	751
Whimpering about aches or pains	750
Complaining about a headache	600
Whining about a sleepless night	550
Moaning about back pain	450
Reaching into the medicine cabinet	425
Creating excuses to not see a chiropractor	400

Just kidding! Do you know someone who seems to be burning way too many calories complaining about their ache or pain? Have you perhaps burned a few calories this way yourself? If you think chiropractic can help, please schedule an appointment today.