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Newsletter

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Do You Get the Message?

Many people think chiropractic is about bones, especially spinal bones. But the fact is, we're much more interested in nerves. In particular, the nerve messages that travel between the brain and the body and from the body back to the brain.

Any type of disruption can distort or disturb the integrity of the controlling and regulating messages from the brain. The result can be ill health.

A common culprit is the 24 moving bones of the spine that cover your spinal cord. When spinal bones lose their normal motion or position, it can irritate nearby nerves. Because the nervous system controls every cell, tissue, organ and system of your body, chiropractic care can help a wide variety of health problems.

Maybe you know someone who has been told that it's "all in their head" or that they'll have to "learn to live with it." Worse, someone who thinks they have a muscle relaxer shortage. Let them know about chiropractic!

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, localized or general.

But pain is not the problem!

Pain is a symptom. A signal. A sign. Pain is no more a problem than a traffic signal or your alarm clock announcing that it's time to start the day. If there's a problem, it's the meaning we attach to the pain.

When we meet patients who are in pain, besides being compassionate, 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. Plus, what should the patient do to avoid this in the future?

Do you know someone who thinks pain is a problem? Please send them to one of our member practices. Because with chiropractic, pain is never a problem!

Good or Bad?

It seems a week doesn't pass that we don't hear something in the media about the dangers of eating, drinking or coming into contact with one substance or another. Even more confusing is that if you wait long enough, someone else comes out with another study extolling its health benefits!

Consider some of things that the "authorities" have flip-flopped about concerning their safety:

Sushi, Red meat, NutraSweet, Sucralose, Saccharin, Dyes, Perfumes, High fat foods, Eggs, Decaffeinated coffee, White bread, Hot dogs, Sugar, White flour, Coffee, Carbohydrates, Tap water, Margarine, Butter, Wheat, GM corn, Fluoride, Silver fillings, Tuna, Bacon.

Consider this. For every person who has had an adverse effect, millions have not. In fact, we've all heard of those in their 80s, 90s or older claiming their secret to longevity was the result of eating or drinking something we've been told is bad for us.

Hmmm. Maybe it's not just the substances. Maybe it's our attitude, stress level, ability to adapt (nervous system integrity), the toxicity of our environment and a constellation of countless other issues at play. What do you think?

Organic Foods - Unplugged!

It's exciting to see all the new-found interest in organic foods, pure drinking water, exercise and fitness.

Yet, many of these well-intentioned, health-conscience people are wasting their money.

If you know someone who is shopping organically and reducing their dependence upon processed foods, but not getting regularly adjusted, they may be overlooking a key point.

Let's say you go to your favorite grocery store for your weekly shopping. And because you've wisely shopped the perimeter of the store where the fresh foods are, you return home and put things away in your refrigerator.

But you overlooked one little detail. Your refrigerator isn't plugged in! So the fridge has a major subluxation at the electrical outlet.

In the same way your refrigerator cannot preserve, protect and prolong the vitality of your foods without a properly functioning electrical system, your body cannot properly digest, assimilate and eliminate foods with a subluxation interfering with your digestive system.

So it doesn't matter how healthy your organic food choices are, because your body won't be making the most of those healthy choices.

Your nervous system runs the whole show. If it doesn't work right, you don't work right. And if you're not working right you can't fully benefit from organic food, gym membership and other healthy habits.