



# Asquith Family Chiropractors

*For Lifetime Family Wellness*

## NEWSLETTER

> September 2009

### Practice News

***September is here and hopefully some great weather.***

The next few Saturdays we are open will be:

- Saturday 26th September
- Saturday 24th October
- Saturday 21st November

We won't go any further as it will be December!!!!

***Please note the Practice will be closed on Tuesday 8th September.***

Going through some old files we came across the following article by Dr Ben Levi which we thought you may find interesting.

It certainly will help you understand what an effect an adjustment has on our bodies and how it helps the nervous system function.

*Did you know?...*

***The two most powerful, natural drugs in the world are:***

- 1. Happiness**
- 2. Exercise**

Spring is on the way. With the warmer weather and longer days let's get exercising, looking for the positives in all situations and working towards being more healthy and hopefully more happy!

***Have a great month!***

## SUBLUXATION AND CHIROPRACTIC - *the best kept secret*

Subluxation is any displacement of spinal vertebral bones resulting in a complex of associated phenomena, namely loss of joint motion, inflammation, muscle spasm and nerve pressure or irritation. Prolonged subluxation left undetected and uncorrected, may lead to serious loss of normal function, or even permanent damage to the spine and therefore, to the health of the body.

The human body adapts to stress through a defensive mechanism known as the fight-flight response. This is a healthy mechanism and is in fact, necessary for survival. If, however, we are subjected to stress over extended

periods of time, or excessive stress frequently, the fight-flight mechanism begins to mal-adapt and the body's response to further stress fails. This creates spinal tension and distortion, which chiropractors term "subluxation". Moreover, subluxation is a "state" our body regresses into. We can be in or out of a subluxated state. The big goal is to remain out of that state as much as possible and therein lies the role of the chiropractor.

Chiropractic adjustments are specific, gentle forces applied to the spine which reinstates spinal alignment and movement, therefore correcting subluxation.

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## **SUBLUXATION AND CHIROPRACTIC** - *the best kept secret*

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Re-alignment of the spine then allows the body's power generated through the nerve system to function at its full capacity, in turn enabling our innate intelligence to function optimally and enhance the health of the entire body. The body can then once again adapt to daily stress effectively and appropriately.

Our innate intelligence is the power our bodies are given that we don't have to think about, or be aware of. We were given this intelligence when we were born which knows how the heart should beat, how often we were meant to breath and how the other 70 trillion cells of our body were to behave and function. This intelligence is inherent in and equal in all of us. It is responsible for replacing healthy cells with more healthy cells or replacing the sick and mutated ones. There is no stronger force or power. It is universal.

We all face challenges of daily life: a sedentary lifestyle, higher work demands, a poorer diet and emotional stress all comprise these daily stressors we face. Our body doesn't differentiate between these different types of stress – it's all just "stress", chemical, physical or emotional and the reaction or response is the same – subluxation.

Chemical stress includes sugar, additives and preservatives, industrial chemicals and other air pollutants, poor water quality, make-up, cleaning products and so on.

Physical stress includes accidents, poor sleeping, working and sitting posture, strenuous exercise and activities even the birth process itself for mother and child.

Emotional stress includes personal relationships, attitudes and beliefs we choose to carry through life.

The fight-flight response characteristically involves jaw clenching, general muscle tension (*particularly in the shoulder region*), a flexed posture for organ protection, increased heart rate and subsequent blood pressure, increased blood sugar levels, lowered reproductive and digestive function.

The priority for the body in fight-flight mode is survival in the moment rather than in the long term. Spinal subluxation with nervous system pressure and dysfunction, results triggering a self destroying process similar to an internal time bomb. This loss of balance in the body initiates a cascade of degenerative processes in order to fulfill this self-destruction. Tissue dehydration and lifelessness results and in some people, who, although are still technically alive, have "one foot in the grave", so to speak.

The most sensible and practical way to regain life back into the body is through removing subluxations which have literally choked the master system. This is how we can adequately survive in the world in which we live and adapt appropriately once again.

The habits and patterns must be broken if the state in which we were born is to be realised. Subluxation kills. Adjustments save lives, it is that simple."

From this article we hope you realise why we continue to stress the benefits of a monthly adjustment and the benefits of healthy eating and drinking those eight glasses of water a day!

### **PRACTICE HOURS**

#### **MONDAY**

8.00am - 12noon  
3.00pm - 6.30pm

#### **TUESDAY**

3.00pm - 5.45pm

#### **WEDNESDAY**

8.00am - 12noon  
3.00pm - 7.00pm

#### **FRIDAY**

7.30am - 12noon  
3.00pm - 6.30pm

#### **SATURDAY**

8.00am - 12noon  
(Once per month)



# Bone Health

*The word 'Osteoporosis' means porous bones.*

Each of the 206 bones in the body is made up of a matrix of collagen fibres & minerals which are deposited within this matrix. The collagen provides support & bone elasticity, while the minerals fill the gaps to give strength. Bone is dynamic, living tissue. Throughout life bones are constantly changing. Osteoclasts (bone breakdown cells) continually breakdown bone & osteoblasts (bone building cells) produce new bone cells. In a growing child there is more building activity, in young adults it is about even & in older people there is more breakdown activity. It is thought that if bone breakdown becomes excessive & or bone building slows excessively then bones become osteoporotic.

## NUTRITION FOR BONE HEALTH

You have probably heard that you need calcium to prevent osteoporosis. Calcium is important for bone health however it is not the only factor to consider. Many minerals are present in bone & all must be in balance. A deficiency in any mineral can affect bone health. Some medical researchers have claimed that magnesium deficiency is responsible for osteoporosis & that this deficiency causes abnormal crystal formation in bones. It is argued by many, that magnesium is more important than calcium for bone health. For example in one study, a dietary program emphasizing magnesium instead of calcium, increased bone mineral density by 11% in post-menopausal women. Vitamin D is also essential for bone health & for the absorption of calcium. Sensible sunlight exposure provides vitamin D. Early morning or late afternoon sunlight exposure (before 10 am & after 3 pm) with no sunscreen for about 20 mins three times a week for four to five months of the year should be adequate. Some other important nutrients for bone health are: Vitamin K,

Vitamin C, Vitamin E, Zinc, Copper, Manganese, Boron, Silicon, Vitamin B6, Folic acid, Vitamin B12, & Essential fatty acids (omega 3 & 6).

In addition to minerals, people with osteoporosis also lose collagen compounds through their urine. Collagen keeps the bones 'elastic' preventing them from becoming too brittle. To prevent osteoporosis it is important to also address collagen health. The most important nutrients for Collagen health are adequate, but not excessive protein & Vitamin C. Other nutrients thought to help collagen metabolism are silica, magnesium, manganese, iron, vitamin B5, Vitamin B6.

All these nutrients need to be in the appropriate quantities & effectively digested & absorbed. Unfortunately with age many people do not effectively absorb nutrients from food due to decreased production of hydrochloric acid in the stomach & other digestive enzymes in the gastrointestinal tract. In order to effectively absorb nutrients from food or supplements digestive problems must be addressed. Supplements are beneficial if your diet has not been good for some time, your digestion is poor, or there is a nutrient deficiency. However supplementation must be balanced, especially if taken over an extended period of time.

## DIETARY FACTORS TO AVOID OR REDUCE

**Sugar** – leaches minerals & vitamins from the body. It also reduces your absorption of vitamin C.

**Caffeine** – flushes calcium from the body. More than 3 cups of coffee a day increases risk by 82%. Avoid or limit to 1 or 2 cups per day.

**Soft Drinks** – because of their phosphoric acid content, soft drinks combine with calcium & cause it to be excreted in the urine leading to demineralization of bones. The caffeine in cola drinks is even more harmful than caffeine



in coffee because it is more concentrated & is not wrapped up with tannic acids. There is approximately 5 teaspoons of sugar in every 250ml bottle of non-diet soft drink.

### EXERCISE - YOUR BONES BEST FRIEND

Exercise will improve your bones & just about everything else. Exercise has been shown to improve bone density, to improve strength of muscles & joints & improve balance & reflexes, which reduces the risk of falls. In addition exercise improves circulation ensuring all cells in the body, including bones, are supplied with the nutrients they need. Sedentary habits put you at risk of illness from several diseases including osteoporosis. Weight bearing exercise is the best way to improve bone strength. This includes walking, jogging, cycling, dancing, yoga, pilates & tai chi.

It's never too late to begin. Nursing home residents in their nineties had an average increase of 4.2% bone mineral density of the forearm after performing mild exercises for 30 minutes three times a week for three years. Those in the nursing home who didn't do the exercise program lost 2.5% of their bone mineral density. Women aged 50-73 who exercised for 1 hour twice a week over 8 months showed a 3.5% increase in lumbar spine bone mineral density. A number of other studies show similar results.

If you already have osteoporosis you should exercise with caution especially in the early stages of a new exercise program. Shorter periods of varied light activities are advised. If you join a class, always tell the teacher about any health problems you may have. Swimming is excellent & will improve arm bones, the spine, joints & heart. Walking is generally safe for almost everyone, as is Tai Chi.

### *Points to remember for people with osteoporosis:*

- Don't do too much in the beginning. If you are in poor condition, start by walking short distances & do some light stretching & strengthening exercises.
- Gradually increase the amount of time & distance you walk.
- Avoid bouncing, jerking, prolonged or heavy weight lifting & skiing. Extreme arching & lifting heavy loads should be avoided.

### EMOTIONAL FACTORS TO CONSIDER

In some instances emotional factors are involved in health problems. Stress & associated high cortisol levels can cause bone mineral loss over time. In addition to addressing stress levels, the following issues may be involved in osteoporosis, these issues may or may not apply to you, but they are probably worth considering.

*Am I lacking support? If so, from whom? In what areas?*

*How can I ask for assistance from others when I need it?*

*Where is my foundation – how can I make it stronger?*

*Where have I become hard, brittle, rigid?*

*What can I do to become more flexible & adaptable?*