

Adjustments

Spring 2009



As we're all aware, the main focus in the media these days is on the economy and the financial stress that so many Americans are under. But we need to remember that our health is the most important thing we have.

Staying healthy through chiropractic care not only offers pain relief, but also offers relief in the cost of medical bills. Let chiropractic work for you: call our office today for your chiropractic adjustment and massage.



Teanita, Daun, Amanda, Dr. Greg, Barbara and Julia

Chiropractic Care Can Prevent Costly Surgery

Degenerative changes (osteoarthritis) found in joints adjacent to spinal fusion is another good reason to see your chiropractor on a regular basis. Chiropractic can help prevent costly surgery.

In a study I came across, the authors found after spinal fusion the adjacent segments, above or below, demonstrated increased disc degeneration, joint spurring, joint instability, spinal stenosis and arthritis of the facet joints (the joints behind the spinal canal). The

authors also found that the more joints fused, the risk factor was increased for adjacent spinal segment degeneration.

When you see a chiropractor, restoration of normal joint motion is a key component of your treatment.

Unfortunately, while some patients do need spinal fusion, thankfully this is the minority. Restoring normal motion

in the joints will likely help diminish joint segment degeneration as this and many other studies have demonstrated.

Conveniently located in downtown Eagle River in the Parkgate building next to the DMV.

696-4878

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Chiropractic Care and The Digestive System

Did you know chiropractic care can help your digestive system? I recently reviewed a very enlightening article regarding pain relief and chiropractic care written by Charles Masarsky, DC.

While doctors of chiropractic have helped millions of people obtain relief from back pain, neck pain, headache and other painful spinal related complaints, most people don't realize that chiropractic care may offer other health benefits as well.

Nerves from many regions of the spine have a digestion connection. These nerves are capable of slowing down or speeding up the passage of food through the gastrointestinal tract, increasing or decreasing the amount of digestive secretions, as well as adjusting the amount of blood supply to various digestive organs. Disturbing these spinal nerves are not necessarily limited to causing spinal pain, but can potentially involve other functions including digestion.

A frequent occurrence in my office is when someone comes in complaining of upper back pain, generally between the shoulder blades. They are treated for the back pain and later the patient tells me that their indigestion or heartburn was improved.

An Australian study with nearly 1,500 chiropractic

patients found that spinal pain often is accompanied by heartburn or indigestion. The vast majority of patients never told their chiropractors about their stomach complaints, only their spinal pain. Twenty-two percent of these patients reported relief of their digestive symptoms as well as their spinal pain while under chiropractic care.

Unfortunately, many people will turn to non-steroidal anti-inflammatory drugs (NSAIDs) such as Motrin, Aleve, Advil and aspirin for their spinal complaints.

It has been found that some 16,500 Americans die each year from bleeding ulcers related to the use of these NSAIDs.

The use of Tylenol, while less damaging to the GI tract, is toxic to the liver and is a lead-

ing cause of liver failure in the United States. NSAIDs are very effective at reducing musculoskeletal pain, but at what cost? It's been estimated that 103,000 Americans are hospitalized every year due to gastric bleeding related to NSAID use. When considering health and safety, the calculation of convenience and price changes dramatically when considering chiropractic care which has been shown to be very effective and very safe.

While evidence linking chiropractic care to improved digestive health is not yet conclusive, compared to a drug approach there is compelling evidence that medications can be hazardous to one's digestive health. While chiropractic care cannot fix everything, there is no pain-curing medication that can match the safety record of chiropractic care.



Greyson and Alex working on the ultimate snow fort!

Glucosamine Sulfate and Inflammation

I've reviewed a recent summary written by David Seaman, DC, regarding four long term studies examining the effectiveness and use of glucosamine sulfate. Glucosamine sulfate is often used to help with osteoarthritic type pain by stimulating chondrocytes to rebuild cartilage in the joints. The outcome of these studies to date have demonstrated that while diminishing some pain in many patients, increasing joint space was not found.

The studies currently evaluating osteoarthritis of the knee found that patients with a lower body mass index, i.e. those who lost weight, had diminished osteoarthritic knee complaints.

I am aware of another

study that demonstrated people taking glucosamine sulfate (not HCL) were half as likely to have knee replacements. While glucosamine sulfate as a single treatment can be very effective for some individuals, it would likely be more effective in reducing osteoarthritic pain and preserving joint space if they took glucosamine and lost a degree of weight.

Research has demonstrated that both obesity and osteoarthritis are conditions associated with chronic inflammation, which can cause pain. Having an anti-inflammatory lifestyle that includes exercise and a diet that focuses on lean meat, fresh fish, skinless chicken, vegetables, fruits and nuts is beneficial in reducing pain.

Omega-3 fatty acid consumption is also likely to decrease inflammation and chronic pain. Fish oils from supplements or from our local seafood (in particular Alaska silver salmon), in addition to that found in flax seed oil, flax seed and green leafy vegetables, are also beneficial in reducing swelling and inflammation, **which will in turn reduce your pain.**

Northern Chiropractic Mission Statement

Northern Chiropractic is the leading chiropractic office in Eagle River providing the highest quality, drug free healthcare in the area. We maintain high integrity and honesty in our desire to enable our patients to live life to the fullest in their daily activities, as well as their recreational pursuits.



Who's the boss now?

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call
696-4878**

Pro Athletes and Chiropractic

What do Jerry Rice, Joe Montana, Tiger Woods and Larry Carson all have in common?

Chiropractic has been coming up more frequently in the media, in particular with endorsements by professional football players. Currently all NFL teams have chiropractors. The general population is following the trend of the professional athletes in that chiropractors are the most visited alternative health care providers in the United States.

Currently more than 60 percent of the population strongly opposes dependence on prescription medication, which costs the United States over \$250 billion annually.

Ninety percent of consumers are open to natural solutions.

In an article in The American Chiropractor, Larry Carson, hall of fame linebacker for the New York Giants, states in an interview that he visits his chiropractor regularly these days, not just for acute or crisis care but because the adjustments improve the entire function of his body. He explains that he has been under regular chiropractic care since his playing days and that his care began because "traditional" medical care could not help resolve his headaches. Chiropractic care got him back into the game and he suffered no side effects from it.

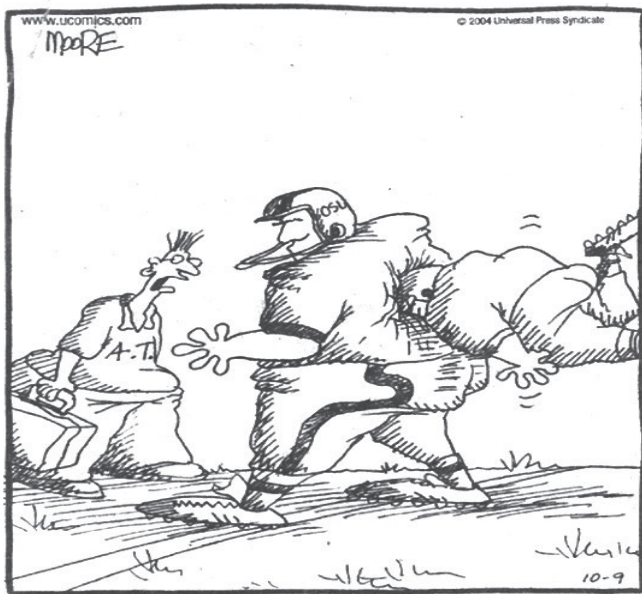
Jerry Rice, 13 time Pro Bowl football player, also re-

cently shared his positive experience with chiropractic care. "I did a lot of things to stay in the game, but regular visits to my chiropractor were among the most important." Joe Montana and Tiger Woods are also huge proponents of chiropractic care.

If you or a family member are interested in trying chiropractic care or curious if you may benefit for chiropractic care, do not hesitate to contact our office for a complimentary consultation regarding potential treatment.

northernchiropractic.com
For an appointment call
696-4878

IN THE BLEACHERS



"Hey, Dewey, you know that back pain you've been complaining about all week? ..."

**NORTHERN
CHIROPRACTIC**
 is located at 11723 Old Glenn Highway, in Eagle River. Our office hours are Monday through Thursday, 7 AM to 6 PM. Please call our office at 696-4878 to set up an appointment for an exam or a **no-charge** consultation.

Dr. Greg Culbert and staff are dedicated to providing quality health care to the Eagle River / Chugick Community.