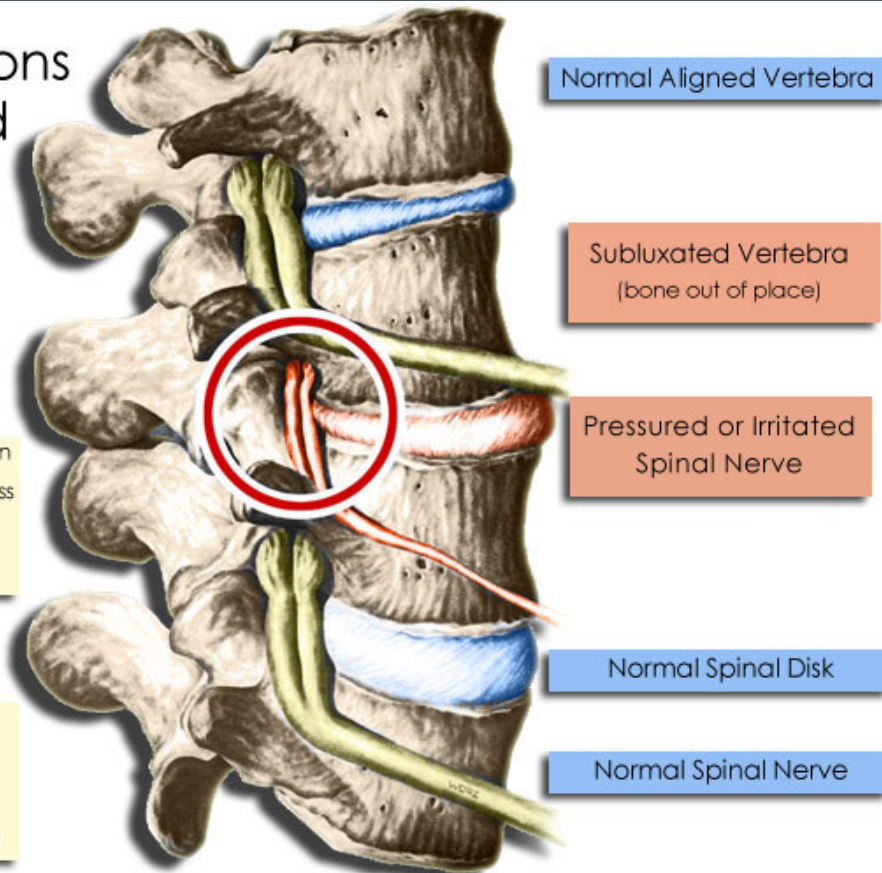


Loomis Chiropractic & Acupuncture Center, Inc.

Subluxations Explained

A vertebral subluxation can place undue stress on the disk between the vertebra

Your pain or health problem may be affected by a Vertebral Subluxation



Vertebral Subluxation Complex

It has been awhile since we have done a newsletter so I thought we would start them back up again and start from the beginning with what a “subluxation” is. Most patients are aware of what a subluxation is but some are not. In simplest terms, a subluxation (a.k.a. Vertebral Subluxation) is when one or more of the bones of your spine (vertebrae) move out of position or stop moving like they should and create pressure on, or irritate spinal nerves.

How does this affect you? Your nervous system controls and coordinates all the functions of your body. If you interfere with the signals traveling over nerves, parts of your body will not get the proper nerve messages and will not be able to function at 100% of their innate abilities.

Alignment

Postural Patterns



Acupuncture and Quitting Smoking

In a recent study done with Acupuncture and quitting smoking it was shown that Acupuncture can help smokers quit but they are still unsure of the exact effectiveness and how many treatments it may take. Here is what happened with some of the studies.

Acupuncture and hypnosis can be effective in helping some smokers quit, according to a review of 14 studies. These approaches may be useful for smokers who can't stop smoking using standard approaches such as nicotine replacement therapy, medications and behavioral counseling, according to a Reuters report. Some studies included in the review found that smokers who used acupuncture were more than three times as likely to be smoke free after six months to one year. The findings appeared in the [American Journal of Medicine](#).

It seems as though we are talking to more and more people about postural problems and what kind of problems may develop from bad posture. So I have decided to include some common problems that could be leading to your chronic pain.

A common complaint is I was just picking something off the floor or I turned to grab something or I must of slept wrong because I can't move my neck. Overtime people do things to their bodies that create imbalances. The body tries to give subtle hints but too often these hints are ignored and people say it will go away.

Nowadays people are wearing flip flops, heels, or no shoes and is leading to a common problem referred to as flat feet or fallen arches. This can cause several problems through out the body because our feet are our foundation. Problems such as back pain, feet pain, knee pain and even headaches.

Another problem is we do not stretch enough and in turn cause tight muscles that pulls our pelvis forward or backward causing our weight to shift on our discs and joints

in our backs. And overtime can create bulging disc, sciatica, and strained muscles.

The third most common problem is your neck and head. Have you ever sat at a desk too long and stood up and felt a pull on your neck or even a headache, or felt unsteady or unbalanced. When sitting with your head forward for too long you tighten the muscles in front of your neck and stretch the ones in the back causing a muscular and neurological imbalance. This then causes your head to sit more forward putting more strain on your muscles and joints. So it is best to take breaks while sitting forward and stretch backwards.

These simple things cause problems throughout your body and overtime can cause more damage and pain in your body. We can help you with these problems and help to make you more aware of what you are doing. It can be as simple as self-awareness or fitting you for foot orthotics or many more options. Sometimes all it takes is one simple look in the mirror.



Acupuncture

Have you ever considered trying Acupuncture?

- Sciatica?
- Back Pain?
- Ringling in the Ears?
- Leg Cramps at Night?
- Fibromyalgia Pain & Fatigue?
- Headaches?
- Quit Smoking?

Any of these sound familiar? Or something you may be experiencing but not sure what to do? Have you ever considered Acupuncture?

Acupuncture is an ancient health science, which is used to treat both pain and dysfunction in the body. Acupuncture is done with small needles place in various spots in the body to relieve pain or affect a certain function.

Some patients come in stating they have been told the pain is in their head and nothing is wrong with them. Just because something doesn't show up on blood work or scans doesn't mean that there is nothing there. Many physicians are now referring patients for an Acupuncture evaluation as a last resort.

Is Your Shampoo Keeping You From Having Babies?

Infertility seems to be on the rise and is leaving many couples stressed and unsure of the problem. The stress of what is wrong or the question of why aren't we getting pregnant can put a lot of undue stress on couples. But as it turns out it could be caused by something you use daily.

In a recent article it was found that hormone disruptors, known as phthalates, are

being found in household goods, such as, shampoos, fragrances, lotions, deodorants, laundry detergents and much more. These phthalates can cause infertility in men and women. Read more about this in the article and also how Acupuncture can help with infertility.

<http://health.msn.com/pregnancy/is-your-shampoo-keeping-you-from-having-babies>

3 Keys to Eating Right

1. **More is More**

Many of you may wonder what that means but it means exactly what it says. It is better for a person to eat smaller meals more often than to eat fewer large meals. It helps to balance blood sugar, boost metabolism and deliver continual nutrition to cells.

2. **Think Variety**

Make meals with both healthier choices and some less healthy choices so you will be more likely to stick with the diet.

3. **True Colors**

The more color the better the meal. The more colors the more variety of nutrients. So choose many different fruits and vegetables.



Loomis Chiropractic & Acupuncture Center, Inc.

10195 Beach Dr. SW Suite 1
Calabash, NC 28467

www.loomischiropracticandacupuncture.com

To Our Patients and Family and Friends