

Dr. Warren Pyne

Spinal Health COLUMN

A Newsletter Promoting the Healing Power of Chiropractic Care.



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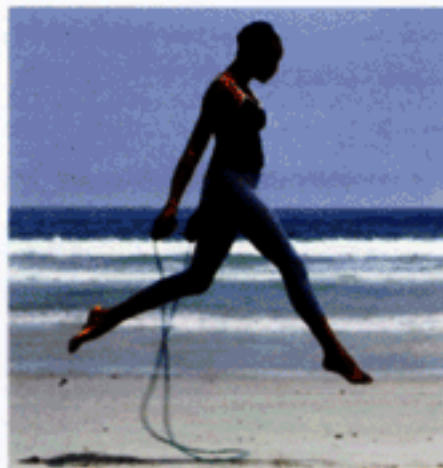
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WOMEN AND CHIROPRACTIC CARE

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Doctors of Chiropractic have always recognized that women face many health problems unique to them because of their female physiology, including the fact that their bodies are designed to be able to bear children. Pregnancy and the menstrual cycle are two of the most important health matters for women. Pregnancy and its recovery, pain during the menstrual period (dysmenorrhea), premenstrual syndrome (PMS), and chronic pelvic pain are four of the most distressing conditions that are unique to the female body that chiropractic can help with.

Chiropractic has been shown to lessen the discomfort of dysmenorrhea and chronic pelvic pain. Also, more and more



women are interested in diet, nutrition, weight loss, and methods for maintaining wellness and general fitness – something chiropractors have considerable knowledge about and we are eager to share with our patients.

Increasing numbers of women are relying on chiropractic

because of the caring interaction that develops between patient and doctor and especially because of the chiropractor's effective combination of expert diagnosis, effective spinal adjustments, and exercise guidance that many women are seeking from their health care providers.

Give us a call if you are concerned about any of these issues. We are eager and happy to help you with health concerns specific to the female body. ■

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ATTENTION IF YOU SUFFER FROM HEADACHES!!!

Many patients, with regular chiropractic care, have found permanent relief from those nasty headaches. Headaches can be caused by an irritation of the nerves in the neck. When these nerves are inflamed or pinched

due to spinal bone misalignments, they are irritated and headaches can be the result.

Often the sufferer does not realize that they may have an injured neck. The only connection between the head and body

is subject to spinal misalignments and muscular stresses such as minor whiplash injuries.

Our nerves and blood vessels go through small openings between the vertebrae in the

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THE SPORTS PAGE

YOU DON'T HAVE TO PLAY IT TO GET TENNIS ELBOW!!

Tennis Elbow, also known as "elbow tendonitis" or "epicondylitis," means there is an inflammation in the area where a tendon attaches one of the forearm muscles to the bone of the upper arm.

Symptoms include inflammation, elbow pain, and wrist weakness. You don't have to play tennis to get Tennis Elbow! Many cumulative traumas are the result of repetitive motions in sports such as tennis and golf. Likewise for repetitive tasks performed in the workplace — both office and the factory. Tennis Elbow can recur because there is not sufficient nerve supply necessary to rebuild healthy

elbow tissue. *Chiropractors work to restore normal nerve supply which helps the healing process.*

Chiropractors work to restore normal nerve supply which helps the healing process.

Start your competitive season by having your spine checked for correct body balance and good nerve

function. Call us today for the chiropractic care that will give you that "edge." ■



AND THE ATHLETES SAY...

"I was wrestling this big guy last April. He picked me up and jammed me head first onto the mat. My third, fourth, and fifth vertebrae were messed up. It was an accident that I should never have let happen. The doctors wanted to operate, but I decided to go with a chiropractor. It seems to be working."

*Hulk Hogan
professional wrestler*

"I think there's no question that chiropractic is one of the greatest needs of any football player,... I would say that 80 percent of the Vikings utilized chiropractic care."

*Fred Cox
superbowl place kicker*

STAR ATHLETES AND CHIROPRACTIC

Anyone who has seen a ballet knows that ballet dancers are incredible athletes. They may appear tiny, but they display the high altitude leaps of a **Jordan**, the explosive power of hurdler, **Angelo Taylor**, the stamina of **Mia Hamm**, and the grace of a **Yamaguchi** or **Hamilton**. As athletes, their bodies are their lives. As dancers, their bodies are their livelihoods.

Most dancers, once introduced to chiropractic, are very responsive and love the results. Most chiropractors love taking care of ballet dancers because they usually know their bodies and have a deep appreciation for what the chiropractor can do for them. Because of the intense demands on a dancer's body, according to a report in the journal *Anxiety, Stress, and Coping*, a professional

dancer is statistically as likely to be injured as a football player.

Mikhail Baryshnikov, one of the greatest ballet dancers of all time became a chiropractic patient after watching the immediate results another dancer got when her chiropractor adjusted her hip. It is believed that chiropractic can keep a dancer performing at his or her peak ability with less injury for many seasons. ■

YOUR CHIROPRACTOR: *Bent* on Keeping Your Spine Straight

A play in one act.

Setting: a bright spring afternoon in a chiropractic clinic with assistants busily taking care of patients of all ages. Two men enter the clinic, one after the other. One man is an older gentleman, tall and thin. The other man is younger with large solid shoulders and arms, wearing work boots. They are not related and do not appear to be acquainted with each other. They do have one thing in common: both look like walking question marks.

Well, truth be told, this isn't actually a play. This is reality. The reason both men are bent over is that they are in horrible pain. Both are suffering severe, crushing low back pain.

The first man says his back pain came on suddenly; that he'd "woken up like this". He had to have his wife tie his shoes and nothing he'd tried made his back feel better. This had happened last year, too, and he couldn't do a thing for months. It took him forever to get out of the car and into the clinic. Bent over was the only

way he *could* stand.

The second man had lifted a box at work and "felt something go". His boss sent him over right away. This type of thing had never happened to him. He worked out regularly, was young and strong. He was clearly embarrassed that he couldn't straighten up. He filled out his information forms kneeling on one knee because he couldn't sit down.

Here's the explanation of

what happened to both of these men: The body's structure and skeleton was created to be balanced and is equal on both sides. The spine, specifically, is central to the skeleton, supports the head, and houses the nerve roots that run information from the brain

to tell the body how to work.

Any imbalance in how the individual spinal vertebrae line up may interfere with the working balance of the skeleton and nerve system. Damage and pain are the result. Back pain and immobility is a frequent symptom of an imbalance in the spine.



This could occur from bad health habits over time, overall weakened muscles, or an accident or overuse.

Though the two men in our "play" didn't originally appear to have much in common except being bent over, they had one more thing in common: both got help from chiropractic adjustments to their spines. Realigning the spinal bones corrected the malfunction of their nerve systems. Correcting the alignment of the bones in their backs relieved the painful symptoms they were suffering.

It is likely you know someone who fits the description of one or both of these men. If they haven't sought chiropractic care, they need to. Have them call us, today. ■

Headaches

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neck. The size of the openings is reduced when a spinal bone is out of place, reducing the blood flow and nerve impulses going to and from the brain. This impingement can cause headache pain!

Chiropractors are trained to detect such misalignments and can correct them with gentle spinal adjustments. Call today for an appointment so we can help try and relieve those nasty headaches!! ■

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Column
Newsletter

DO YOU WEAR SUNGLASSES???

Your ordinary dark sunglasses may actually be harmful to your eyes. Dark sunglasses cause the pupils to dilate which allows *even greater* than normal amounts ultraviolet light to penetrate your eyes. Your best bet will be lenses that screen out **AT LEAST 75 percent** of those ultraviolet rays. They should be available from your optician. ■



EAR INFECTION? HOLD OFF ON THE ANTIBIOTICS...

In February of 2001, NBC's Chief Medical Correspondent, Dr. Bob Arnot told America on the *Today Show* that, "Up to 80% of ear-aches will clear up on their own" without the use of antibiotics. Considering the bulk of new evidence warning against over-use of antibiotics and the danger of creating "super bugs", holding off on

giving that prescription seems wise. Arnot included the warning that there is a "real risk of antibiotic over-use".

Should someone in your family suffer frequent ear infections, it may be a symptom of misaligned spinal bones which can interfere with proper nerve supply to the parts of the ear respon-

sible for proper drainage and fighting infection. We need to check for misalignments right away.

Regular chiropractic care can increase the body's ability to resist infection by maintaining proper spinal integrity and preventing problems from arising in the first place. ■