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Achieving Wellness

Victoria Family Chiropractic

Dr. Cale Copeland

592-5553

Bird Flu

If you follow the news, you have no doubt heard about the looming bird flu epidemic. Here at V.F.C., the information we provide is research based unless we say otherwise. However, some prominent people in the health care field are stating the bird flu is based on speculation not fact.

The *British Medical Journal* featured an editorial, October 29, 2005; 331(7523): 975-976, where they state, "...the lack of human to human transmission of the AH5N1 avian virus does not have the capacity to cause a pandemic."

The goal here at V.F.C. is to promote wellness by educating about healthy lifestyle choices and by

removal of nervous system interference through gentle chiropractic adjustments. When your nervous system is working properly and you keep physical, emotional and chemical stressors to a minimum, the result is wellness! My question to you is; do you think a properly functioning immune system can defend itself from germs (bacteria and viruses)? I hope you answered YES. Disease and sickness strike when you are in a weakened state. Achieve wellness through proper rest, posture, exercise, diet, mental stress reduction techniques and regular chiropractic adjustments.

Core Stability (Part 1)

Low back pain frequently brings people into a chiropractic office. Although chiropractic can help with pain, the causes of pain are multifactorial. In other words, do not rely on your chiropractor to alleviate all your pain. The good news is that pain usually subsides over time as you heal with chiropractic care and lifestyle modifications.

Core stability refers to the muscles that stabilize your lower back. These muscles include the deep abdominals (transverse abdominus), low back, buttock and pelvic muscles. Regardless of your age or sex, strengthening these muscles will not only increase your performance but assist in stabilizing your low back, and hence help reduce pain.

Exercise is a vital component of any wellness

program. In terms of core strengthening, the good news is that once you know how to do it, most of the exercises can be done in your own home, taking little time.

A recent article in the *Journal of Manipulative and Physiological Therapeutics* 2006; 29: 196-202, found that people who receive chiropractic adjustments have better core stability. This makes sense, considering that subluxations alter nerve function, which control your muscles.

In the next newsletter, we'll discuss techniques to engage core muscles. In the meantime ask Dr. Copeland for a local trainer to help guide you with core exercises.

HEALTH
IS NOT A
CHANCE,
IT'S A
CHOICE



Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Encourage someone you care about to get their spines checked today!