

Achieving Wellness

By Dr. Cale Copeland BSN, DC

Symptomania

Is chiropractic for wellness or pain relief? Many people use it for both, but chiropractic is specifically designed to remove the damage caused by vertebral subluxation. Subluxations block the flow of vital nerve energy and once removed, the body works, heals, functions, and performs as it is designed to. However, the presence or absence of symptoms is not a good indicator of health or the lack thereof. Merely palliating a symptom may stop the healing process and cover up an underlying pathology, causing it to worsen.

The Merck Manual of Medical Diagnosis lists the following common diseases present in the body without any signs or symptoms:

Heart Arrhythmia	Prostate Cancer	Atherosclerosis
Breast Cancer	Diabetes	Emphysema
Osteoarthritis (joint decay)	Ovarian Cancer	Brain Disease
Bowel Polyps	Spinal Degeneration	Kidney & Gall stones
Heart Disease	Hypertension	Kidney Disease

Seeking freedom from symptoms is easy to do. The only thing it can never bring you, unfortunately, is health. In fact, a healthy body goes through a process of healing that often involves pain and swelling. To mitigate that with any type of therapy (or drug) would actually stop the healing process. A patient may feel better short-term, but long-term health is compromised.

Spinal Decompression (Part 2): Studies from Stanford, John Hopkins, the Mayo Clinic, Stanford, and the Journal of Chiropractic Medicine have all confirmed what we have been seeing clinically here in the office. Non-surgical spinal decompression works. It is estimated that 80% of the population suffer from the devastating effects of spinal compression and poor posture. High intra-discal pressure causes the disc to pancake outwards, pushing on delicate nerves and the spinal cord.

Sleep problems are extremely common. Sleep is essential for healing, growth, mental clarity, immunity, and normal functioning. Here are a couple sleep basics:

1. Sleep Position: The best positions are on your back or side. A pillow under your knees when on your back or between your knees when on your side helps to reduce lumbar pressure.
2. Your Pillow: When on your back the pillow needs to support the normal forward curve of the neck. When sleeping on your side, the pillow must be thick enough to support the neck to the shoulder at a 90 degree angle. A pillow must be comfortable and typically has a thicker end for side sleeping and a smaller end with a bump to accommodate the neck's natural ergonomics. I recommend high-density foam pillows that have a warranty. They last a long time, are light, breathable, and highly comfortable.

Bras: Researchers such as Dr. Schachter, MD, are suggesting a possible link between tight-fitting bras and increased risk of cancer. "...Wearing a bra might contribute to the development of breast cancer as a result of cutting off lymphatic drainage, so that toxic chemicals are trapped in the breast." I personally recommend bras with wider straps around the back to reduce stress on the spine (sports bras work well).

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Who do you know who's subluxated?

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