Save Your Life with Chiropractic & Preventative Healthcare

The Drug-Free Solution to Optimum Wellness, Pain Relief, Improved Athletic Performance and Injury Rehabilitation

Dr. R'Kione W. Britton II D.C.

With G. T. Roberts

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Dedication

I would like to thank so many people for their contributions to me, my life and the world that we live in…I'm so blessed to be surrounded by such wonderful human beings, that I know that I will miss many and I apologize in advance.

So for this particular piece of work I thank my parents, Doris and Robert Britton, for giving me opportunities and experiences in my childhood that no person can earn, and unconditional love that I know I tested at every turn. My brother Phoenix Mourning-Star for never letting the competitive spirit go and always inspiring me to do and be more. My sister Nichole Slagel for bringing real skill to always looking on the bright side. And my sisters Amanda and Dorea for reminding me that we are the stewards of the next generation, and the love and generosity we show them is the legacy that we leave for all time.

Contents

Foreword

This book is not about pointing out what is wrong with medical healthcare. In fact, as the son of an emergency room physician, the medical paradigm provided me with a wonderful childhood that imbued me with the passion of service. And as the son of a teacher, educating others was the very definition of what it is to be a contributing member of society.

This book in a very real way is about community. Our nation is at odds with itself; in fact from a certain perspective, the entire world is in a paradoxical race with itself, a ‘Red Queen’s Hypothesis’ of sorts. ‘It takes all the running you can do, just to stay in the same place’ (Lewis Carroll’s Through the Looking Glass).

In the community that we call America there are a certain finite number of dollars that we produce. Each of those funds is allotted to serve different needs, i.e. military, food, energy, transportation, education and health care. I propose that instead of fighting for positions of healthcare authority and one-upsmanship that we have to face the fact that there are limited funds. And if we are to utilize those funds to their greatest benefit then we must begin to see chiropractic and other alternative healing arts from a pragmatic point of view. If it works and its practitioners can show efficacy, and the public desires the services, then allow access.

Chiropractic has shown its efficacy and cost-effectiveness in multiple studies from non-chiropractic sources. The social and financial capital saved from allowing a non-pharmaceutical health source would give us the opportunity not only to use the funds saved to pay for other services and stretch our spending dollar. They would also assist us in leveraging the virtual stranglehold that the multi-nation pharmaceutical corporations have on our own healthcare system. Given the predicted growth of our aging population, chiropractic and preventative/ alternative health systems could be instrumental in saving our economy, and hence in Saving America.

That's my big idea.

In fact this very pragmatic economic reality is a huge reason why I became a chiropractor. In my late twenties I was struck by an uninsured driver who ran a red light. I had to be heli-ported to the nearest E.R., which was U.C.L.A. Medical Center. After spending an evening in the E.R. and being told that I had serious damage to both knees and severe pelvic and low-back pain, I was sent home with recommendations for surgery.

I did get surgery on my left knee but not on the other. Everything else was attended to by my chiropractor who in fact stated that he did not think that I should get surgery at all. Without boring you with too many details, suffice it to say that the knee I had surgery on gives me pains to this day, and everything else has become a non-issue.

What shocked me was the difference in the bills. For the Medical care (which I am grateful for; who wants to be left

lying in the street), including the hospital stay, ambulance, surgery, and physical therapy (a knee mobility machine and portable TENS unit) my bill was in excess of $75,000, which drained me financially for years.

On the other hand, the chiropractors' bill for treatment, physiotherapy for my other knee, back, and legs, ultrasound, e-stim and massages for a year was approximately $8,500.

Let's make surgery a last option, one that should be decided by professionals whose talents and training do not include drugs and surgery until they are sure that they can do no more.

I think of it as healthcare diplomacy (natural methods, physical medicine, chiropractic) should be employed before we engage in arms and chemical warfare (drugs and surgery). As I once heard a great chiropractic leader Dr. John Dimartini say, "You wouldn't ask a fireman to come design and/or remodel your house, would you? Nor do you call the carpenter or architect when your house is on fire."

We must begin to utilize the proper tool for the appropriate situation if we desire an optimum outcome.

Biography

As the oldest of five children and son of an emergency room physician and high school teacher, healthcare and education have been principal tenets in Dr. R'Kione Britton's life since childhood.

Dr. Britton is committed to altering the face of healthcare through a unique combination of spinal orthopedic correction, functional neurology, Kinesiology, chiropractic and the inherent immune, anti-inflammatory and anti-aging results achieved through non-invasive, evidence-based care. His motto, 'I protect that which matters most,' doesn't simply pertain to the physical nature of the body, but also the emotional elements that an injury and somatic disturbances incur, as well as the dignity of every person to get the care they need to live the life they dream of.

Community service and involvement are important to Dr. Britton. He volunteers for the Arthritis Foundation Orange County chapter out of HOAG Irvine, as Co-Chairman of the 2012 Jingle Bell Run Committee – a fundraiser that raised over $70,000 last year for the important events and research that the Arthritis Foundation supports. He is a former Orange County physician coordinator for Arthritis Introspective, a support group for those with various forms

of arthritis, inflammatory disease and autoimmune disorders.

Dr. Britton graduated from Life Chiropractic College West in Hayward, CA. While in training Dr. Britton was elected to serve two consecutive terms as Student Council President, Vice-President of the Student Chiropractor's Association, and Student American Chiropractor's Association. He was also selected to The Who's Who Among Students at Colleges and Universities. He studied biology/pre-med at the University of Toledo as a National Merit/Achievement Scholar.

His Post-Graduate studies include: Functional Neurology, Cerebellar and Thalmic, brain-based rehabilitation, BioPhysics, Biomechanics, Functional Nutrition, Applied Kinesiology, Kinesiology of Sports Rehabilitation, Spinal Rehabilitation, Postural Correction, Bio-Geometric Integration, Myofascial Release therapy and more.

Dr. Britton has been involved in sports his entire life. In college he participated as an NCAA scholarship athlete as a cheerleader. He was the captain of his high school football team, competed in varsity football, wrestling and track, and competed in gymnastics on horseback in national competition. These days Dr Britton works out regularly, rock climbs and snowboards.

Whether your problem arises from an acute trauma injury, repetitive stress or a lack of strength, energy or physical well-being, he will give you honest answers on how to proceed with care.

1

Health Care Crisis – Why America Is Dying

Who's to Blame – Is the Finger Pointing At You?

When asked, most people think of the current health care crisis in the United States as a health insurance crisis. Although the lack of health care insurance is a problem, it pales in comparison to the real crisis – overall health. This crisis is not discriminatory. All segments of the population are affected.

Fingers have been pointed at many for this health crisis:

- Government: The lack of universal and affordable insurance
- Pharmaceutical Companies: The price of prescription drugs
- Health Care Industry: Current managed health care practices
- Food Industry: Unhealthy food choices for lower income individuals

Although each of these has a hand in perpetuating the crisis, none are the true cause. The real reason behind the health care crisis is an individual's poor choices and lifestyle, mostly in the areas of food, exercise and stress.

This leads to health related issues such as:

- Blood (fat) lipid abnormalities
- Cancer
- Depression
- Gallbladder disease
- Subluxations
- Gynecological problems, such as infertility and irregular periods

- Heart disease
- High blood pressure
- Metabolic syndrome
- Nonalcoholic fatty liver disease
- Osteoarthritis
- Skin problems
- Sleep apnea
- Stroke
- Type 2 diabetes

Whether we like it or not, we need to take personal responsibility for our health. This means taking personal responsibility to educate ourselves on the choices that will make a positive change for us and for those we love.

Biggest Health Issue Is Big Indeed

One of the biggest health issues in the United States is obesity. In fact, it is at epidemic proportions:

Stat Fact
Between 1960 and 2000, average waist circumference expanded by almost 4 inches for men and nearly 7 inches for women.[1]

- 66% of adults are overweight or obese
- 34% of adults are obese
- 16% of youth are overweight or obese [2]

Millions of dollars are spent to find the causes and solutions for obesity. The answer, however, doesn't take millions of dollars to discover. All you have to do is look in homes across America, specifically in the kitchens and on the couches.

To understand this further, let's look at a few statistics. In the last 100 years:

- Sugar consumption has increased from 5 pounds to 158 pounds per year.
- Processed grains consumption, such as chips and crackers, has increased by 62 pounds per year.
- Meat consumption increased by 60 pounds per year.
- Cheese consumption increased by 28 pounds per year.
- Soft drink consumption increased by 53 gallons per year.
- 500 calories per day have been added to our diets.
- TV watching has increased to 4 hours per day.[3]

Words Defined: Obesity

According to the Cleveland Clinic website, "Overweight refers to an excess of body weight compared to set standards. The excess weight may come from muscle, bone, fat and/or body water. Obesity refers specifically to having an abnormally high proportion of body fat. A person can be overweight without being obese, as in the example of a bodybuilder or other athlete who has a lot of muscle. However, many people who are overweight are also obese."

The answer to the obesity crisis, and the health care crisis in general, is simple – returning to a more natural diet rich in fresh fruits and vegetables, while avoiding processed foods, and being active every day.

The SAD Facts

Early in the 20th century, the American diet was quite different from what it is today. If you could peek onto the shelves at the local store you would find produce, living plants, seeds and grains. You might also find some home canned products. You would not find what is typical on shelves today:

- Hormone injected meat
- Processed foods
- Fast foods
- Junk foods

With these different food choices comes, of course, a completely different diet – the SAD diet (Standard American Diet). The foods found in the SAD diet have many imbalances.

Stat Fact

In March 2004, a study co-authored by CDC director Dr. Julie Gerberding claimed that, in 2000, obesity and physical inactivity killed 400,000 Americans; that is, obesity caused more than 16 percent of all deaths in the U.S. [4]

1. An excessive amount of certain foods such as meat, fats and sugar

2. Too little fruits and vegetables

3. Lack of nutrients in the food due to overcooking and processing

Too Much Meat? Really?

Do you know how many ounces of meat the average person needs per day? Just four ounces. Do you know how much the average American eats daily? Twenty-five

ounces!! That's as much as a person needs in a whole week!

Ok, so we eat a lot of meat. What is the harm in meat? Well, let's take a look.

- Too much protein makes the pancreas decrease enzymes. Enzymes are necessary for the digestion of food and the absorption of vitamins and minerals.
- Too much protein requires an excessive amount of vitamins and minerals to be used in digestion, leading to B6, zinc, calcium and magnesium deficiencies.
- Uric acid from the meat builds up in the body and causes gout and arthritis.
- Too much meat causes the stomach to produce less acid, causing digestion to slow down.

Words Defined: Enzymes

Proteins that trigger activity in the cells of the body. The most well-known enzymes are those found in the digestive tract.

Not to mention that a diet high in meat is the primary cause of heart attacks and has been linked to obesity, diabetes and cancer.

Trying to Make the Perfect Food Better

Man in all his wisdom has worked tirelessly at making the perfect foods – fruits, vegetables and grains – better by refining and processing them and adding chemicals to them. By doing so, man has created an American diet that is deficient.

For decades, people have tried making the best even better only to find out that there was no way to improve upon the product. For instance, prior to World War II, food factories in Denmark were processing brown rice and wheat flour to make white rice and white flour. Once the war hit, they didn't have the money to continue the processing and began selling more and more brown rice and wheat flour. Guess what? The death rate in Denmark went down 39% and there was a marked decline in cancer, diabetes and kidney disease. [5]

Despite such examples and hundreds of studies, processed foods make up nearly 90 percent of the American diet.

Words Defined: Processed Foods

Processed foods have been altered from their natural state. The methods used for processing foods include canning, freezing, refrigeration, dehydration and aseptic processing.

Most processed foods are loaded with:

- Sweeteners
- Salts
- Artificial flavors
- Factory-created fats
- Colorings
- Chemicals that alter texture
- Preservatives

Processed foods not only have additives but have nutrients and vitamins stripped away. This adding and subtracting from our food is a recipe for disaster.

Whole, natural foods are perfect foods. Eating a wide variety of fruits, vegetables and grains will give your body everything it needs for good health. The SAD diet will not.

Foods Not Worthy of the Name

Another big SAD fact is that the foods we eat, even if we are eating fruits and vegetables, do not have enough nutrients to really be called “food.” We are cooking our food to death – our death.

When plants are heated above approximately 107 degrees F, certain enzymes in food are destroyed. Vitamin C is destroyed if food is heated to approximately 130 degrees F. Although pasteurization (145 degrees F) is considered good, it destroys many nutrients within the food. Of course, the solution is to eat raw fruits and vegetables whenever possible.

The CDC says to eat five servings a day. More aggressive literature suggests nine servings a day. Yet, even at the

low end of the scale, less than one-third of Americans are getting their daily allowance of fruits and vegetables, making up less than 20% of the American daily diet.

What It Is and What It Isn't

The Standard American Diet, sadly, is high in calories and low in nutrition. It consists of foods such as:

- Refined flour
- Refined sugar
- Refined cooking oil
- Soft drinks
- Coffee
- Margarine
- Distilled liquor

In order to be healthy, we need to replace low nutrient foods with high nutrient, non-processed foods including:

- Vegetables
- Fruits
- Meat in moderation
- Fish

A healthy body needs a diet high in vitamins, minerals, enzymes and antioxidants.

- Vitamins and minerals: Fuel for bodily functions
- Enzymes: Digestion and absorption of nutrients
- Antioxidants: Regulate cells to keep them healthy and eliminate free radicals which cause cell mutation

When your body doesn't have the nutrients it needs, the aging process speeds up along with all the diseases associated with aging as well as many types of cancers.

Words Defined: Antioxidants

A group of vitamins, minerals and enzymes that help protect the body from forming free radicals. Free radicals are atoms or groups of atoms that can damage the cells, impairing the immune system and leading to infections and various degenerative diseases.

Have You Been Dumbed Down?

If you eat your share of foods you've seen advertised on TV, the internet, in print, or heard on the radio, then the likelihood is that you've been dumbed down. In other words, the food industry has gotten you to eat unhealthy foods and believe you are doing the right thing for your body!

Stat Fact

Large, diversified food companies spent approximately $27.2 billion on advertising in 2007, up 5.5% from the previous year. [6]

Having trouble believing this is true? Think about this: When was the last time you saw junk food advertised on TV? And vegetables? Junk food is consistently advertised and simple fruits and vegetables are rarely advertised. We know that fruits and vegetables are good for us, yet we buy what the food advertisers are selling.

Junk food and fast food marketing has become big business. Food companies are willing to spend top dollar on advertising to capture their audience. Pepsi spends more than $2 billion per year on marketing, McDonald's more than $1 billion, and Coca-Cola just under $1 billion. And the price tag is worth it because the marketing is working - Americans spent $110 billion on fast food in 2001 and consumed 56 gallons of soda per person. [7]

10 Things the Food Industry Doesn't Want You to Know

Makers of popular junk foods have an obligation to stockholders to encourage people to eat more — not less — of the foods that fuel their profits. So, even though they make the right noises when it comes to combating obesity, they aren't telling you the whole story.

Here are 10 things that junk food makers don't want you to know about their products and how they promote them.

1. **Junk food makers spend billions advertising unhealthy foods to kids.**

Studies Show
Fast Food TV Advertising Has Direct Link to Childhood Obesity

A study by the National Bureau of Economic Research has shown that a ban on fast food advertisements could reduce the number of obese 3 to 11 year olds by 18 percent and the number of obese 12 to 18 year olds by 14 percent. The study is the largest of its kind to directly tie childhood obesity to fast food advertising on television. [8]

Nearly half of all food industry spending is aimed at children. Promotions to entice children include the use of cartoon characters and free giveaways, as well as fun websites. Think about the number of kids' cereals that now have cartoon figures such as SpongeBob SquarePants, Scooby Doo, Shrek and Barbie. Children are attracted to flashy colored characters and packaging, and despite many parents' protests, in the end, the kids often win out.

2. **Food studies minimize health concerns associated with their products.**

   The health effects of items like milk, juice and soda were more favorable if the research was sponsored by the food industry. However, the research does not have a food industry sponsor. In other words, a food company's research is not really scientific. It is just another avenue of advertising to prove the value of their product.

3. **Large food industry leaders give money to professional nutrition associations.**
   For example, the American Dietetic Association accepts money from large food companies. In return, the company gets access to decision makers in the food and nutrition marketplace via ADA events and programs. Then the large company can pass along their nutrition information, which will then be passed on to consumers.

   If you look at the ADA website, you will find many nutrition fact sheets: Lamb: The essence of nutrient-rich flavor sponsored by the Tri-Lamb Group, The Benefits of Chewing Gum by the Wrigley Science Institute, Making the DASH

Difference by the National Dairy Council, Eggs: A good choice for moms-to-be by the Egg Nutrition Center (The Center exists under an cooperative agreement between the American Egg Board [AEB] and United Egg Producers [UEP]) and more.

At the bottom of each fact sheet is a disclaimer by the ADA: “The contents of this fact sheet have been reviewed by the American Dietetic Association’s Fact Sheet Review Board. The appearance of this information does not constitute an endorsement by ADA of the sponsor’s products or services. This fact sheet was prepared for the general public. Questions regarding its content and use should be directed to a registered dietitian.” In other words, don’t blame us.

ADA’s dietitian, Martin Yadrick, believes it is important for ADA to be involved with the large food industry so that the ADA can be a positive influence on them. But, the question is, who is having the biggest impact on whom.

4. **More processing equals more profits equals less-healthy food.**
   Fresh fruits and vegetables don’t bring food companies big profits. Big profits come from turning government-subsidized commodity crops like corn, wheat and soybeans, into processed foods and beverages. These high-profit products are typically high in calories and low in nutritional value.

5. **Natural foods such as fresh fruits and vegetables are more filling than their highly processed counterparts.**
   Fresh fruits and vegetables have an abundance of

fiber and nutrients that satisfy hunger easily. Through each processing step, more fiber and nutrients are lost and, therefore, more has to be eaten to satisfy hunger. Adding sugar or other sweeteners increase the number of calories without making the processed food any more filling. Therefore, selling foods full of empty calories that do not satisfy the body's need for food means that the public will have to buy more and more of the processed food in order to be satisfied. More sales equal more profits for the food industry.

6. **Foods touted as healthy replacements for unhealthy foods are not as healthy as you would think.**
   For instance, removing soda from your diet and drinking sports drinks and vitamin waters instead may save you a few calories, but they aren't that much healthier. They are still packed with sugar and calories. Therefore, a food company that sells both soda and sports drinks can keep their profits by "helping" you switch from one product to the other while making you believe you are doing more for your body.

7. **Labels don't mean a thing.**
   Just because a food has "0 trans fats" or "contains whole wheat" does not make a product healthy. If the product is loaded with salt or sugar or saturated fat, and lacks fiber or other nutrients, having whole wheat isn't going to help much. Label claims are meant to distract you from reading the entire label and the contents.

8. **Nutritional guidelines are confusing due to food industry pressure.**

The food industry likes to use scientific jargon to confuse consumers or make advice more ambiguous. What exactly does it mean to the average consumer to “Choose meats, poultry and fish that will reduce saturated fat intake."

9. **Food lobbyists are often funded by large food companies.**

   For instance, the Center for Consumer Freedom (CCF) is a group that lobbies against obesity-related campaigns. The argument in Washington that campaigns to increase public awareness of obesity or those that regulate food choices in schools should not be carried out. Interestingly enough, the CCF is funded through donations from big food companies such as Coca-Cola, Cargill, Tyson Foods and Wendy's.

10. **The food industry doesn’t like critics.**
    According to a 2008 *JAMA* (Journal of the American Medical Association) article, the Center for Consumer Freedom boasts that "[our strategy] is to shoot the messenger. We've got to attack [activists'] credibility as spokespersons." And they do a good job, too. They call Dr. Marion Nestle, the author of *Food Politics: How the Food Industry Influences Nutrition and Health*, a hysterical anti-food-industry fanatic. Of Dr. Frieden it says, “If you’re searching for a powerful public official driven by unbridled activist zealotry, look no further than the Big Apple’s health czar Thomas R. Frieden.” [9]

It Isn’t New

Although you may think this health care crisis is new to the 21st century, it has been a long time coming. In 1988 the Surgeon General, Everett Koop, put out a report stating that the American diet was the major cause of death in the United States.

In that report he states:

"*Although the precise proportion attributable to diet is uncertain, these eight conditions (coronary heart disease, cancer, stroke, diabetes, atherosclerosis, chronic lung disease, pneumonia and influenza, chronic liver disease*), accounted *for nearly 1.5 million of the 2.1 million total deaths in 1987. Dietary excesses or imbalances also contribute to other problems such as high blood pressure, obesity, dental diseases, osteoporosis, and gastrointestinal diseases. Together, these diet-related conditions inflict a substantial burden of illness on Americans."* [10]

In this same report, Koop listed some statistics on some of these diseases. Although the numbers in 1988 were alarming, the numbers today are staggering. For instance:

Coronary Heart Disease (CHD): CHD causes 35.3% of all deaths in the United States or one of every 2.8 deaths. It is projected to cost more than $304.6 billion in 2009.

Stroke: Stroke is the third leading cause of death in the United States (143,579 people per year). The total cost of stroke to the United States is estimated at $43 billion per year.

High Blood Pressure: About 73.6 million people in the United States age 20 and older have high blood pressure.

Cancer: On January 1, 2006, in the United States there were approximately 11,384,892 men and women alive who had a history of cancer. In 2005, total cancer deaths were 559,312. The cost of cancer is $72 billion per year.

Diabetes: 23.6 million people—7.8% of the population—have diabetes, with a cost of $174 billion per year.

Obesity: In the U.S., there are 58 million people overweight, 40 million obese, and three million morbidly obese costing $75 billion per year.

Osteoporosis: In the U.S. today, 10 million individuals are estimated to already have the disease and almost 34 million more are estimated to have low bone mass, placing them at increased risk for osteoporosis. In 2005, osteoporosis-related fractures were responsible for an estimated $19 billion in costs.

It is hard to believe that there are people dying of an inadequate diet in the United States where there is a surplus of food, but it is true. And there appears to be little hope of reversing the trend despite spending $1.4 trillion per year on health.

The World Health Organization (WHO) ranked the U.S. number one in health care spending. But, even with all this spending, the U.S. ranked 72 in overall health – lower than many Third World countries. [12]

Studies Show
Junk Food Advertising Far Outspends Healthy Eating Promotion

Food, beverage, candy and restaurant advertising was $11.26 billion in 2004. The money spent to advertise the *Five A Day campaign, which promotes eating five or more servings of fruits and vegetables daily, was* $9.55 million.

Just to give you an idea of the difference, the ad budget for the top-spending fast food restaurants is about 240 times greater than the budget for the Five A Day campaigns.

The junk food industry is spending billions of dollars to flood consumers with messages to buy and consume food – junk food with little nutritional value. Public health and nutrition messages like the Five A Day campaign are being drowned out. [11]

The Real Answer

Individuals think that modern medicine is the answer to the health care crisis. This however is simply not true. Using modern technology to cure disease is very expensive and often ineffective. Experts in the field of medicine realize that despite the use of advanced technology, there has been no decline in the health crisis.

The real answer does not rely on the curing of disease, but in the prevention of disease. And one of the best ways to prevent disease is through a healthy lifestyle. For many

people, understanding what constitutes a healthy lifestyle is daunting. However, understanding how to live a healthy lifestyle doesn't have to be difficult.

1. **Eat well** – Kick the SAD diet out of your life and replace it with a diet filled with fresh fruits and vegetables, whole grains, lean meats and fish.

2. **Exercise well** – Exercising just 30 minutes three times per week will promote heart health, help you lose weight by increasing your metabolism, build strong bones and boost your immune system.

3. **Sleep well** – Proper sleep allows your body to recharge and rebuild. Most cell repairs happen during sleep as well as memory assimilation of the day's events. Most people need seven to eight hours of sleep each night in order to function at their best.

4. **Live well** – Believe it or not, kindness and love, as well as having a set of principles to guide your life, will help you to be healthier and live longer.

5. **Seek Optimal Nervous System Health** – Everything that goes on in our body begins with the nervous system. Ridding your body of blockages in the nervous system, known as subluxations, can help you reach your full potential.

Following these five simple steps can help you live to over 100 years old without the usual complaints of aging.

This puts the burden for health squarely on your own shoulders. You cannot rely on others to watch out for your health. You cannot find good health at the doctor's office or

in the pharmacy. You can't find it in the junk food aisles of the grocery store or in fast food restaurants. Good health can only be found within you through a healthy lifestyle.

Testimonial: Paul G.

Dr. R'Kione is extremely professional, courteous and thorough. I have had treatments in the past from other chiropractors, which would last from 5-15 minutes. I received treatment for sciatica and chronic knee problem from Dr. R'Kione (for some reason, I have never called him Dr. Britton). During each visit, Dr. R'Kione spent over 45 minutes each session. My sciatica disappeared and now I can sit cross-legged on the floor to do my yoga asanas. My knee pain had reduced 80% & I am able to do a lot more stretching.

My mom is 72. Dr. R'Kione treated her. She could comb her hair on her own after over three years, she's so happy. I highly recommend him to everyone. Try him yourself and let others know.

In this country, modern medicine is used routinely for major surgeries such as bypasses and transplants. However, there is little attention paid to prevention. Seventy-five percent of health care costs are due to chronic diseases and only two percent are spent on prevention. To get healthy again, this will have to change and the change must start with you.

By taking care of your body now, learning everything you can to make good choices, and finding practitioners, such as chiropractors, that promote the prevention of disease, you will be well on your way to a healthier you.

I would be taking way too much credit to say that my ideas are anything near unique. I have had the profound privilege of having some great people influence not only my mind but indeed the entire environment of chiropractic and holistic natural healthcare. Two people that I believe are leaders in the wellness paradigm and are very active are Dr. Fabrizio Mancini and Dr. James L. Chestnut D.C. If you are interested in finding out more about leading a health wellness oriented life I recommend taking a look at these two physicians' work.

* Dr. Fabrizio Mancini D.C.: www.drfabmancini.com and www.healyourlife.com

* Dr. James L. Chestnut D.C.: www.thewellnesspractice.com

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2

Help, the Pain Is Killing Me!

Proactive Approach to Pain

Many Americans suffer from chronic pain. In fact, according to the National Centers for Health Statistics, more than one-quarter of Americans (26%) age 20 years and over – an estimated 76.5 million Americans – report that they have had a problem with pain. They awaken in the morning in pain and go to bed at night in pain. And for many, sleep is interrupted due to pain. Such pain limits activities and limits life enjoyment. But what can a person do?

Stat Fact

An estimated 20% of American adults (42 million people) report that pain or physical discomfort disrupts their sleep a few nights a week or more. [1]

The old view solution was to see a medical doctor who would most likely prescribe pain medication. Of course, as time went on, more and more medication would be needed in order to combat the pain. And that was if you were lucky enough to be helped by the pain medication in the first place.

If the pain persisted, surgery was often the next avenue of care. The problem with surgery is that the “cure” often leaves chronic pain sufferers in more pain. Perhaps a different pain, but pain nonetheless.

The old medical model is a model of disease. The first line of defense is to mask the symptoms. The second line of defense is to surgically repair. This is very different from the wellness model practiced by chiropractors.

Chiropractors do not seek to mask symptoms. Instead, we seek to help the body function at its most optimal level by

fixing subluxations in the spine. We seek the cause of the problem.

I often tell my patients that I do not look at the problem or the symptom simply as something that is wrong that needs fixing. Instead, I look at the phenomenon as the exact reaction or outcome to the imposed stressors or demands on a physiological system given the environment in which it operates, past history of injuries and limitations of matter/ limitations of metabolic capability.

Words Defined: Vertebral Subluxation

An interference of the nervous system due to a misalignment and or abnormal motion of spinal vertebra which causes improper communication with associated organs, muscles and tissues of the body.

In order to understand how chiropractic can help chronic pain sufferers, it will be helpful to define pain.

Pain is not a bad thing in and of itself. Of course for those experiencing it, it is no fun. However, pain is the body's way of sending an SOS to the body. The message is that something needs to be addressed and the SOS is loud enough that it can't be ignored.

Words Defined: Acute Pain

Pain that comes on quickly, can be severe, but lasts a relatively short time.

If a person feels a sufficient amount of pain, they will stop doing the activity that is causing it. This is the protective mechanism built into the body to help prevent further injury.

Pain is useful as long as it is keeping us healthy. However, pain can get out of control. It can continue long after its usefulness has been achieved.

Pain that stops you from injuring yourself further is called acute pain. It is the body's response to injury. For instance, if you twist your ankle while hiking along a trail, the pain you feel is acute pain. Chronic pain is that which persists far beyond the twisted ankle.

Words Defined: Chronic Pain

Pain that lasts long after the initial injury has healed. It may be caused by a disease, such as arthritis, or it may be the result of an injury such as back strain.

Chronic pain has many sources:

- Injuries that did not heal correctly or completely
- Long-term disease
- Injuries to the nervous system

Of course, there are other potential sources, but no matter what, the source of chronic pain is one that

Stat Fact

The annual cost of chronic pain in the United States, including healthcare expenses, lost income, and lost productivity, is estimated to be $100 billion. [2]

encompasses an unresolved issue with the body.

The biggest problem with chronic pain is that it starts a vicious cycle that leads to more pain. The longer we feel pain, the more our body tries to accommodate the pain. This is often through unusual body movements and posture, and through a reduction of activities. The more the body accommodates the pain, the more difficult it is to get rid of it. It can be a very difficult cycle to break.

This is where chiropractic care comes in. Chiropractic treatment can help reduce or even eliminate many kinds of pain and has been shown to be especially effective with chronic pain.

Studies Show
Chiropractic More Effective Than Medication or Acupuncture

The January 2005 issue of the Journal of Manipulative and Physiological Therapeutics showed that patients with chronic back pain did better with chiropractic than with medication or acupuncture, both during the 13-week treatment and 12 months later. At the 12-month mark, only those that received chiropractic care still had significant improvement. The conclusion: “Overall, patients who have chronic mechanical spinal pain syndromes and received spinal manipulation gained significant broad-based beneficial short-term and long-term outcomes." [3]

How can chiropractic help when medication cannot? Chiropractic principles state that although injury or illness may be the original cause of pain, everything that happens to the body involves the nervous system.

- Any impact to the body will involve the skeletal system in general and the spine in particular.

- Disease causes muscular issues. Muscles affect the way we move. Movement and posture affects the spine.

- Blocked nerve impulses are due to subluxations in the spine.

Studies Show
Chiropractic Better Than Muscle Relaxants for Low Back Pain

A study published in the July 2004 Journal of Manipulative and Physiological Therapeutics compared the effects of chiropractic adjustments to muscle relaxants in patients' low back pain that lasted two to 12 weeks. The three groups of patients included those with chiropractic adjustments and a placebo, those receiving muscle relaxants with fake adjustments, and finally a group with placebo medications and fake adjustments. The results showed for pain and severity, the chiropractic group did better than the other two groups. The conclusion: "Statistically, the chiropractic group responded significantly better than the control group with respect to a decrease in pain scores." [4]

Chiropractic's role is to establish the normal function of muscles, joints and the nervous system, thus eliminating the root causes of chronic pain.

Studies have shown that chiropractic treatments are among the most effective pain management plans.

Chiropractic is low-risk. It has no side effects like those associated with medication. And best of all, chiropractic may not only manage pain, but can eliminate the cause of pain altogether.

Oh My Aching Back

Four out of five people initially come to a chiropractor because of back pain. Back pain can be caused by:

- Pinched nerves
- Bulging or herniated discs
- Scoliosis
- Arthritis
- Muscle pain
- Vertebral subluxation

Stat Fact

Back pain is the leading cause of disability in Americans under 45 years old. More than 26 million Americans between the ages of 20-64 experience frequent back pain. [5]

The 1994 Federal Agency for Health Policy and Research (AHCPR) guidelines for low-back pain found that spinal adjustment, a primary chiropractic treatment, is effective based on rigorous research.

For years, medical doctors have held the belief that lower back pain will resolve itself within three months with or without some kind of intervention. This is contrary, however, to what doctors of chiropractic have known to be true for years. In fact, a recent study in the British Medical Journal found that only one in four back

pain sufferers had recovered 12 months after an initial visit to a medical doctor.

Studies Show
Chiropractic is Cost-Effective in Treating Chronic Back Pain

A study published in the October 2005 issue of The Journal of Manipulative and Physiological Therapeutics (JMPT) showed that chiropractic patients with both acute and chronic pain had less pain and higher satisfaction than those that sought medical care. Additionally, chiropractic treatment was 16 percent less expensive than medical care costs. And finally, the satisfaction rate among chiropractic patients was much higher. The conclusion: "With their mission to increase value and respond to patient preferences, health care organizations and policy makers need to reevaluate the appropriateness of chiropractic as a treatment option for low-back pain." [6]

The Consumer Reports Health Rating Center released the results of a survey of over 14,000 patients with back pain on April 6, 2009. Results showed that chiropractic spinal manipulation is the top-rated treatment for people suffering with back pain. In fact, survey respondents were almost twice as likely to be highly satisfied with their chiropractic care than they were with their medical care.

Chiropractic spinal manipulation is effective for back pain and musculoskeletal injuries – based on both research and patient satisfaction. Using chiropractic for these problems should definitely be a first choice course of action, especially since we provide a drug-free, non-invasive, personalized treatment plan.

Studies Show
Low Back Pain Study by Insurance Company Favorable to Chiropractic

Blue Cross/Blue Shield (BCBS) of Kansas presented a study titled "Lumbago Treatment." The results showed that chiropractic was more cost-effective than anesthesiology; neurosurgery; neurology; registered physical therapy; orthopedic reconstructive surgery; physical medicine and rehabilitation; and rheumatology. Patients had a willingness to return to the chiropractor that was 22% greater than the combined total of medical portals. The conclusion: “Patients suffering from back problems are better off with cost-effective chiropractic care.” [7]

Don’t Be a Pain In the Neck

Stat Fact

Neck pain is very common with approximately 15 percent of women and 10 percent of men affected at any given time. [8]

Your neck is also known as the cervical spine. It begins at the base of the skull and has seven tiny vertebrae. This small structure supports your head, which weighs 12 to 15 pounds. The miracle is that your cervical spine can move your head in every direction. That miracle of flexibility, however, makes you neck very susceptible to injury and pain. The study of the function and movement of the body in gravity is called biomechanics. Biomechanics gives us a way to predict and correct how the neck and head move and decrease pain caused by aberrant musculo-skeletal problems.

One way that biomechanics affects the neck is through postural stress.

Words Defined: Postural Stress

Strain on the nerves, blood vessels and soft tissues from sitting for long hours or performing repetitive motions. This can lead to tight muscles, chronic soft tissue inflammation and arm symptoms.

In addition to long hours of sitting or performing repetitive motions, poor spinal mechanics, weak or overdeveloped muscles, and poorly designed workspaces are often factors in postural stress.

Other factors that can lead to neck pain include:

- Poor posture
- Obesity
- Weak abdominal muscles
- Stress and emotional tension
- Osteoarthritis - progressive deterioration of cartilage
- Spinal stenosis – narrowing of the nerve passageways
- Degenerative disc disease - reduction in the elasticity and height of intervertebral discs
- Whiplash

Studies Show
Single Adjustment Helps Neck Pain

A study published in the September 2006 issue of the Journal of Manipulative and Physiological Therapeutics showed that even just one chiropractic adjustment could help neck pain. In fact, within five minutes of an adjustment, patients have less pain and a better range of motion.[9]

Chiropractic care has been proven to be extremely beneficial to patients suffering from neck pain and it is widely recognized as one of the safest non-invasive

Studies Show
Chiropractic Care Beneficial for Chronic Neck Pain

A study published in the February 2006 issue of the Journal of Manipulative and Physiological Therapeutics (JMPT) shows that patients with chronic neck pain benefit from chiropractic. Patients were divided into two groups – one with chiropractic care and one without. Those that received chiropractic care showed significantly less pain intensity. Additionally, Head repositioning accuracy (HRA), a test that measures the ability to reposition the head in a neutral posture after active movements, also showed significant improvement. The conclusion: "The results of this study suggest that chiropractic care can be effective in influencing the complex process of proprioceptive sensibility and pain of cervical origin." In layman's terms, chiropractic can help people with chronic neck pain. [10]

therapies available for neck pain complaints. A chiropractor understands that the neck is just one part of the spine and that other symptoms such as shoulder or arm pain are part of the same underlying issue.

Is It My Heart?

Before beginning this section, I want to be sure that you understand that chest pain can be serious. In fact, it is better to assume that you are having a heart attack and go directly to the emergency room.

Stat Fact

In a study of 250 patients hospitalized for chest pain, 23% of the non-cardiac patients were felt to have a Costo-sternal cause.[11]

However, if after visiting the ER or a cardiologist you find that you are not having cardiovascular issues, you may want to consider chiropractic care. Why? Because nearly one-fourth of chest pain comes from something called costo-sternal chest pain. This pain is due to a subluxation of the costo-chondral cartilage - the joint between the rib and the breastbone.

A subluxated rib head - where the rib joins the spine - can also cause chest pain. Three small joints join the rib to the spine and are easily sprained, even by something as simple as an explosive sneeze. You can tell if you have a subluxated rib head if you have pain when you inhale deeply. This pain often feels like a knife between the shoulder blades.

There is also Thoracic Outlet Syndrome (TOS). With TOS, a large group of nerves called the brachial plexus is affected, causing pain, tingling, or a dull ache in an arm, as

well as over the chest and shoulder area. It is caused from a subluxation of the first rib.

As you can see, many people with chest pain actually have a subluxation problem rather than a heart problem. Chiropractic adjustment has proven to be effective for these conditions.

Are You One of the 90 Percent?

Nearly 90% of Americans suffer from headaches. True, not all suffer from debilitating migraines, but any headache is a sign that something is not right. In fact, having no headaches at all is normal for someone that is truly healthy.

Words Defined: Migraine

A severe, disabling headache, usually affecting only one side of the head, and often accompanied by nausea, vomiting, photophobia and visual disturbances.

Headaches can be caused by many different things and are known as triggers. Triggers can include:

- Food
- Noise
- Lights
- Stress
- Muscle tension
- Insomnia
- Excessive exercise
- Blood sugar issues

Ninety-five percent of headaches are just that – headaches. They do not have any underlying disease and are the primary concern. These headaches include tension, migraine or cluster headaches.

The majority of headaches are caused by muscle tension. Americans spend large amounts of time sitting in one position. This causes joint irritation and muscle tension in the neck, upper back, and scalp, causing your neck to ache.

Chiropractors understand how tension in the spine relates to other parts of the body, including those that cause headaches. We can take the necessary steps to relieve headaches for most patients without using drugs.

Studies Show
Headaches Helped by Chiropractic

In the September 2001 issue of the Journal of Manipulative and Physiological Therapeutics was a report on the effectiveness of chiropractic care for patients with chronic headaches. Results showed that the chiropractic group did better than the massage group, and better than the medication group without all the side effects. The conclusion: chiropractic is one of the most effective avenues of health for headache sufferers.[12]

The Crippling Effects of Arthritis

Arthritis is a painful condition of the joints and cartilage. A cycle of pain and mobility loss is associated with arthritis. It works like this:

1. You have joint pain
2. Joint pain causes you to move less
3. Because you move less, you have less mobility
4. As you lose mobility, your arthritis worsens
5. You have more joint pain
6. And on and on

Chiropractic works against this vicious cycle. Your chiropractor's goal is to improve mobility and eliminate pain through chiropractic adjustments. So the new cycle looks like this:

Stat Fact

An estimated 46 million adults in the United States reported being told by a doctor that they have some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia. By 2030, an estimated 67 million of Americans aged 18 years or older will have doctor-diagnosed arthritis. [13]

1. Chiropractic adjustment
2. Increased range of motion with less pain
3. You will move more
4. Movement slows or halts the advancement of arthritis
5. Chiropractic adjustment
6. Increased mobility
7. And on and on

Arthritis puts your body into a negative feedback loop. Chiropractic helps get your body into a positive feedback loop.

Remember, the model for chiropractic is the wellness model and the understanding that the body can heal itself. By correcting subluxations, the chiropractor can increase

the range of motion and allow the healing process to begin.

A tremendous benefit of using chiropractic is that you will not have to rely on prescription pain medicines or over-the-counter pain medications with their harmful side effects. Chiropractic is non-invasive and can help arthritis, not as a series of symptoms to be masked, but in a way that will create freedom of movement.

Testimonial: Christi M.

I must say, I am absolutely, 100%, completely impressed by R'Kione Britton! I've been in four car accidents. (Not to mention injuries that have occurred throughout my life while not in a car). But because of these "bumps in the road," I've had quite a few chiropractors work on me. Some are better than others, yet by luck, fate or whatever you want to call it, I was blessed to be introduced to him about a month or so ago. And of course I pulled my back out and needed some treatment. I went to see R'Kione. In one session, ONE I said, he was able to get my back strong enough and pain free enough to get back in the swing of things! Especially for my work! I work as a waitress at a high volume restauraunt and to have the aches and pains of my past injuries just doesn't cut it for the hustle and bustle of my work place! If you are in need of a very knowledgeable and dedicated chiropractor who knows what he is doing, and if you are in need of actual results to help your body get back what it's been lacking, GO SEE HIM!!!! By far, and I can say this with complete confidence, after only two sessions with him, he is the BEST chiropractor I've ever been to! YOU ROCK R'KIONE BRITTON!!!!! :)

Chiropractic emphasizes the body's ability to heal itself, working through the nervous system, the primary coordinator of all body functions. Studies have shown that chiropractors are helpful in dealing with low back pain, sciatica, neck pain and other chronic pain issues. If you or someone you love has chronic pain, seeing a chiropractor may well be the first step towards health.

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3

Athletes & Chiropractic - Get That Competitive Edge!

Tune-Ups or Blow-Ups? Your Choice

Athletes today, both professionals and amateurs like your jogging neighbor, are constantly discovering the benefits of chiropractic. You can, too!

Tom Brady, New England Patriots quarterback

All Pro and Super Bowl MVP quarterback Tom Brady uses chiropractic to keep him at the top of his game.

“Chiropractic just makes you feel so much better. When I walk out of the clinic, I feel like I’m about three inches taller and everything’s in place. As long as I see the chiropractor, I feel like I’m one step ahead of the game.”

The role of the chiropractor in respect to athletic performance is fourfold:

- General tune-ups
- Nutrition
- Conditioning programs
- Injury care

Let’s look at each of these.

Evander Holyfield, former heavyweight champion, has been quoted as saying, “I do believe in chiropractic. I found that going to a chiropractor three times a week helps my performance. Once I drove 20 miles to see a chiropractor before a fight. I have to have my adjustment before I get in the ring." [1]

Dan O’Brien, an Olympic runner said, “You obviously can't compete at your fullest if you're not in alignment. It was the holistic idea that I liked about chiropractic. I really think chiropractic is essential in running. If I could put a percentage on it, I think I compete eight to ten percent better from regular chiropractic use, if not more. It is essential for me and my training routine.” [2]

Ten percent? Is ten percent really worth a trip to a chiropractor? Let's take a quick look:

- In a 100 meter dash, an 11-second time won't qualify for the Olympic team. A 10-second time can get you a medal.

- The 10% difference that Dan O'Brien experienced was the difference between gold and not even making the podium.

Now try to imagine your own life if everything was functioning at least 10% better. The difference would be astounding! You would be happier, healthier, and more energetic. You would sleep better and heal faster. You would be less likely to suffer from hormonal imbalances or illness. You would experience true wellness.

Studies Show
Chiropractic Has Positive Effects on Athletic Ability

In a 1991 issue of Chiropractic: The Journal of Chiropractic Research and Clinical Investigation, a study shows that chiropractic enhances athletic performance. Fifty athletes were tested – 25 receiving chiropractic care. After 12 weeks, those receiving chiropractic improved 30% in balance, kinesthetic perception, power and reaction time. [3]

So, what is it that athletes understand about chiropractic that most people do not understand? They understand the concept of wellness. They realize that wellness isn't about how you feel. They are aware that you can feel fine and still be unhealthy.

Athletes look at their body the way a mechanic looks at a car. Proper preventive maintenance will keep the car running smoothly. Oil changes and tune-ups, even when the car seems to be running perfectly, keep big problems from happening later on. No one wants to find out that they've blown an engine! Athletes do not wait until they are sick or injured to begin taking care of their bodies. They fine-tune their body at every opportunity. This is the idea of wellness and they realize that the best form of wellness care for fine-tuning is chiropractic.

Testimonial – Emmitt Smith

Emmitt Smith, despite his small size, is a giant in the eyes of professional football. Because of his longevity, he has become the NFL's all-time leader in yards rushing. When asked about his longevity, he attributes it to his chiropractic care. He said that he has found a chiropractor "that's really good in balancing out my body to make sure my hips are rotated right, and my body is functioning properly. I remember somebody telling me that what I put myself in during the games is like having a car wreck every Sunday. It's against the norm. You can find yourself in awkward positions. That stuff takes its toll. But if you take advantage of the health care, balance your body back out, put it back where it's supposed to be, you function better, and you recover faster." [4]

But this is not all they understand. They understand the intimate relationship between their nervous system and every other function in their body, from cell function to organ function and everything in between.

Your brain takes in information from the environment and sends out signals to your body to let it know what to do in response to the environment. If there is a block in the pathway, the brain can't get the information correctly and can't send out the appropriate signals to the rest of the body. With such blockages, the body cannot meet its full potential.

An interesting clinical application that I employ with my patients/athletes is to demonstrate how a subluxation can compromise core stability. I use specific leg strength tests before their adjustment to show how much stronger and more stable they are after their adjustment. Sometimes theory isn't enough and in my office I offer proof by using their own bodies.

Given the explosion of workout programs on the market today and the well-placed focus on core strength, I think it would be a shame to work out so religiously and discipline one's diet, only to miss one's goals because the nervous system wasn't communicating properly with the core musculature.

Stat Fact

Dr. Chung Ha Suh, a researcher out of the University of Colorado, found that the weight of a quarter pressing on a nerve can reduce that nerve's function up to 40%. Remember the 10% increase? Can you imagine a 40% decrease? [5]

Removing this interference is the role of chiropractic to keep your body functioning at its best.

Finally, athletes prefer not to use drugs. In fact, world-class athletes are banned from using many drugs traditionally used for pain. Chiropractic is drug-free. The

chiropractic model is not one about masking symptoms. It is one that believes the body can heal itself if allowed to work efficiently. Spinal adjustments to remove subluxations do this naturally, with no side effects. It makes no sense to add the side effects of drugs when you are trying to create a beautifully operating system, does it?

This is why athletes use chiropractic. They understand the necessity of keeping their body operating at optimal levels. This leads to better performance, fewer injuries and quicker recovery. If they don't, they lose their status as a top athlete.

You may not be a top athlete. You may not even be an athlete of any kind. But you can learn from these athletes. You can make a choice to achieve wellness through chiropractic care.

If You Are What You Eat, What Are YOU?

Nutrition is one of the key ingredients of the holistic principles of chiropractic. The benefits of proper nutrition include:

- Enhanced performance
- Greater speed
- Faster injury rehabilitation
- Increased endurance

Chiropractors qualified in the field of nutrition are able to give pertinent advice on vitamin supplementation and dietary intakes, as well as environmental dangers and homeostasis.

Individualism Counts

Stat Fact

A 1983 study published in the British Journal of Sports Medicine found that 60% of runners reported injury from training for a marathon. 55% of the injured runners did not seek professional help.

- 6% never recovered pre-race
- 43% reported partial recovery
- Only 51% reported full recovery [6]

A chiropractor is highly educated in all areas of the body, particularly in the mechanical function of the nerves, muscles and bones and how they interact with one another. This education can help an athlete learn more about their own body and how to get each system functioning together.

Due to this extensive education and understanding about the neuromusculoskeletal system, a chiropractor can help an athlete develop a conditioning program perfect for them and their situation. This isn't a "boxed" program like you find on late night TV infomercials, but a truly tailored plan that takes into account the athlete and the sport in which the athlete participates.

Words Defined: Homeostasis

A body's ability to regulate in order to achieve a relatively stable state of equilibrium.

For instance, a weekend runner with a weakness in the right knee would get a completely different program than a professional marathon runner with a past ankle injury. Such a program will not only enhance their performance but will help with injury prevention.

Fix Me Fast!

Professional athletes log in a large amount of time training. The numbers can seem staggering. For instance:

- Runners may run 200 miles a week
- Swimmers may swim four or five hours a day
- Pentathlon participants may work on all their skills up to eight hours per day

With such sheer volume, it is quite likely that professional athletes will experience injuries. But injuries are not limited to professionals. You don't have to log in 200 miles running each week to become injured.

Words Defined: Neuromusculoskeletal System

The neuromusculoskeletal system comprises the human frame, muscular system and nervous system.

High school sport injuries are quite common. Out of 100 participants, 30% of cross country runners, 8% of volleyball players, 35% of gymnasts, 29% of basketball players, 30% of baseball players and 75% of wrestlers will become injured in a two-year period of time. [7]

The goal of chiropractic is to bring an athlete back to optimal performance and allow the body to heal itself. The difference between masking an injury and actually correcting the cause can make the difference between an athlete performing again or sitting on the bench.

Testimonial – Derek Parra

Derek Parra, a U.S. Olympic speed skater, believes wholeheartedly in chiropractic. "I've always believed in chiropractic care. I've used a lot of other treatments for injuries and pain, but the problem doesn't get fixed until I go to a doctor of chiropractic." Since chiropractic deals with subluxations, interference to the nervous system, he can compete at a higher level. At the Olympic level, any edge can make the difference between a medal and going home without. [8]

The sports chiropractor also understands the mindset of an athlete. Suggesting to a runner that they stop running and their pain will go away is not a good solution. A runner wants to run. In fact, a runner is likely to dismiss the idea to stop running, continue running on an injury, and eventually do enough damage that they have no choice but to stop running altogether.

A sport chiropractor understands this. Instead of stopping the runner from running, a chiropractor will diagnose the problem, treat it, and suggest activities such as stretches and exercises that can be done at home to help strengthen the athlete. The goal is to get the runner running again as quickly as possible. And not just running, but running at their optimal level!

Teams Benefit From Chiropractic Care

In addition to individual athletes, many teams are using chiropractic as part of their overall fitness and injury programs.

Stat Fact

Almost all NFL trainers have referred a player for chiropractic care.[9]

The Baltimore Ravens, a professional football team, has had a team chiropractor since 1995 who was on the sidelines as part of the medical team when they won the Super Bowl in 2000 and again in 2013. The Ravens' trainer refers his players to receive chiropractic care because he realizes that even slight injury can cause alignment problems and that chiropractic is the answer to these issues. Although the Ravens were one of the first to have a chiropractor on board, almost every NFL team now has a chiropractor on staff.

Studies Show
Chiropractic Improves Movement Time

In a 2005 Journal of Manipulative and Physiologic Therapeutics, a study analyzed movement time – coordination and speed. People who use chiropractic improved their scores five times with just one adjustment.[10]

But it isn't only professional teams that have found the benefit of chiropractic. College football teams are also getting in on the act.

For instance, Virginia Tech has an impressive football team and the head coach attributes much of the success to chiropractic. He realizes that chiropractic is responsible for their physical health as well as faster recovery from injuries. When the team has players functioning at optimal health, winning is much easier! Once other athletes at Virginia Tech began hearing about the success of chiropractic in achieving better flexibility, range of motion, and general wellness, they started receiving care as well. Now athletes from the swimming, diving, lacrosse, soccer and basketball programs have begun regular adjustments.

Testimonial – Dan O'Brien

Dan O'Brien, a decathlon gold medalist, has said, "If it were not for chiropractic, I would not have won the gold medal. You obviously can't compete at your fullest if you're not in alignment. And your body can't heal if your back is not in alignment. It was the holistic idea that I liked about chiropractic and that is what track and field is about. Every track and field athlete that I have ever met has seen a chiropractor at one time or another. In track and field, it is absolutely essential. Chiropractic care is one of the things I think that no one has denied or refuted." [11, 12]

Olympians are also benefiting from chiropractic care. In 2002, the first year that the USA winter Olympics team had a chiropractor as part of their sports medicine team, the USA did better than it ever had. Many of the coaches attribute some of that success to the ideals of chiropractic: correcting misalignments and treating injuries so that athletes can be stronger and return after injuries faster and better than before.

**Testimonial: Peter J. Levy, D.C.,
Santa Barbara, CA**

I've known Dr R'Kione for almost three years, initially as a student when he took my soft tissue seminar that I teach, then as he assisted me in organizing and teaching the NMR technique that has been my passion in chiropractic, and then he has worked on me. I'm probably the most critical person he will ever work on because I am looking for excellence...and nothing less.

Dr Britton delivers the work with compassion, skill and great results....and were he to live closer, he would be my personal chiropractor. There is little substitution for excellence and Dr R'Kione is right up there at the top this early in his career.

With such success, the winter team of 2006 also had a chiropractor on board. In a news story prior to the games, it was noted, “athletes seek chiropractic care to maintain their health and improve their competitiveness.” Additionally, with the extreme drug testing to detect performance enhancing drugs, athletes feel that chiropractic is a safe, drug-free alternative to the modern medical practice of medications for pain and swelling.

With such successes, other countries began looking towards chiropractic care. Canadian athletes for the 2006 winter games also had a chiropractor as part of their sports medicine team.

Chiropractic care has been benefiting athletes for years. The wellness model fits perfectly with those that want their body to be the best it can be without the use of drugs and unnecessary surgeries. The point of chiropractic care, to

enhance a body's function so that it can perform at optimal levels, allows athletes to perform better and heal faster from injuries.

Even if you are just a weekend athlete, you too can benefit from chiropractic.

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4

The Chiropractic Adjustment – What Does it Do?

What Is a Chiropractic Adjustment?

Chiropractic care is based on three main beliefs:

- Your body has a natural and powerful ability to heal itself.
- Your nervous system is the main controlling system of the body.
- An interference with the nervous system can cause your body to malfunction or cause disease.

Testimonial: Keira Boswell

This doctor has amazing hands, I busted my shoulders years ago and now they feel great. He is a very gifted healer.

Thus, the goal of a chiropractic adjustment is to remove the interference with the nervous system.

The International Chiropractor's Association (ICA) states that the "chiropractic spinal adjustment is unique and singular to the chiropractic profession," and that it "is characterized by a specific thrust applied to the vertebra utilizing parts of the vertebra and contiguous structures as levers to directionally correct articular malposition."

The adjustment will involve force to specific areas with therapeutic intent. This force is often done with the hand, but other instruments may be used. The force varies with your particular problem and the technique your chiropractor is using.

Chiropractic manipulation can have a profound effect on the proprioceptive system of the body. The proprioceptive system enables the brain to be continually informed about the status of different body parts, (where a part is in the gravitational field, and what it is doing) so that alterations can be made for coordination.

Proprioceptors in the body generally include:

- Muscle receptors
- Joint kinesthetic receptors
- Skin receptors.

The muscle receptors are thought to be the main source of this information (Cohen 1999).

Why Have an Adjustment

Why would someone want a chiropractic adjustment? The real question is “Why wouldn’t you want a chiropractic adjustment?”

Stat Fact

31 million Americans experience low-back pain at any given time.[2] Low back pain is the main reason why people seek chiropractic care. [3]

Chiropractic adjustments help your body to be healthy, rather than just “not sick.” Chiropractic fits in with exercise, good nutrition, positive mental attitude and rest as components to a wellness lifestyle. This is because chiropractic focuses on the proper alignment and function of the spine and nervous system, which controls every aspect of how the rest of your body works.

Some people are crisis-oriented and wait until they can't move before they take action on their issues. In fact, most

often people seek chiropractic adjustment as a remedy for pain conditions, including:

- Pain and stiffness in the neck, shoulders, back, arms, hands, chest, abdomen, hips, legs and feet
- Headaches
- Sciatica (pain caused by compression of a spinal nerve root in the lower back)
- Injuries such as whiplash and sports injuries
- Leg pain
- Nerve disorders
- Bursitis and Tendonitis (conditions involving inflammation of soft tissues).
- Repetitive strain disorders such as carpal tunnel
- Fibromyalgia (chronic muscle pain and stiffness)
- Arthritis

Of course, chiropractic adjustments can help with these conditions, but you will be far better off if you have your spine checked out before you have pain.

Studies Show
High Patient Satisfaction with Chiropractic

The results of the published study summed it up best; "Based on the results of this survey, it seems that patients suffering from back and/or neck complaints experience chiropractic care as an effective means of resolving or ameliorating pain and functional impairments. Moreover, the patients surveyed demonstrated a high degree of satisfaction with the care they received. Numerous other studies have demonstrated that chiropractic is as effective, if not more effective, than conventional medical management of such complaints."[4]

What to Expect During an Adjustment

If you ask 1,000 patients to describe their experience with a chiropractic adjustment, you would likely hear 1,000 different answers. Why? There are so many different techniques for your chiropractor to choose from and each patient has different needs.

You may be asked to sit up. You may be asked to lie down. You may be on a table that has adjustable head and foot rests. You may be tilted. And, depending on your subluxation, you may be put in a variety of positions over the course of your treatment. However, even with all the variations, there are some things you can expect when you go in for a chiropractic adjustment.

Depending on the reason for your visit, your chiropractor may make adjustments to joints in your back, neck, shoulder or some other part of your body. At your first visit your chiropractor will:

- Take a health history
- Perform an exam, particularly on your spine
- Recommend diagnostic tests
- Based on these initial exams, your chiropractor will put together a treatment plan to suit your needs and treatment goals.

Now it is time for the adjustment. Depending upon your affected area, your chiropractor will place you in a specific position for the adjustment.

Each adjustment technique is different, but many involve the use of your chiropractor's hands. He will use his hands to apply a controlled force to a joint.

You may hear popping or cracking sounds as your chiropractor works your joints during the treatment session. Do not worry. When your vertebrae are adjusted, tiny pockets of gas are released from the joints, making a "popping" noise.

Because your chiropractor is concerned with the health of your entire body, he may recommend other treatments in addition to the adjustment, such as:

- Heat and ice
- Massage
- Stretching
- Electrical stimulation
- Rest
- Exercise
- Lifestyle counseling
- Dietary supplements

Adjusting techniques use minimal force and gentle pressure; therefore, you are unlikely to feel much discomfort. In fact, most patients report feeling relief, calmness and a sense of well-being. More than likely, you will also have increased mobility.

Adjusting Techniques

A chiropractor goes to college for many years learning how to care for his patients. During college, he will learn many different adjusting techniques because each doctor and each patient is different. Patients come in different shapes and sizes just like doctors, and these factors have to be considered when coming up with a plan of action. In fact, different subluxations in the same patient are different, so different approaches may have to be taken.

In the end, your chiropractor will choose the technique that most effectively corrects your subluxations with a minimum of force.

Every chiropractor employs different techniques in his office. Not every chiropractor will perform every kind of technique. However, there are techniques that are more standard than others. Here are just a few.

Activator Methods: This technique uses the Activator Adjusting Instrument instead of a by-hand adjustment. This gives consistent mechanical low-force, high-speed clicks to the body. Adjustments with the Activator are so quick that your muscles are less likely to resist, allowing for a more precise and accurate adjustment. Your chiropractor will know that it is working by performing a leg-length analysis. Subluxation of the spinal bones causes a change in the length of your legs. As the subluxation is released, your legs will become even again.

Myofascial Release Techniques (MFR): MFR is a soft tissue technique that involves movement-based massage. It treats problems with muscles, tendons, ligaments, fascia and nerves, often caused by overused muscles. Your chiropractor will use his hands to assess the texture, tightness and movement of muscles, fascia, tendons, ligaments and nerves. Tissues that are abnormal will then be treated with tension, along with movements your chiropractor asks you to make. MFR has over 500 specific moves, allowing your chiropractor to correct your specific issues.

Words Defined: Fascia

Strong connective tissue found throughout the body.

Bio-Geometric Integration (BGI): This approach is based on the geometry of the human body. The body is made of a web of energy connections and sometimes these connections become faulty due to the misuse of your body. Understanding these connections allows your chiropractor to use light touches and gentle adjustments so that your body can release tension patterns. As these patterns are released, correct patterns can be established and your body can heal.

Blair Upper Cervical Technique: This is a system of analyzing and adjusting the upper cervical vertebrae of the spinal column. These vertebrae can misalign, interfering with the brain stem and spinal cord as they exit through the floor of the skull and into the neural canal. Most attention is given to the first two cervical vertebrae, the atlas and axis, because they move more freely in the spinal column and often become misaligned. When they misalign, they interfere with the messages being sent to and from the brain to all parts of the body. The Blair technique uses neurological tests, x-rays and heat sensitive instruments to detect subluxations.

Stat Fact

The brain stem at the level of the atlas vertebrae consists of approximately ten billion nerve fibers.

Chiropractic Bio-Physics®: CBP® technique uses a multi-modal approach that includes exercises, adjusting and postural traction. All of these are performed using the 'Mirror Image' concept. This simply means to reverse your specific bad postures. By reversing the bad posture practitioners work to induce and restore proper posture: exercise the weakened and shortened muscles, adjust the spine and posture, traction or stretch the body back into normal alignment.

Cox Flexion-Distraction: Flexion/distraction manipulation decompresses the disc by applying a gentle stretch to the lower spine. This is done through a series of repetitive, slow movements. This technique does not use quick force like many other methods. It is often used for people with disc problems and to mobilize joints. A special, adjustable table, known as the Cox table, is used for this technique.

Directional Non-Force Technique (DNFT): With this technique, a body challenge and a leg check are used to determine where subluxations are located. The body challenge consists of a gentle push against a structure in a specific direction. The leg check determines if the reactive leg has gotten shorter. If so, then the body challenge is positive and that structure is causing nerve interference. Once the correct structure is identified, a light thumb pressure is delivered. At the same time, the correction of ribs, discs and ligaments is also performed.

Diversified: Diversified is characterized by a high velocity, low amplitude thrust. Diversified is considered the most generic chiropractic manipulative technique.

Gonstead Technique: Gonstead, once a mechanical engineer, developed the idea that a subluxation in one area of the spine created changes in other areas. The Gonstead concept of chiropractic begins with the body's structure and intervertebral discs. Balance within the body occurs when the pelvis, vertebrae and legs are level. The Gonstead technique focuses on unleveling, intervertebral misalignments, motion disturbances and nerve dysfunction. To determine which problems are occurring in your spine, a full spine x-ray is used. Additionally, palpations, visualization of motion, gait and inflammation, and skin temperature examinations are used.

Kale Technique (Specific Chiropractic): This is a gentle technique which uses a special adjusting table that helps adjust and stabilize the upper cervical region surrounding the brain stem.

Logan Basic Technique: This technique treats the muscles that control spinal balance in order to release tension. The chiropractor will examine your spine next to a plumb line, and then place pressure on a leverage spot on the sacral bone (tail bone) in the lower spine. This spot is held for 10 to 15 minutes while the chiropractor lightly rubs the back muscles with his other hand, coaxing them to release tension. You will also be required to lift your heel during this process.

Manipulation Under Anesthesia (MUA): Manipulation under anesthesia uses a combination of specific short-lever leverage, passive stretches and maneuvers to break up fibrous adhesions and scar tissue around the spine and

surrounding tissue. It is usually offered under general anesthesia, but can also been done with mild sedation or the injection of an anesthetic into specific tissues. This treatment is performed in a hospital or surgical center.

NUCCA Technique: NUCCA stands for National Upper Cervical Association and is a specific technique practiced by only a small number of qualified chiropractors. A gentle touch and controlled contact on the first vertebrae in the neck, the atlas, is designed to restore balance to the spine. Pre-adjustment three-dimensional x-rays are used to determine the direction and degree of spinal misalignment and how to properly restore the spine to normal.

Orthospinology Procedure: This procedure focuses on the atlas and axis in the neck. It is a precisely calculated adjustment and is usually not felt by the patient. The calculations are complex and based on x-rays taken from three different directions. Depending upon the calculation, one to seven pounds of force are delivered to the upper cervix using a hand-held or table mounted instrument while you lay on your side.

The Palmer Method (Hole-in-one technique): This technique was developed by B.J. Palmer, the father of chiropractic. He felt that the atlas and the axis were the cause of most problems with the spine. During this technique, you will be on your side with your head supported by an elevated headpiece. Your chiropractor will then place the heel of his hand immediately beneath your ear on one side, while gripping the wrist of that hand. He will then apply a sudden thrust against the side of the neck.

Thompson Terminal Point Technique (Thompson Drop-Table Technique): This is a technique performed on

a table in which cushions drop an inch or two when a thrust is applied to the spine. Your chiropractor will locate subluxations by checking leg length.

Toggle Recoil Technique: A toggle recoil adjustment is performed on the atlas and axis in the cervical vertebrae. A toggle is a sudden shallow thrust followed by quick withdrawal of your chiropractor's hand. While thrusting, your chiropractor may add rotation.

Results of a Chiropractic Adjustment

The effects of spinal adjustment vary depending on the method performed; however, all techniques have amazing benefits, such as:

- Decreased muscle tension
- Reduced stress
- Relief of musculoskeletal pain
- Increased range of joint motion
- Changes in facet joint movements

Studies Show
Chiropractic Is Safe

This study looked at 19,722 chiropractic patients who had received chiropractic manipulation of the cervical spine. The researchers reviewed a total of 50,276 neck adjustments and looked to see if there were any serious side effects from the chiropractic care. Serious effects were defined as those needing hospitalization, the worsening of the symptoms or significant persistent disability. There were no reports of serious adverse events.[6]

- Increased pain tolerance
- Increased muscle strength

Safety of Chiropractic Adjustments

The World Health Organization states that when "employed skillfully and appropriately, chiropractic care is safe and effective for the prevention and management of a number of health problems."[5] Chiropractic is a safe, drug-free, non-invasive therapy.

The progress of the understanding of what an adjustment can do and the potential of non-pharmaceutical healthcare has grown by quantum leaps in the last 15 years or so. In fact, a whole new category of healthcare called 'Functional Neurology' has come to the forefront due to the diligence and sheer commitment of Dr. Ted Carrick D.C., PhD.

His work in utilizing brain-based care techniques and chiropractic are in a class of their own. Developing treatments for movement disorders, rehabilitation of the spine and cerebellum and many other disorders that one would not normally associate with chiropractic, Dr. Carrick is a physician whose work anyone that is trying to solve a neurologically-based health issue with holistic care should spend time looking into.

His information can be found at http://www.carrickinstitute.com/CIAbout.asp. Otherwise, simply Google his name.

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5

Soft Tissue Therapy/ Myofascial Therapy: the X-Factor

What Is Myofascial Therapy?

Myofascial therapy is a massage-type treatment of soft tissue injury, pain and dysfunction. Soft tissues include muscles, fascia (connective tissue), ligaments and tendons. Soft tissues are often overused and overloaded. They also shorten and lengthen with use. This produces all kind of aches, pains and injuries.

Myofascial therapy can help:

- Cervical sprain
- Carpal Tunnel Syndrome
- Tennis elbow
- Shoulder pain
- Ankle pain
- Scar tissue
- Shin splints
- Back pain
- Plantar fasciitis
- Golfer's elbow
- Knee pain
- Fibromyalgia
- Trigger finger
- Tendinitis
- Groin pulls
- Frozen shoulder
- Joint replacements

Benefits of Myofascial Therapy

Myofascial therapy is effective in alleviating many symptoms associated with those medical conditions listed above. It can improve the performance of your muscles, circulatory system, joints and immune system.

Having myofascial therapy can do the following:

- Improve range of motion
- Decrease blood pressure
- Increase the production of hemoglobin
- Dilate coronary arteries
- Increase athletic performance
- Reduce stiffness and pain from arthritis
- Improve brain function
- Increase memory
- Ease pregnancy discomforts
- Reduce PMS symptoms
- Ease menopausal symptoms
- Decrease fibromyalgia pain
- Prevent bedsores

Myofascial therapy also has psychological benefits including stress relief.

Trigger Point Therapy

Trigger point therapy is a technique where your chiropractor will apply pressure to trigger points to relieve pain and dysfunction in other parts of the body. Trigger point therapy is also called myofascial trigger point therapy.

Words Defined: Trigger Point

Areas of tenderness in a muscle. They are also referred to as muscle knots.

There are two basic types of trigger points: active and latent. Active trigger points cause muscular pain and

transfer pain to other areas of the body when your chiropractor applies pressure. Latent trigger points do not refer pain to other areas of the body and cause stiffness in the joints and restricted range of motion.

Trigger points have several causes including birth trauma, an injury sustained in a fall or accident, poor posture or overexertion.

After several treatments of trigger point therapy, the swelling and stiffness of muscular pain is reduced, range of motion is increased, tension is relieved, and circulation, flexibility and coordination are improved.

Swedish Massage

Swedish massage is the most common type of massage in the United States. In Swedish massage, your therapist will lubricate the skin with massage oil. Once lubricated, he will use various strokes to warm up and work the muscle tissue. This helps to release tension and break up muscle knots.

You will start laying face down with your head in a u-shaped face cradle. Your therapist will use various strokes including gliding, kneading, friction, stretching and tapping on your back. Then your therapist will work on your legs. Depending on your particular concern, he may also work on the fronts of your legs and your arms.

This mode of treatment helps to reduce swelling and inflammation, as well as relax.

Cross Friction Massage

Soft tissues can be stressed beyond their limits, resulting in small, microscopic tears. When these tears occur, the body responds by causing inflammation, which helps in the role of healing. However, too much inflammation, or inflammation that lasts too long can form scar tissue.

The normal response to this tissue "micro-tearing" is inflammation. Inflammation plays an important role in the normal healing process; however, if this inflammation remains unhindered, then a scar forms along the tears.

Continuing to use the muscle as it is torn can increase the chance of more scarring. Scarred tissue is tough and decreases mobility and elasticity. This results in loss of function, resulting in more tearing and inflammation, resulting in more scar tissue. It is a vicious cycle.

Studies Show
Cross Fiber Massage Accelerates Knee Ligament Healing

Bilateral knee injuries were treated with cross friction massage one week following injury. Fifty-one participants received 9 to 30 treatments. At 4 weeks, the knees were stronger, less stiff and could absorb more energy. [1]

Cross friction massage is a very effective treatment for injuries to the muscles, tendons and ligaments caused by micro-tears. Cross friction creates heat, which helps to mobilize adhesions between fascial layers, muscles and other soft tissues. This heat helps to promote healing.

For cross friction massage, your therapist will apply his fingers directly over the tissue involved. The key here is for the massage to be opposite to the direction of the tissue fibers.

This transverse friction massage keeps adhesions and scar tissue from forming. It also results in improved range of motion and less pain.

Myofascial Release Therapy

Myofascial release is a stretching technique used by chiropractors to treat soft tissue problems. To understand what it is and how it works, you need to understand a little about fascia.

Fascia is a thin tissue that covers the muscles and every fiber within each muscle. This means that when you stretch your muscles, you are really stretching your muscles and your fascia, known as the myofascial unit.

When muscle fibers are injured, the fibers and the fascia which surrounds it become short and tight. This uneven stress can cause pain and other symptoms. Myofascial release treats these symptoms by releasing the uneven tightness in injured fascia.

The stretching is determined by your chiropractor as he feels what each stretch does to your body. The feedback he receives helps him decide how much force to use, the direction of the stretch and how long to stretch.

Your chiropractor will find areas of tightness and then apply a light stretch. Once your muscle and fascia have relaxed, he will increase the stretch. This process is repeated until the area is fully relaxed. Then, the next area is stretched. Most people find this treatment to be very relaxing.

Studies Show
Myofascial Release Therapy Improves Quality of Life for Adults with Scoliosis

One 18-year-old female subject underwent 6 weeks of myofascial release therapy consisting of 2 sessions each week for 60 minutes. Pain, pulmonary function and quality of life were measured. The subject improved with pain levels, trunk rotation, posture, quality of life and pulmonary function.[2]

Myofascial release is highly effective in treating patients with the following problems:

- Back strain
- Chronic back pain
- Low-back pain
- Thoracic back pain
- Chronic cervical pain
- Carpal tunnel syndrome
- Dizziness, vertigo

Neuromuscular Re-education[sm] (NMR)

Neuromuscular Re-education[sm] is a “stand-alone” hands-on technique/approach to the evaluation and functional treatment of soft tissue injuries. It incorporates principles of

kinesiology, trigger point therapy, rolfing, cross fiber therapy and origin-insertion soft tissue theory to address and rehabilitate myofascial and musculoskeletal injuries.

Every muscle in the body is surrounded by a smooth fascial sheath. Each muscular fascicule and fibril is surrounded by fascia that can exert pressures of over 2,000 pound per square inch.

When an area is injured, whether it's muscle, connective tissue, fascia, tendon or some combination of these elements (as most injuries are), the body handles this inflammatory response of the tissues to trauma the only way it knows how, through a hyperplasia of the affected tissue. This is then followed by a fibrous healing, the laying down of a less elastic, second grade, poorly vascularized scar tissue to protect the involved areas. Adhesions occur wherever damage and inflammation have occurred and they limit both strength and range of motion.

Once there is fibrous healing these adhesions pull the patient’s body out of a three dimensional orientation with gravity. As a muscle tendon begins to stretch and encounters an adhesion, the muscle contracts to prevent any further stretching and to protect the area involved.

The result is that the muscles involved are not as strong and the range of motion is limited in the involved joint. Adhesions can affect areas that are quite small, sometimes just a few muscle fibers, and other times there can be a number of areas like that scattered throughout a muscle group.

"Freeing the adhesion is only part of the battle," according to Dr. Peter Levy. "Each person has a subtle, complex and unconscious perception of his or her own body. When you

have pain and limitation of motion due to an injury, you adapt your body image to fit that limitation.

This unconscious mental adaptation can often persist long after the injury has been resolved without the “Re-education” part of the technique.” "It isn't enough to clear up a problem. We also have to convince the patients that the problem is gone. Otherwise, they persist in favoring the area that was causing them pain. Patients may often limp for several months after a hip or leg problem has been eliminated, so the most important part of the treatment is in making the patients aware so that they can adapt their new behavior to the new physical reality."

This is accomplished by:

- Working each involved joint through the fullest possible range of motion during each session after the neuromuscular work and then
- Sending a patient back to the activity that has been causing them the problem as soon as possible to demonstrate that the problem has been resolved.

Most bodybuilders and other athletes hope they can free adhesions on their own by forceful contractions and stretching, but this maneuver fails because:

- The inhibitory feedback signals from the affected area prevent sufficient contracting or stretching to accomplish this, and
- The adhesions are not necessarily parallel to the muscle fibers and can go in any direction, thereby restricting full range of motion.

Adhesions happen for two reasons. The first is acute injury such as a blow, pull or strain. The second is from repetitive overuse, such as improper posture, compensating for injuries or repetitive motions. The result of either is that the area is compressed and tissues suffer from decreased blood supply. The soft tissues respond by forming scar tissue. This results in pain, poor mobility and a continued injury cycle.

Words Defined: Adhesion

Band of scar tissue that binds two parts of your tissue together.

NMR can help:

- Carpal Tunnel Syndrome
- Spinal pain and dysfunction
- Tendonitis
- Sciatica
- TMJ
- Recurrent sprains and strains
- Headaches
- Shin splints
- Plantar fasciitis
- Soft tissue inflammatory disorders

Active Release Therapy (ART)

One goal of Active Release Therapy (ART) is to restore normal texture, motion and function of soft tissues. Another goal is to release any trapped nerves or blood vessels. This is accomplished through the removal of adhesions as

your chiropractor applies stretching and massage techniques.

Studies Show
ART Heals Tennis Elbow

Tennis elbow is a painful ailment in the elbow that is common in tennis players. Tennis elbow occurs most commonly in people aged 40 to 50 years with an equal distribution between men and women. ART helps heal tennis elbow in a majority of people. [3]

Your chiropractor will determine which soft tissue is affected. Then specific massage techniques are used to make these tissues slide over one another with a hand, finger or thumb.

In the first three levels of ART treatment all movement is done by your chiropractor. In level four of the treatment, your chiropractor will have you move in specific ways as he applies pressure.

Muscle Energy Technique (MET)

Muscle energy technique (MET) is based on the idea that muscles on one side of a joint relax as the other side of the joint contracts.

MET is used to:

- Lengthen shortened or spastic muscles
- Improve weakened ligaments and muscle strength
- Improve range of motion

Testimonial: Gina Coffman

Three and a half years ago I had spinal surgery to correct an injury to my neck. I had waited for five years to have the surgery, until a court order overruled the insurance company's refusal to approve the operation (a cervical discectomy and fusion). As my recovery from the surgery and soft tissue damage still was ongoing, I had a freak accident at a local Home Depot store. While bending down to reach a small rug on a lower shelf, one of the store's employees accidentally pinned me against the shelf with one of those enormous metal racks of hanging room-sized carpet samples. Muffled by all the carpet, it took some time until the employee heard my shrieks and stopped crushing me. As if eight years of pain and discomfort weren't enough, the carpet incident brought that to a new all-time high. I have a pretty high pain threshold, but even I couldn't keep it together after that. As I have adverse reactions to pain meds, limiting the amount I can take, I needed to find a better alternative. For several months I went regularly to a different chiropractic office but was not improving.

It was not until a random massage appointment that I crossed paths with Dr. Britton. He gave me a complimentary look see and after five minutes with him, he pinpointed all the exact areas of pain without me even telling him what was going on. I had tried multitudes of doctors and therapies and none of them even came close to getting to the origin of my pain. Dr. Britton not only exactly located my pain, he knew specifically how it was being triggered and provided a unique technique to remedy the issue. Before my treatments with Dr. Britton, I had pretty much resigned myself to being in constant pain. Through his treatment my body is finally healing. I have

relief and movement in areas that haven't moved in over a decade. Any time I experience an area that hurts, I can count on leaving Dr. Britton's office with that pain removed and feeling GOOD. His techniques are immediately effective and like nothing I have ever experienced before. Discovering Dr. Britton, with his understanding of neurology as it actually applies to a person, has been nothing short of a miracle.

Your chiropractor will ask you to contract a muscle for approximately five seconds while he applies an anti-force to that muscle. Each time you contract your muscle it stretches further. Muscle energy techniques can be applied safely to almost any joint in the body.

Graston Technique

The Graston Technique helps your chiropractor break up scar tissue. This technique uses specially designed instruments to identify and treat areas exhibiting soft tissue issues. The edges of the tools mold to the various shapes of the body.

The Graston tools act like tuning fork instruments, vibrating in your chiropractor's hand. This allows him to find specific adhesions and restrictions, and treat them very precisely. Deeper adhesions can be treated.

A pioneer in the world of Soft Tissue Therapy, Dr. Peter Levy travels the world teaching the cutting-edge, results-driven Neuromuscular Re-Education[sm] technique. His breadth of knowledge include Chiropractic, Kinesiology, Bio-mechanics, Neurology, and Myofascial therapy.

Whether you are an athlete looking for faster recovery results, or and simply someone looking to keep your body performing its best, I highly recommend taking a look at his work. His website is www.nmrseminars.com.

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6

Low-Level Laser Therapy: Fights Inflammation & Improves Cell Metabolism

History of LLLT

The use of Low-Level Laser Therapy (LLLT) has its roots in the late 1960's, just a few short years after the first laser was developed by Theodore Maiman. Maiman had determined how to use a ruby crystal to create an intense beam of red light lasting only a millisecond. During that short time, the laser was able to produce a hole through a stack of razor blades. Immediately, doctors began to see uses for the laser.

Words Defined: Low-Level Laser Therapy (**LLLT**)

Also known as photobiomodulation, cold laser therapy and laser biostimulation. It is a medical treatment that uses low-level lasers to stimulate cellular function.

The first to use the laser were ophthalmologists and then dermatologists. However, it was not long before many other medical professions began to see the use of the laser in their fields. In addition to the ruby crystal, the early 60's saw the helium neon, neodymium-yttrium aluminum garnet argon, carbon dioxide (CO_2) and semiconductor laser sources. As other wavelengths were developed, more and more applications were developed and by 1964, laser surgery began.

At first, the only ways developed to use this light source in medicine was to cut, vaporize and stem bleeding through coagulation. However, in 1968, Endre' Mester invented 'laser biostimulation'. He believed that lower-powered

beams could produce cold effects in tissues. He used lasers at low output powers to experiment on cellular behavior. By 1969, he had done a now-famous study on the healing properties of lasers with non-healing or slow-to-heal ulcers which were not healing with conventional therapies.

Then Freidrich Plog in Canada used the laser for pain and I.B. Kovacs showed its effectiveness in wound healing acceleration. By the mid 70's, although data on the effects of LLLT was growing, it was still not accepted as viable by Western practitioners.

In 1979, Joseph Skovajsa, developed a diode laser system for medical applications and most present-day lasers are based on his work. By 1981, laser acupuncture came into being and the effectiveness for this procedure was quite high. Soon thereafter, the LLLT made its way into the FDA for approval for pain reduction. Today, LLLT has many different uses including sprains, back and neck pain, arthritis, chronic pain, nerve pain, ulcers, post operative care and burns.

Light for the Future

Although we've seen it in movies for years, the idea of healing with light seems like something far off in the future. Nothing could be further from the truth. LLLT is already on the road to treating a wide variety of ailments.

But what areas are currently being investigated? LLLT is being used in environments where healing is often a problem, such as on NASA space missions and U.S. Navy submarines. Additionally, scientists are currently using LLLT on sperm mobility, spinal cord injuries, stroke and both Parkinson's and Alzheimer's disease. Given its wide

range of potential applications, LLLT is a technology that could be used in every hospital in every department in just a few short decades.

Studies Show
Spinal Cord Injuries Heal Faster

Rats with crush injuries were given LLLT in segments of the spinal cord to help with healing and regeneration of tissue damage. After 21 days of 30 minute LLLT, rats with crush injuries had more healing than rats without the LLLT. [1]

Photosynthesis and Humans

Photosynthesis is the process whereby plants use sunlight to produce energy. The energy is then changed through cellular respiration to ATP, which is the fuel for all living things. Unlike what many think, not all laser treatments are heat oriented. LLLT is photochemical and works similarly to photosynthesis.

LLLT stimulates the enzyme cytochrome c oxidase, which, like sunlight for plants, produces ATP. ATP is needed for all human cells to function and controls other biochemical molecules that lead to cell aging and cell death. With LLLT, the cells metabolism is increased and they survive longer. This suggests the possibility that disease or injuries, since all occur at a cellular level, could be influenced.

Universities across the world are conducting research to prove just that. Such research is showing that LLLT can improve tissue regeneration, including skin, muscle, tendon, ligament, bone, spinal cord and nerve tissues. Can

you imagine the possibilities of such cellular regeneration on those with debilitating accidents?

But the research deals not only with injuries but with diseases. LLLT researchers are also conducting studies on stroke recovery, restoring eyesight, macular degeneration and heart muscle regeneration after a heart attack.

Studies Show
LLLT May Help Stroke Patients

Stroke-induced rats were given LLLT at 24 hours post-stroke or no intervention at all. Those that received the LLLT had significantly reduced neurological deficits than those not receiving treatment. [2]

How widespread is this research? More than 100 double-blind studies and more than 1,000 laboratory studies are underway.

LLLT and Weight Loss and Smoking Cessation

LLLT is also used to help with weight loss. The laser light easily penetrates through the layers of your skin to activate healing responses by your cells and to stimulate your nerve endings to produce endorphins. Endorphins such as serotonin are produced normally by your body and are nature's natural mood lifter and helps keep you from feeling anxious or moody.

The therapy of specific points helps to reduce the desire to eat, providing a natural satiation without food. The laser

helps to balance organ and glandular functions that regulate weight.

It works along the same principle as acupuncture but of course, no needles. The points that are worked on are the ears, nose, hands, wrist and forearm.

In the same way, endorphins are used to help relieve the physical withdrawal symptoms when you quit smoking.

Diabetes Ulcers

Diabetes not under control results in many additional health risks, including skin ulcers that are extremely hard to cure. Due to artery abnormalities and diabetic neuropathy, as well as a tendency to delayed wound healing, infection or gangrene of the extremities, especially the foot, is relatively common. Ten to fifteen percent of diabetic patients develop foot ulcers at some point in their lives. Approximately 160,000 to 180,000 lower extremity amputations are performed every year in the U.S. due to foot ulcers.

Wound healing is usually taken care of by the body and works reliably most of the time. A key feature of wound healing is the dermal skin layer repair. Our body knows just how much to grow. Too much or too little leads to abnormalities. Diabetes is a disorder that impedes normal steps of the wound healing process.

In the past, non-healing chronic diabetic ulcers are often treated with extracellular matrix replacement therapy – therapy to replace the dermal layer of skin. Such therapies include advanced moist wound therapy, bio-engineered tissue or skin substitute, growth factors and negative

pressure wound therapy. However, none of these therapies work completely.

LLLT is a newer treatment of diabetic ulcers and is showing great promise. Unlike other therapies, LLLT has no side effects. In one case study, a man with a diabetic ulcer was treated for a total of 16 sessions of low-intensity laser therapy over a four-week period. During this time, the ulcer healed completely. During a follow-up period of nine months, there was no recurrence of the ulcer. [3]

Fibromyalgia

Fibromyalgia is a condition in which the brain processes pain in an abnormal way, resulting in chronic, widespread muscular-skeletal pain and chronic fatigue. This condition affects millions of Americans and has been poorly understood and under-diagnosed, resulting in billions of dollars in cost to our health care system.

In the past, treatments have been primarily with medications; often side effects can make the symptoms worse. Now there is an alternative – LLLT.

LLLT helps to treat the pain and swelling of fibromyalgia. Treatment with lasers is helping up to 90% of people suffering from this debilitating disease.

Words Defined: Neuron

A cell that is specialized to conduct nerve impulses.

Treatment to Help Parkinson's

LLLT has the potential to improve patients with Parkinson's disease by improving neuron cell function.

Parkinson's disease belongs to a group of conditions called motor system disorders, which are the result of the loss of dopamine-producing brain cells. The four primary symptoms of Parkinson's disease are tremor, or trembling in hands, arms, legs, jaw and face; rigidity, or stiffness of the limbs and trunk; slowness of movement; and impaired balance and coordination.

Many scientists think that one of the malfunctioning systems in Parkinson's disease is located in the mitochondria. These are the cellular systems/organelles that produce energy for all the other systems of the body and they also help to detoxify the brain and body by helping to regulate the amount of oxygen free radicals that are circulating in the system.

A study by the UVA Morris K. Udall Parkinson's Research Center of Excellence showed that a single, brief treatment of LLLT increased the movement of the mitochondria in neuron cells to be similar to the level of movement in disease-free, age-matched control groups. [4]

These findings provide early-stage confirmation that LLLT has the potential to improve neuronal function in many patients with Parkinson's disease and other neurological diseases.

Heart Muscle Regeneration

Traditionally, doctors have been trained to believe that heart muscle does not regenerate. Therefore, when someone has a heart attack, the muscle that dies is gone for good. However, new research shows that heart muscle can and does regenerate, albeit slowly, naturally.

This finding opens up possibilities of targeting treatments to regenerate the heart muscle that is destroyed in a heart attack, thereby preventing a host of complications including heart failure.

LLLT has been shown to increase cellular function and regeneration, including cells that create muscle tissue. Studies are being conducted to determine if heart muscle can be regenerated using LLLT.

The Future at Home

Since the LLLT is used at a specific intensity for a specific length of time for a particular issue, it is possible that such therapy can be brought into the home through a laser patch. This would be a stick-on patch similar to those currently on the market for the deliverance of drugs into the body. However, instead of drugs, it would emit laser light.

This device could be placed on the offending area, such as a frozen shoulder or neck, and be programmed to give the right laser bursts for the right time periods. If developed for home use, it could be used for such things as superficial injuries and joint pain.

In my clinical experience laser therapy has had many successful applications and I foresee a transfomative

future rich with amazing possibilities. Thus far I have had results with and trust the reputation of three major players in this industry. I have provided the company names and internet addresses for anyone who would like to look into this powerful tool.

* Multi Radiance Medical MR4 Lasers: www.multiradiance.com

* K-Laser Class IV : www.k-laserusa.com

* Erchonia Laser Healthcare: www.erchonia.com

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7

Diagnostic Testing: Important Objective Findings

Chiropractic care is based on keeping your musculoskeletal and nervous system healthy. This is done through diagnosis, treatment and prevention. On your first visit to the chiropractor, at least one of many different diagnostic tests will be used to help determine your specific problem.

X-Rays

X-rays play a vital role in chiropractic. They allow your chiropractor to view your bones, joints and related soft tissues. These x-rays will help your chiropractor see the curves of your spine and determine which are normal and which are abnormal. They will also be able to see any abnormalities in your joints and the degree of degeneration.

What abnormalities are they looking for? They can see such things as bones that are abnormal from birth, fractures, dislocations, arthritic conditions, infections of the bones or joints and tumors. The detection of any of these will be significant in your treatment plan.

Diagnostic Ultrasound

Diagnostic sonography (ultrasonography) is is a non-invasive study that uses high frequency sound waves to create images of the body and provide information about the overall morphology of body structures. This test is helpful in differentiating soft tissues and can also show inflammation in the spine, ligaments, tendons, and muscles.

An ultrasound-based diagnostic imaging technique is used by chiropractors and other health professionals for visualizing subcutaneous body structures including tendons, muscles, joints, vessels and internal organs for possible pathology or lesions. This technology is widely used in medicine. It is possible to perform both diagnosis and therapeutic procedures using ultrasound to guide interventional procedures, i.e., biopsies.

Sonographers are medical professionals who perform scans which are then typically interpreted by radiologists, physicians who specialize in the application and interpretation of a wide variety of medical imaging modalities.

Increasingly, clinicians (physicians and other healthcare professionals who provide direct patient care) are using ultrasound in their office and hospital practices, for efficient, low-cost, dynamic diagnostic imaging that facilitates treatment planning while avoiding any ionising radiation exposure.

Magnetic Resonance Imaging (MRI)

The next most commonly used diagnostic test in chiropractic is magnetic resonance imaging (MRI). It is a non-invasive test that will help your chiropractor diagnose and treat your spinal problem.

MRI uses a powerful magnetic field and radio frequency pulses to give detailed three-dimensional pictures of soft tissues and bones. These detailed images will allow your chiropractor to see problems with your spine that might be missed with x-rays or CAT scans. For instance, they are far superior for viewing soft muscle tissue than an x-ray.

Studies Show
MRIs Reveal Problems Undetected by X-rays and CAT Scans

A 21-year-old woman was involved in a severe automobile accident. In the hospital, she had x-rays and a CAT scan. The doctors find these studies to be normal and suggested she return to her doctor for a neurological evaluation. The neurologist recommended medications for the headaches that had developed. She eventually sought out chiropractic care when the headaches continued along with neck pain and dizziness. She also had severely limited range of motion in her head and neck.

The chiropractor ordered an MRI and detected that the top bone in the neck had shifted to the left. A chiropractic care plan used specific adjustments targeted to this area. The care initially was three times per week for six weeks. During this time, the woman showed a 75% reduction of symptoms. In the next four weeks of care, she reported a 100% reduction of her pain.[1]

CAT Scans

Computed Axial Tomography (CAT) is a more sophisticated type of x-ray. A CAT scan takes multiple images that provide cross-sectional pictures, like slices, of soft tissues and bones. CAT scans can take 10 or more images per second.

A CAT scan is a good choice for all patients who have experienced acute trauma. This is especially true when the cervical spine cannot be seen well using a basic x-ray. It is also a good diagnostic test if the basic x-ray shows some abnormality that cannot be diagnosed.

This test can reveal problems such as:

- Herniated disks
- Ruptured ligaments
- Soft tissue hematoma

(Note the difference between the CAT scan and the typical x-ray shown earlier.)

Myelography

Myelography is another form of x-ray used by chiropractors. This type of x-ray can actually examine the structures within your spinal column looking for such things as spinal tumors, spinal cord swelling and herniated (slipped) disks.

Myelography involves placing a spinal needle into the spinal canal and injecting a contrast material into the space around the spinal cord and nerve roots. When the dye is injected into this space, the radiologist can see the status of the spinal cord, nerve roots, blood vessels and meninges.

Words Defined: Meninges

The membranes that surround and cover the spinal cord and nerve roots.

Myelography is most commonly used to detect abnormalities including:

- Herniations
- Degeneration of bones and soft tissue
- Tumors
- Infection
- Inflammation
- Spinal lesions

A myelogram can also help determine if surgery is necessary.

Nuclear Bone Scan

A bone scan identifies new areas of bone growth or breakdown. Your chiropractor can use it to evaluate the damage to your spine, as well as monitor infection or trauma.

A radioactive tracer will be injected into a vein in your arm. The tracer travels through your bloodstream to your bone. A special camera, called a gamma, takes pictures of where the tracer is in the bones.

If the tracer is evenly distributed, then there is no problem. A hot spot is where the tracer shows accumulation in the bone. A hot spot can be caused by a healing fracture, bone cancer, tumor, arthritis, a bone infection or a disease of abnormal bone metabolism. A cold spot is where there is no tracer found in the bone. A cold spot can be caused by certain kinds of cancers or a lack of blood supply to the bone.

Discography

A discogram helps to determine if a particular disk is the one generating pain. This test is often used when surgery is being considered.

A contrast dye is injected into the disk and “real time” imaging is used to see the picture. The dye helps the radiologist see the anatomy of the disk. The dye can show tears in the lining of the disk.

When the dye is injected, you may feel the same pains from your original complaint. This is called a positive discogram. This means that the source of the pain has

been located. If you have no pain, it is called a negative discogram.

Video Fluoroscopy

Video fluoroscopy is a motion x-ray study of the bones and joints that captures the spine in motion. These moving images are often superior to the stationary photos provided by other forms of x-ray.

A video fluoroscopy can be used to diagnose:

- Soft tissue lesions
- Ligament instability
- Range of motion issues
- Spinal fusion
- Subjective complaints such as headaches and dizziness

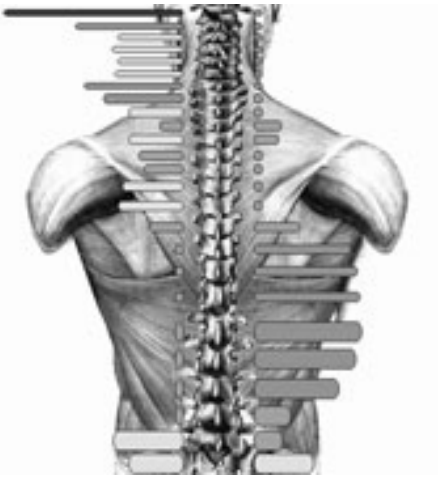
The most prominent structures studied are in the cervical and lumbar spine.

Digital Thermal Paraspinal Imaging

Digital paraspinal thermal imaging measures the infrared heat on the surface of your body. It helps your chiropractor determine how your central nervous system (CNS) is functioning. Since the health of the CNS can determine the health of the body, this examination provides critical information that is vital to your care.

This process analyzes the surface temperature along the spine, noting the differences in temperature on opposite sides. When communication between the CNS and the

blood vessels is interrupted, it causes your body's temperature to be imbalanced along the spine.



If your body temperature is 98.6 degrees, then each side of your spine should register 98.6 degrees. If not, there may be an issue. The more significant the temperature difference, the more significant the abnormality of the CNS system.

Nerve Conduction Velocity (NCV)

Nerve conduction velocity (NCV) is a test of the speed of electrical signals through a nerve. It is most often used to diagnose nerve damage and plan treatments.

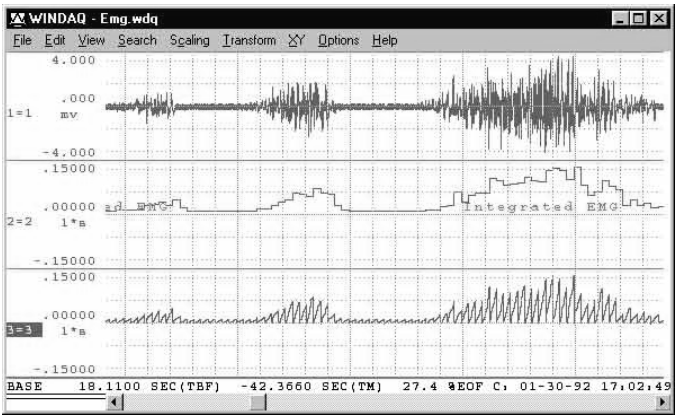
Nerves carry messages between the brain and body. Many conditions, such as tissue swelling, injury and disease, can put pressure on a nerve and impair its ability to function.

Patches are placed on the skin over nerves in various places. Each patch is an electrode that gives off a very mild electrical impulse, stimulating the nerve. The activity of the nerve is then recorded and the speed of travel between the electrodes is calculated.

Electromyography (EMG)

Electromyography (EMG) is a test that checks the health of the muscles and the nerves that control the muscles. EMG is most often used when people have symptoms of weakness or an examination shows weakened muscle strength.

Your chiropractor will insert a very thin needle into the muscle. This electrode records the electrical activity given off by the muscle. Often during the test, you will be asked to move in certain ways so that the activity can be recorded during normal movements.



For a healthy muscle, the electrode will find very little electrical activity in a muscle at rest and more as the

muscle is contracted. If this is not the pattern of your muscles, then your chiropractor can diagnose your condition.

Disorders or conditions that cause abnormal results include lateral sclerosis, axillary nerve dysfunction, carpal tunnel syndrome, radial nerve dysfunction, sciatic nerve dysfunction, nerve compression, nerve root injury and more.

In my clinical experience I have found several companies and medical doctors that provide excellent diagnostic ultrasound services and equipment. Currently I use a company here in California that really cares about patient care and provides outstanding service. If you have questions about this service for yourself or your provider please contact:

Jonathan Yaker at Bridge Medical Group
Email: Jonathan@bridgemedicalgroup.net or Jonathan@skills-mgmt.com
Website: bridgemedicalgroup.net
Phone: 800-967-3309

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8

Auto Accidents: Your Chiropractor May Be Your Most Important Recovery Partner!

If you have been riding or driving in a car during your life, the odds are that you have been in an automobile accident. During a survey, it was found that over 25% of drivers were involved in an auto accident in a five-year period. In 2008, there were 10.2 million auto accidents in the United States injuring 2.4 million people. In fact, someone is injured by a car crash every 14 seconds, which is the leading cause of acquired disability nationwide. [1]

One of the most common injuries in an automobile accident is whiplash. Let's learn more about whiplash and what chiropractic can do to help.

What Is Whiplash

Whiplash is an extremely rapid extension and flexion of the neck that results in injuries to the vertebrae, nerves, discs, muscles, ligaments and tendons.

There are four phases of whiplash injury. During a rear-end car crash, your body goes through a rapid acceleration and deceleration. In fact, going through the four phases of whiplash take less than a second.

During the first phase, your car is pushed out from under you and your back is flattened against the seat. This force shoves your cervical spine upwards and compresses your discs and joints. Additionally, your head moves backwards, creating stress. Your headrest should help reduce the movement of your neck, but damage can still occur.

In phase two, your torso is accelerating faster than your vehicle but your head is still going backwards. This creates an S-curve in your cervical spine. During this same time, your seat is now recoiling forward acting like a

springboard, causing your torso to move forward even more rapidly.

During the third phase, your torso comes to rest again in your seat, but your head and neck are accelerating forward creating an S-curve in the opposite direction.

During the fourth and final phase of whiplash, your torso is stopped by the seatbelt and your head continues to move forward with nothing to stop it. This results in a violent forward bending motion of your neck. This force can result in muscle strains and tears, in vertebrae being shoved out of their normal position, in the spinal cord being stretched and irritated, and even the brain hitting the inside of your skull.

Unlike broken bones or torn ligaments, an x-ray cannot detect whiplash, so it is much harder to diagnose and easier to go untreated. Newer imaging devices such as a CAT Scan, MRI, and ultrasound can show soft tissue injury, so it is essential if you've been in an accident that you seek treatment with someone who can provide these diagnostic tests.

The most common whiplash symptoms are:

- Neck pain and/or stiffness
- Blurred vision
- Difficulty swallowing
- Irritability
- Fatigue
- Dizziness
- Pain between the shoulder blades
- Pain in the arms or legs, feet and hands
- Headache
- Low back pain and/or stiffness

- Shoulder pain
- Nausea
- Ringing in the ears
- Vertigo
- Numbness and tingling
- Pain in the jaw or face

Injuries Resulting From Whiplash Trauma

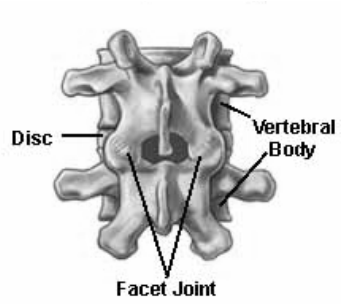
Many factors determine the overall whiplash trauma that an individual will experience. It depends upon such things as:

- Direction of impact
- Speed of vehicles
- Sex
- Age
- Physical condition

Not only does whiplash look slightly different in each individual, but it also may take weeks or months to rear its ugly head. This is known as delayed onset whiplash.

Even though there is no prescribed pattern to whiplash, there are certain conditions that are common.

Neck Pain: Neck pain is the most common complaint when suffering from whiplash. Often this pain goes across the shoulders, up into the head and then down between the shoulder blades. Whiplash injuries tend to affect all of the tissues in the neck, including the facet joints, discs, as well as all of the muscles, ligaments and nerves.



The soreness you feel on the back of the neck, often to the right or left of center, is due to facet joint pain. This pain is typically tender to the touch. When you have pain due to the facet joint, your chiropractor will not be able to see it on an x-ray or MRI. Instead, your doctor will have to physically palpate the area to find the problem.

Disc injury tends to be the reason for chronic pain induced by whiplash. The outer wall of the disc (annulus) is made up of fibers that can easily be torn during a car accident. These tears lead to disc degeneration and herniations, which in turn, cause irritation and compression of the nerves running close to the disc. Once the degeneration or herniation has begun, your pain will move from being a neck pain to one that radiates into the arms, shoulders and upper back. You may even experience muscle weakness.

Words Defined: Herniated Disc

The gel-like inside of a spinal disc oozes out of the annulus and presses against a nerve causing severe pain.

The immediate pain that you feel after a car accident is often due to damaged muscles and ligaments. This damage causes stiffness and restricted motion. As the

muscles heal, the pain lessens. However, the restricted movement may continue. Damage to the ligaments often results in abnormal movement and instability.

Headaches: Headaches are the next most common complaint from someone suffering a whiplash injury. Although some headaches are due to the brain hitting the skull during impact, many are due to injury to muscles, ligaments and facet joints of the cervical spine.

TMJ Dysfunction: TMJ is the temporomandibular joint or jaw joint along with the surrounding muscles. TMJ dysfunction can be quite painful, making it difficult to eat, swallow and yawn. Common symptoms of TMJ dysfunction include:

- Pain or tenderness
- Limited ability to open the mouth wide
- Jaws that get "stuck" in the open or closed position
- Clicking, popping or grating sounds
- Tired feeling in the face
- Difficulty chewing
- Sudden uncomfortable bite as if the upper and lower teeth are not fitting together properly
- Swelling on the side of the face
- Toothache
- Headache
- Neck ache
- Dizziness
- Earaches
- Hearing problems

If not properly evaluated and treated, TMJ problems can continue to worsen and lead to headaches, facial pain, ear pain and difficulty eating.

Brain Injury: The human brain is made up of soft tissue. This tissue is suspended in a watery substance known as cerebrospinal fluid. During an accident, as your head and neck are thrown first backward, then forward, then back again, your brain bounces off the skull and can lead to bruising and bleeding. Although it is possible to lose consciousness due to such an injury, most people remain conscious but report feeling confused or disoriented in the short term. In the long term, brain injury from whiplash can cause things such as:

- Mild confusion
- Difficulty concentrating
- Sleep disturbances
- Irritability
- Forgetfulness
- Loss of sex drive
- Depression
- Emotional instability

In fact, it is even possible that your sense of smell and taste, or even your vision is affected.

Dizziness: Dizziness is typically a result of injury to the facet joints of the spine, though it is possible that it results from a brain injury. Luckily, dizziness is a very temporary side effect of whiplash and can be easily treated with chiropractic.

Low Back Pain: Most people think of neck pain when they think of whiplash. Many of us have seen the neck collars worn by someone who was recently in a car accident. The lower back, however, is also prone to injury during the four phases of whiplash. In fact, low back pain is found in nearly one-half of all rear-end collisions and nearly 75 percent of all side impact crashes.[2] Why is the lower back

subject to injury? Despite not having the large range of flexion and extension, the lower back still goes through tremendous compression. This compression causes injury to the discs, ligaments and muscles.

Testimonial: Diela Berisha

I was in a car accident on November 11, 2011. It was dark and rainy and the car in front of me came to a sudden stop. I was able to stop in time to avoid hitting him, but the car behind me did not see me stop and never even stepped on his brakes. He hit me at approximately 50 mph.

I had whiplash and a moderate-to-large sized near complete full-thickness tear of the supraspinatus tendon at its attachment upon the greater tuberosity. I could not lift my right arm past my chest area without excruciating pain. I was constantly guarding it. The medical doctor's answer was surgery; I wanted another route.

Working with Dr. Britton, we've built my arm/shoulder back up to being able to raise it over my head, play catch with my son and pretty much return to my normal routine. Is it like it was, no and I've come to terms with that. Is it better yes, most definitely. What I loved about Dr. Britton is he breaks things down visually to understand and he makes the mind/body connection that most don't. That for me made all the difference. Thank you Dr. Britton!

Chiropractic Care for Whiplash

When you see your chiropractor after an auto accident, he will do a thorough evaluation of your entire spine. He will check your neck (cervical spine), your mid-back (thoracic

spine) and your low back (lumbar spine). Although you may just have neck pain, any region of your spine may be affected.

What will your chiropractor be looking for?

- Restricted joint motion
- Disc injury
- Muscle spasm
- Ligament injury

Studies Show
Chiropractic Is Best Therapy for Whiplash

A study was undertaken to determine the effects of chiropractic in a group of 28 patients who had been referred with chronic ‘whiplash’ syndrome. The severity of patients' symptoms was assessed before and after treatment. Ninety-three percent of patients improved following chiropractic treatment [3]

Your chiropractor has a host of diagnostic tests that can help him determine where your problems lie. For instance, he will use motion and static palpations, which is an examination by means of touch. During the palpations, he will be checking for tenderness, tightness and movement.

Your chiropractor will also take a look at your overall posture and how you walk. This will help him determine whether your body mechanics are working properly.

Of course, your chiropractor will take x-rays to see if you have any degeneration or misalignment of the spine. These x-rays can also help your chiropractor determine if you need a CAT scan or an MRI for further diagnosis.

Once all the diagnostic tests have been done, your chiropractor will understand your unique case of whiplash and how best to help you with an effective treatment plan.

The Stages of Whiplash Treatment

In the initial intensive or relief care phase of chiropractic care for whiplash, the main goal is to get rid of your pain and stabilize your condition as quickly as possible.

Your chiropractor will concentrate on reducing inflammation by using ultrasound and/or gentle stretching and manual therapies. You may also use cold therapy or a neck support.

As your neck area becomes less inflamed, your chiropractor will begin to use spinal manipulation to help you return normal motion to your spinal joints.

The number of times you visit a chiropractor during the relief stage will vary based on your particular condition. Typically, however, this phase lasts from a week to a month, with visits three times per week.

Once you have passed through the relief stage, you will move on to the rehabilitative stage of therapy. During this phase, you will have begun participating in your normal activities again. However, if you do not continue treatment, your pain is likely to reappear because your condition has not yet been fully stabilized.

The goals of rehabilitative care include:

- Strength
- Flexibility

- Increased muscle control and coordination
- Increased balance
- Reducing fear and avoidance of normal activities

This phase of care can take a few weeks to several months, depending on the severity of your condition. Typically, the amount of care is not quite as frequent as relief care.

Treatment Approaches for Whiplash Injuries

The pain and restricted motion you experience after a whiplash injury is due to injured tissue. It is also due to the protective response of the nervous system. Your nervous system purposely locks up your spinal joints to protect you from injury to the spinal cord itself. It is your chiropractor's job to restore your injured tissues and unlock your spinal joints. Your treatment plan will depend entirely on your particular diagnosis. However, there are many traditional approaches used for whiplash. Let's discuss a few of them.

The most common treatment for whiplash is manual manipulation. Manual manipulation of the spine restores the normal movement and position of the vertebrae.

Words Defined: Manual Manipulation

Where the chiropractor moves a joint to the end of its range, and then applies a low-force thrust.

Manual manipulation is the most effective treatment for minimizing the long-term effects of whiplash. It is even more effective when used with massage therapy, trigger point therapy, exercise rehabilitation and other soft tissue rehabilitation therapies.[4]

Some spinal manipulation techniques are:

- Specific Spinal Manipulation: Your chiropractor will identify specific joints that show restricted motion, known as subluxations. He will return motion to the joint using a gentle thrusting motion. The gentle thrusting rapidly stretches the soft tissue as well as stimulates the nervous system.

- Flexion-Distraction Technique: This is a gentle manipulation that does not use any thrust. It is often used to treat bulging or herniated discs. Your chiropractor will use a special table to assist with this technique that uses a slow pumping action on the disc rather than a direct force.

- Instrument-Assisted Manipulation: This is another non-thrusting technique. To do this procedure, your chiropractor will use a hand-held instrument to apply force without thrusting the spine.

In addition to manipulation, your chiropractor may also use manual therapies. These therapies treat injured soft tissues such as ligaments and muscles.

Some examples of manual therapies include:

- Myofascial Therapy: Hands-on type treatment of soft tissue injury, pain and dysfunction. Soft tissues include muscles, fascia (connective tissue),

ligaments and tendons. Soft tissues are often overloaded and damaged during a motor vehicle accident. The resulting inflammation and fibrosis of repair causes kinds of aches, pains and dysfunctions that respond very favorably to this treatment approach.

- Trigger Point Therapy: Your chiropractor will identify tight, painful points on a muscle. Once identified, your chiropractor will put direct pressure on these points with their fingers to relieve the tension.

- Manual Joint Stretching and Resistance Techniques: These are techniques that help to stretch out your joints against some form of resistance. One common resistant manual joint therapy technique is called muscle energy therapy. In this therapy, you will actively use your muscles in a specific direction while your chiropractor applies a counterforce to your movements.

- Therapeutic Massage: Therapeutic massage is the manual manipulation of the body's soft tissue, and is generally used for the reduction of stress and pain. This differs from “getting a massage” with the main goal of relaxation. Though you may feel relaxed after a therapeutic massage, the goal is the relief of pain.

- Instrument-Assisted Soft Tissue Therapy: Your chiropractor will perform repeated strokes with an instrument over the muscle injury area. These strokes are gentle and have a massage-like quality.

In addition to the different kinds of manual techniques available to your chiropractor, he may also treat your

whiplash injury with other modalities. Some examples include:

- Interferential Current (IFC): The IFC machine produces electrical currents that pass through the affected area of the patient by placing two electrodes on the skin at a painful area or the spinal nerve root associated with a painful region. Alternating currents are applied and the currents rise and fall at different frequencies. These frequencies cause the body to produce endorphins, which stops the pain signals from reaching the brain.

- Ultrasound: Therapeutic ultrasound stimulates tissue below the skin's surface using sound waves. Essentially, it is a high frequency massage that goes below the surface of the skin.

- Therapeutic Exercises: These exercises improve the joint mechanics and return your spine to normal motion. Chiropractors commonly prescribe specific strengthening exercises for their patients with whiplash.

The efficacy and effectiveness of chiropractic to help people after surviving a car accident is no longer a question in this day and age. Car insurance companies and personal injury attorneys are now more than familiar with utilizing the skills and services of a chiropractor to aid in the healing and recovery of their patients.

Clinically, I find that fully 25% of my practice is made up of car accident or other industrial accident victims. Though my training in caring for these people is extensive and varied, I find that there are two giants in the field who assist chiropractic physicians in improving their skills in evidence-based care through chiropractic.

Whether you are a patient seeking expert research for your condition or a physician looking for evidence-based research to aid in your treatment, I suggest looking into the work of both of these physicians.

Dr. Dan Murphy: website www.danmurphy.com
Dr. Malik Slosberg: www.slosberg.com

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9

Nutrition, Vitamins and a Healthy Lifestyle

Health Is a Multi-Faceted Equation

The common goal of chiropractic treatment is to restore the body to its natural state of health. When the body is confronted with the stressors of daily life, the immune system can be weakened. When this happens, the communication throughout the body's nervous center can be blocked or impaired. When the immune system is healthy and the body is properly aligned, the body can sustain and fight off illness and disease. Maintaining a healthy body is a combination of proper alignment and a healthy lifestyle. Chiropractors educate their patients on both.

Your body is designed to heal itself. The nervous system is what controls your immune system. If you're run down, your body is less able to cope with germs and infections and that's when you will start to exhibit symptoms of illness such as a cold, the flu, or other types of compromised immune functions. If your nerve system is strong and healthy your body is more able to fight off and deal with these germs. Chiropractic care focuses on helping you maintain a strong and healthy nervous system, resulting in a healthy body and lifestyle.

Treatment by a chiropractor works to restore the body by removing obstacles such as a misalignment. Chiropractic treatment seeks to provide wellness by removing the *cause* of the symptom and maintaining a healthy, active lifestyle.

Nutritional Needs for a Healthy Body

Daily living exposes us to free radicals which not only can cause illness and disease, but contribute to the aging

process. Free radicals have a negative impact on how we look, and how we feel. Free radicals occur when an electron in an atom in our body becomes unpaired and searches for another electron to pair with. This search for another unpaired atom causes damage to our cells, and causes a chain reaction creating more free radicals.

Free radicals occur in everyday life. They are made worse by:

- Poor diet
- Smoking
- Drugs
- Stress
- Injury
- Sun exposure
- Pollution
- Exposure to toxic chemicals
- Aging
- Infection

Free Radical damage can lead to:

- Cancer
- Heart Disease
- Diabetes
- Arthritis
- Autoimmune disease
- And many other diseases.

Free radicals can damage the molecules in our body, such as protein, fat, even our DNA. Antioxidants are vitamins, minerals and other nutrients that protect the body and fight off free radicals. These vitamins give free radicals the electron they are looking to pair with before they damage our cells. Antioxidants include beta-carotene, vitamin C, and vitamin E. These vitamins help strengthen your

immune system making it easier to ward off illnesses like the flu, colds, and other infections.

Beta-carotene

Words Defined: Beta-carotene

Beta-carotene is one of a group of red, orange, and yellow pigments called carotenoids. Beta-carotene and other carotenoids provide approximately 50% of the Vitamin A needed in the American Diet.[1]

Beta carotene is a substance the body converts into Vitamin A. It's a powerful antioxidant that helps protect the cells and boost the immune system. Vitamin A is needed for new cell growth, healthy skin and hair, tissues, and vision in dim light. Although known for its red, orange and yellow pigments, there are many green vegetables as well that contain high amounts of beta-carotene. High sources of this important nutrient include:

- Carrots
- Pumpkins
- Sweet Potatoes
- Spinach
- Collards
- Kale
- Turnip greens
- Beet greens
- Winter squash
- Cabbage

Other sources for Vitamin A include:

- Beef
- Broccoli
- Cantaloupe
- Apricots
- Liver
- Milk
- Butter
- Cheese
- Whole eggs

Vitamin C

Vitamin C (ascorbic acid) is another antioxidant that strengthens our immune system and regulates our body to protect it from infection. While it is needed for the growth and repair of tissues, it's also important to help make skin, tendons, ligaments and blood vessels. It heals wounds and forms scar tissue. Vitamin C aids the formation of collagen to hold the cells together. It also is needed for healthy teeth, gums, and blood vessels. It is another vitamin which is important for eye health.

Fruits with the highest sources of Vitamin C are:

- Cantaloupe
- Citrus fruits and juices, such as orange and grapefruit
- Kiwi
- Mango
- Guava
- Papaya
- Pineapple
- Strawberries, raspberries, blueberries, cranberries

- Watermelon

Vegetables with the highest source of Vitamin C include:

- Broccoli, brussels sprouts, cauliflower
- Green and red peppers
- Spinach, cabbage, turnip greens, and other leafy greens
- Sweet and white potatoes
- Tomatoes and tomato juice
- Winter squash

Note: Cooking vitamin C-rich food or storing them for a long period of time can reduce the vitamin C content.[3]

Interesting Fact

Vitamin C is a vital nutrient for asthma patients. Asthma patients often need vitamin C in larger doses because it acts as an antioxidant in their lungs and air pipes. This is one of the most underrated vitamin C benefits.[2]

If you are not getting enough Vitamin C you can experience illness or discomforts including:

- Anemia
- Bleeding gums
- Decreased ability to fight infection
- Decreased wound-healing rate
- Dry and splitting hair
- Easy bruising
- Gingivitis
- Nosebleeds

- Possible weight gain due to decreased metabolism
- Rough, dry, scaly skin
- Swollen and painful joints
- Weakened tooth enamel.
- Scurvy (due to severe vitamin C deficiency)[4]

Vitamin E

The third antioxidant we're concerned with is vitamin E. Foods that are high in vitamin E will protect your skin from ultraviolet light. Again, as the other antioxidants we've discussed, vitamin E prevents cell damage from free radicals and it allows your cells to communicate effectively.

Excellent sources of vitamin E include:

- Spinach
- Chard
- Turnip greens
- Mustard greens
- Cayenne pepper
- Almonds
- Sunflower seeds
- Asparagus
- Bell peppers
- Eggs
- Nuts
- Poultry
- Meat
- Olive oil, argan oil and vegetable oils
- Whole grains

Vitamin E is important in the formation of red blood cells, and helps widen blood vessels and keeps blood from clotting inside them.

Important Dietary Supplements

Eating a well balanced diet should provide essential nutrients, but there is a case for adding supplements. When your diet isn't well balanced it *doesn't* contain adequate amounts of certain nutrients. When that's the case supplements may be absolutely necessary.

Supplements include vitamins, minerals, herbs, botanicals and other substances. Your chiropractor can review your diet with you. He can help you see what nutrients are missing from your diet and assist you in deciding which supplements you may want to take to insure you are getting the best nutrition possible.

Nutrition

In order for our body to use food, and repair and create cells, tissues, muscles and bone, it needs the proper tools. The following nutrients are extremely important to maintain a healthy body.

Word Defined: Nutrition

Nutrition is the act or process of nourishing or being nourished. The sum of the processes by which an animal or plant takes in and utilizes food substances.[6]

Magnesium

Magnesium is not only an essential nutrient, but is responsible for a vast variety of healthy body functions and conditions. It also is the most deficient mineral in the diet and can be difficult to meet the daily requirements from food.

Interesting Fact about Magnesium:

Less than 30% of U.S. adults consume the Recommended Daily Allowance of magnesium. And nearly 20% get only half of the magnesium they need daily to remain healthy.[7]

Magnesium is found in plant foods. Sources are:

- Grains
- Legumes
- Vegetables
- Nuts
- Seeds
- Seafood
- Dark green vegetables

Magnesium is an interesting nutrient because of all the functions it affects.

Magnesium guards us against:

- Heart disease
- Stroke
- Osteoporosis

- Diabetes
- Depression
- Arthritis
- Asthma

Magnesium:

- Maintains normal muscle and nerve function
- Regulates body temperature
- Supports a healthy immune system
- Relaxes muscles (including the heart)
- Aids in carbohydrate metabolism and helps control blood glucose levels.
- Used for poor sleep, anxiety, menstrual cramps, muscle cramps or spasm
- Regulates high blood pressure, asthma attacks and abnormal heartbeats
- Improves bone mineral density

The Nutritional Magnesium Association says:

Because magnesium is so vital to the proper functioning of organs and systems throughout the body, magnesium deficiency can have a variety of effects on these systems and organs. Based on the latest research here is a partial list of the effects of magnesium deficiency.

- Irregular heartbeats, heart palpitations (Arythmias)
- Chest pain due to spasms (Vasopastic Angina)
- High blood pressure (Hypertension)
- Heart valve disease (Mitral Valve Prolapse)
- Cadiac arrest, sudden death
- Chest tightness
- Constipation
- Difficulty swallowing
- Kidney stones

- Urinary spasms
- Premenstrual syndrome (PMS)
- Menstrual cramps
- Pregnancy induced hypertension (Pre-eclampsia) progressing to convulsions (Eclampsia)
- Spontaneous abortion, miscarriage, low birth weight
- Diabetes
- Carbohydrate intolerance
- Insulin resistance
- Metabolic Syndrome X
- Low serum calcium that cannot be corrected with calcium supplements
- Low serum potassium that cannot be corrected with potassium supplements
- Elevated serum phosphorus
- Vitamin D resistance
- Muscle cramps
- Muscle soreness, including backache, neck pain, tension headache, temporomandibular (lower jaw to skull) joint dysfunction
- Painful muscle spasms & tremors (Muscle tetany)
- Muscle twitches
- Osteoporosis
- Migraine Headaches, other headaches
- Hearing loss, Ringing in ear, Tinnitus (persistent buzzing or ringing noise in the ears)
- Hyperactivity, restlessness, constant movement
- Numbness, tingling
- Insomnia
- Anxiety
- Irritability
- Panic attacks
- Depressiona attacks (Agoraphobia)
- Asthma
- COPD - Chronic Obstructive Pulmonary Disease

- Chest tightness, often expressed as “I can't seem to take a deep breath” or even as sighing in children
- Chronic fatigue
- Cravings for carbohydrates
- Cravings for salt
- Sensitivity to bright lights in the absence of eye disease
- Sensitivity to loud noise [8]

Calcium

Calcium is the most abundant mineral in your body. It is responsible for strong teeth and bones. The body needs calcium for proper function of blood vessels and muscles.

There are a variety of foods that are excellent sources of calcium including:

- Milk
- Yogurt
- Ice cream
- Cheese
- Broccoli
- Kale
- Chinese cabbage
- Sardines
- Salmon

Many Americans suffer a deficiency in calcium. We lose calcium each day through our skin, nails, hair, sweat, urine and feces. We need to ingest enough calcium for a variety of bodily functions including:

- Facilitating blood clotting

- Nerve system communication
- Muscle contraction
- Building bones
- And other functions.

Your doctor can evaluate the foods in your diet as well as your age requirements to determine if you need a calcium supplement.

Iron

Iron is a mineral found in all the cells of our body. Iron is used to create hemoglobin (found in red blood cells) and myoglobin (found in muscles). These proteins carry and store oxygen in the body. When you don't have enough iron in your body you are tired, weak, and can develop anemia. When you have too much iron in the body it is toxic.

Excellent sources of iron include:

- Red meat
- Egg yolks
- Dark leafy greens
- Dried fruit
- Iron-enriched cereals and grains
- Mollusks (oysters, clams, scallops)
- Turkey or chicken giblets
- Beans, lentils, chick peas, soybeans
- Liver
- Artichokes

And, if you eat iron-rich foods along with food that provide plenty of vitamin C, your body can better absorb the iron.[9]

Iron deficiency can cause the following symptoms:

- Fatigue
- Decreased school performance
- Slow cognitive and social development in childhood
- Difficulty maintaining body temperature
- Decreased immune function
- Inflamed tongue (glossitis)

A blood test will determine if you are iron deficient. Your chiropractor can help you adjust your diet or recommend an iron supplement when necessary.

Vitamin D

The main function of Vitamin D is to maintain normal blood levels of calcium and phosphorus. Vitamin D works with calcium because it assists the absorption of calcium and therefore is important to all the functions of calcium. Whether alone or in conjunction with calcium, vitamin D increases bone density and aids in decreasing bone fractures.

Sunlight promotes vitamin D, so if you get enough exposure to the sun, it is unlikely you will be deficient.

Vitamin D helps our body:

- Absorb and metabolize calcium and phosphorus, enabling the maintenance of healthy bones.
- Regulate our immune system
- Guard against osteoporosis
- Reduce the risk of some forms of cancer

You might be deficient in vitamin D if you:

- Have dark skin

- Always cover up when you go outdoors
- Are housebound or rarely go outdoors in sunlight
- Reside in the northern part of the world
- Live in a densely polluted area
- Always use sunscreen higher than 8 percent

If you live in an area that is far from the equator, exposing your skin for about 20 minutes (longer for older people or dark skinned people) prior to applying sunscreen throughout most days during the summer season will ensure you make enough vitamin D to last the whole year.[10]

Folic Acid

Folic Acid is a B vitamin. It helps your body make new cells. It is extremely important for pregnant women to get enough folic acid not only while pregnant but prior to pregnancy. One of the first stages of pregnancy is the development of the brain and spinal cord.

Having sufficient folic acid prevents birth defects including:

- Spina bifida (when the unborn baby's spinal column does not close to protect the spinal cord)
- Anencephaly (When most of all of the brain does not develop)

Folic Acid is important for:

- DNA synthesis and repair
- Red blood cell creation
- Prevention of anemia
- Prevention of Alzheimer's disease
- Prevention of several types of cancer

Good sources of folic acid include:

- Dark leafy greens
- Asparagus
- Broccoli
- Citrus fruits
- Beans, peas, lentils
- Avocado
- Okra
- Brussels sprouts
- Seeds and nuts
- Cauliflower
- Beets
- Corn
- Celery
- Carrots
- Squash

Testimonial: Karen E.

Thank you! I feel 100% better. I drive out from Long Beach just for him. I will refer everyone to this office. Dr. Britton listens and explains everything to you. I have been to several chiropractors and he is truly the best of the best. He guides you to great health! I cannot say enough great things about Dr, Britton.

Thank you Dr. Britton!!!!

The Process of Getting Healthy

The United States with its abundant processed foods is not high on the list of healthiest countries. Our foods have a long shelf life but short nutritional value. And even if we

consume the foods on the lists above which are the best sources for the most important vitamins and nutrients, soil nutrients in our country have been depleted, leading to lower nutritional benefit even in non-processed food.

So, what's the solution?

Whole food supplements are an excellent source to add nutritional needs to our daily diet. These supplements are made from whole food concentrates rather than made up of fractions or pieces of the food. The whole food supplements are derived from organic farms using nutrient-rich soil and therefore retain a higher quality of essential nutrients.

Whole food supplements are based on the principle that the best sources of vitamins and minerals are found in whole foods.

Eating a healthy, well balanced diet can provide you with a strong, energetic, efficient, and long-lasting body. Many food items in this chapter are listed over again because they provide so many of the needed nutrients for a healthy body. The best way to know if you are getting all the elements that make up a fully-functioning healthy body is to discuss your diet and concerns with your chiropractor or health care professional. Together you can ensure that you are providing the optimum fuel in your body to provide optimal health and well-being.

In the pursuit of optimum health there are many subjective and objective perspectives to consider. The measurement of proper nutrition and its relative functional utilization in the living human body is always under scrutiny, with many companies vying for the next groundbreaking discovery. The utilization of traditional medical blood-testing for

nutrient presence is still fundamentally the gold-standard for most pathologies.

With that said, the role of antioxidants is indisputably important in the maintenance of our bodies in times of mental, emotional, physiological and environmental stress.

In the realm of antioxidant measurement and supplement delivery there are a plethora of companies with claims of 'the next big thing' and I advise you as a consumer to be wary and seek out qualified guidance. Given that technology in this area is relatively new, such guidance may be hard to find. I have found though, that there are several companies that are investing much time, energy and resources to be leaders in this field, and have created devices to measure and track the levels of antioxidants in the live body.

Though time will probably bring about further technological breakthroughs, currently I have had experience with two companies who lead the field in non-invasive antioxidant supplementation.

Please be advised that I do not endorse any claims made by the companies to cure or treat any disease. For more information please refer to the companies' websites below, and remember that only you are responsible for your health, so get educated!

NuSkin Biophotonic Scanner: www.nuskin.com
Mona Vie VIEW antioxidant Scanner: www.monavie.com

One more thing…In the field of functional nutrition and health there are many conditions such as gluten allergy, leaky gut syndrome, irritable bowel, chronic fatigue, hypo/hyper-thyroidism, fibromyalgia and many other conditions that can be nutrition-based disorders.

When it comes to some of these mysterious problems I have found that turning to a local well-trained naturopath can make a huge difference. However, in our field of chiropractic, there are two geniuses of metabolic disorders that I would definitely look to when things get more complex than normal musculoskeletal care seems to handle.

If you have metabolic disorders these doctors are valuable resources.

* Dr. Datis Kharrazian DHSc DC MNeuroSci: www.thethyroidbook.com

* Dr. Daniel Kalish DC : www.Kalishresearch.com

To see or purchase the supplements that I use in my clinic, please feel free to go to my website www.wiknowhealth.com and click on my 'Health Store' icon.

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10

On The Job Injuries

Companies are required to provide Workman's Compensation Insurance. This provides for medical attention and treatment when you're injured on the job.

This type of insurance began in the early twentieth century when workplace injuries became common due to factory and industrial jobs. Most of the programs for workman's compensation are state run and the benefits and compensation differ depending upon the state where you are employed.

Stat Fact

In 1908 the first workers compensation law was passed and it covered federal workers. Between 1911 and 1920 most states adopted their own workers compensation programs.[1]

If you do become injured while working, remember to always seek immediate medical attention. Alert your supervisor as to the accident or injury and make sure that an accident report is filed. Make sure your company provides a medical claim form for medical treatment.

Certain jobs are more likely to cause work related ailments than others. These days, many people work in professions where they are seated all day and rarely even get up to go out for lunch. They work through their meals at their desks and this sedentary lifestyle coupled with the likely possibility of poor posture at their desk is a recipe for musculoskeletal pain.

Think of these job positions and the likelihood of developing back problems:

- Industrial athletes – Firemen, Police Officers, Trainers, Farmers, Construction Workers and even…Chiropractors!

- Office workers – Attorneys, Physicians, Executives, Secretaries, etc. -- seated for long periods of time, often slouching, or in awkward positions; may be seated in poorly designed chairs

- Drivers – seated in a car for most of the day with limited movement and mobility

- Health care providers and hospitality servers who are on their feet all day, often lifting heavy objects

- General laborers – Repeated strain from lifting, moving in awkward positions

- Teachers and day care providers – On their feet most of the day, carrying children, bending down to interact with children

- Retailers – On their feet all day, lifting materials and bending to put items away

- Cashiers and other professions who stand for most of the day

It's hard to think of a profession that doesn't require extended time sitting or standing, or lifting, bending and twisting.

If you are immobile for long periods of time this lack of movement can result in pain that radiates to the extremities, herniated discs and disc degeneration.

Interesting Fact: The Vertebrae

Your spine is made up many bones called vertebrae. In between them are soft discs filled with a jelly-like substance. These discs cushion the vertebrae and keep them in place.[2] Bulges or improper alignment of the discs can cause pain and lack of mobility.

Term Defined: Herniated Disc

As the discs in your spine deteriorate with age or injury the softer central portion can rupture. The abnormal rupture of the central portion of the disc can cause sharp, shooting pain, and numbness, tingling, and muscle weakness.[3]

Stat Fact

The most common location for a herniated disc to occur is between the fourth and fifth lumber vertebrae in the low back.[4]

No wonder most people suffer from back problems.

And this is possibly just the tip of the iceberg. Yes, back problems are common work-related injuries. But many professions also require repetitive motion or recurring motions which can cause additional ailments.

When you are performing a repeated action over an extended period of time, you can incur injuries such as:

- Disc problems
- Neck injuries
- Headache (caused by muscle tension or joint dysfunction).
- Carpal Tunnel Syndrome
- Tendinitis
- Bursitis
- Trigger finger
- Rotator cuff tears
- Sciatica
- Extremity numbness and tingling
- Foot pain

Term Defined: Sciatica

Sciatica is a pain, weakness, numbness or other discomfort along the path of the sciatic nerve. It often accompanies low back pain and is a symptom of a problem at some point along the sciatic nerve. A herniated disc in the back, spinal stenosis (narrowing of the open spaces within the spine), and piriformis syndrome (an irritated muscle in the gluteal region) can cause sciatica.[5]

Term Defined: Bursitis

Bursitis is a painful condition that affects the small fluid-filled pads (called bursae) which act as cushions among your bones and the tendons and muscles near your joints. Bursitis occurs when the bursae become inflamed.[6]

Term Defined: Trigger Finger

Tendons are tissues that connect muscles to bone. When muscles contract, tendons pull on bones. This is what causes some parts of the body to move. The muscles that move the fingers and thumb are located in the forearm, above the wrist. Long tendons, called the flexor tendons extend from the muscles through the wrists and attach to the small bones of the fingers and thumb. When the flexor tendon becomes irritated, the tendon may thicken and nodules may form, making its passage through the tunnel more difficult. If you have trigger finger, the tendon becomes momentarily stuck at the mouth of the tendon sheath tunnel when you try to straighten your finger. You might feel a pop as the tendon slips through the tight area and your finger will suddenly shoot straight out. Trigger finger may occur after activities that strain the hand. [7]

More serious work-related injuries that can benefit from chiropractic treatment might be due to a sudden accident.

Work related accidents include:

- A slip or fall
  Causing:
  - ✓ Spinal cord injuries
  - ✓ Neck injuries
  - ✓ Shoulder injuries
  - ✓ Back injuries
  - ✓ Head injuries
  - ✓ Knee injuries
  - ✓ Muscular and ligament injuries

- Improper lifting or lifting an object that is too heavy
  Causing
  - ✓ Back or muscular pain

- Workplace traffic accidents
  That can develop into
  - ✓ Whiplash
  - ✓ Headaches
  - ✓ Arthritis

Term Defined: Whiplash

Whiplash is an injury to the neck that occurs as a result of a motor vehicle accident (usually from a rear impact). As a result of the whiplash, one of the joints in the spine or limbs may lose its normal resiliency and shock absorption, possibly leading to restricted range of movement and pain. Whiplash can also cause a herniated disc. [8]

As you can see, the most common injuries sustained at work affect the musculoskeletal system such as the neck, back and soft tissue non-bony structures.

That's where chiropractic care proves to be the most optimum choice of treatment.

Chiropractic treatment for many on the job injuries not only provides quicker healing time, but is also more cost effective.

Chiropractic care seeks to work with natural alternatives such as manipulation of the spine and other joints, and soft tissues, hot and cold therapy, massage and exercise.

Safety Info: The proper technique for lifting and carrying an object

Do	Don't
Tuck in the chin to keep the back as straight as possible while lifting.	Use your back muscles to do the lifting.
Lift with the strong leg muscles.	Try to lift an item that is too heavy or awkward.
Ask for help with heavy, awkward items.	Twist your body while carrying an object.
When possible, use mechanical equipment to move heavy items.	Attempt team lifting without proper coordination.

9

Interesting Fact:

In the December 2010 edition of *The Spine Journal*, researchers found that “treatment including CSMT (chiropractic spinal manipulative therapy) is associated with significantly greater improvement in condition-specific functioning” than usual care provided by a family physician.[10]

Chiropractors work to reduce your pain, and prevent the *conditions* that cause it.

Interesting Fact:

“..data from Workmen’s Compensation Bureau studies served to validate chiropractic care. Specifically, studies comparing chiropractic care to care by a medical physician were presented, which showed that chiropractors were “twice as effective as medical physicians, for comparable injuries, in returning injured workers to work at every level of injury severity.” .[11]

Chiropractors treat back pain with manual manipulation of the spine to correct. The chiropractor is trained to correct the body so it is strong and supportive, not just eliminate this particular occurrence. During this adjustment your chiropractor is guiding damaged or traumatized bone and tissue back to their correct position. Once aligned, the communication between the brain and the nervous system

is restored and the rest of the body can function better. If your ailment is derived from consistent improper body mechanics, you will be provided with treatment seeking to prevent reoccurrence. You will be given exercises that will strengthen any weakness in your system that might contribute to the condition.

Interesting Fact: Spinal Manipulation

The Agency for Health Care Policy and Research (AHCPR) recommends treating lower back pain with spinal manipulation:

- In the first four weeks of symptoms
- With or without non-prescription pain killers
- In conjunction with mild exercise such as walking or swimming followed by conditioning exercises after about two weeks[12]

Through proper alignment, exercise and lifestyle changes, your body will enjoy greater health, more energy and increased vitality. The goal of your chiropractor is to restore the body to optimal health derived from a properly functioning spinal system.

If a person has undergone chiropractic treatment for periodic visits, they are less likely to endure injuries from poor posture or improper body mechanics. They have been trained and their bodies have been strengthened by alignments and exercise.

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Glossary

Abdomen: The part of the body between the chest and hips, aka, belly.

Activator® Methods: A small hand-held adjusting instrument which delivers a precisely measured, gentle thrust in a specific direction.

Acute: Comes on quickly, can be severe, but lasts a relatively short time.

Adjustment: A procedure to restore joint mobility, alignment and nerve communication by applying a specific and controlled force to joints by manual or mechanical means.

Afferent: Carrying inward to a central organ or section, as nerves that conduct impulses from the periphery of the body to the brain or spinal cord.

Antalgic Position: Abnormal body position due to the body's attempt to reduce pain.

Anterior: Toward the front of the body.

Articulation: Joining bones to allow motion; a joint.

Atlas: The uppermost, most movable bone of the spine.

Atrophy: Partial or complete wasting away of a part of the body.

Autonomic Nervous System (ANS): The part of the nervous system in charge of regulating involuntary vital functions, including the activity of the heart, the digestive system and the glands. It's divided into two subsystems:

the sympathetic nervous system and the parasympathetic nervous system.

Bilateral: Having, or relating to, two sides.

Biomechanics: Mechanics applied to biology in order to understand the mechanics of living systems.

Blocks/blocking: Wedge-shaped apparatus used to raise one or both sides of the hip bone into a healthier pattern for better support of the spine and head.

Bursitis: The painful inflammation of the bursa, a pad-like sac found in areas subject to friction. Bursae cushion the movement between the bones, tendons and muscles near the joints.

CAT Scan (Computer Aided Tomography): A series of detailed pictures of areas inside the body, taken from different angles; the 3-D pictures are created by a computer linked to an x-ray machine.

Central Nervous System (CNS): The portion of the vertebrate nervous system consisting of the brain and spinal cord.

Cervical: The upper spinal area, consisting of seven vertebrae.

Chiropractic: The art, science and philosophy which utilizes the inherent recuperative powers of the body and deals with the relationship between the spinal column and nervous system and the role of that relationship in the restoration and maintenance of health.

Chiropractor: Doctor trained in the specific science, art and philosophy of chiropractic.

Chronic: Lasting for a long period of time or marked by frequent recurrence.

Coccyx: A small triangular bone at the base of the spinal column consisting of several fused rudimentary vertebrae.

Compensation Reaction: A problem resulting from the body responding to a problem elsewhere.

Compressive Lesion: A malfunctioning spinal bone or soft tissue that puts direct pressure on a nerve, distorting its function.

Congenital: Present since birth.

CT Scan: See CAT Scan.

Davis Series: Seven specific x-ray views of the upper spine to help with whiplash.

Diagnostic Imaging: Diagnostic imaging includes all tests that produce images or pictures of the inside of the body.

Diathermy: Therapy using high-frequency electric current, ultrasound or microwaves to deliver heat to muscles and ligaments.

Disc Herniation: The disc, the cushion that sits between the spinal vertebra, is pushed outside its normal position by the inner gel-like material.

Disc: Serves as a shock absorber between the vertebrae of the spinal column.

Disease: An abnormal condition of the body or mind that causes discomfort or dysfunction.

Dorsal: Pertaining to the back or to the posterior part of an organ; one of 12 vertebrae in the human vertebral column.

Efferent: Refers to nerves that carry messages from the brain and spinal cord towards the muscles and glands in the body, i.e. motor nerves.

Electromyogram (EMG): A graphical record of electric currents associated with muscle contractions.

Electro-Muscle Stimulation (EMS): A therapeutic type of electrical current applied directly to the body and used for the relief of pain, swelling and inflammation, muscle spasm and to heal injured tissue.

Extension: To stretch or spread something out to greater or fullest length.

Facet: A smooth flat surface at the posterior of each vertebra that links them with vertebra above and below and permits movement of the spine.

Facilitative Lesion: A twisting, stretching, chafing or irritation of nerve tissue from malfunctioning spinal structures.

Fixation: Spinal area with restricted movement.

Flaccid: Lacking firmness, resilience or muscle tone; drooping.

Flexion: The act of bending a joint or limb in the body.

Foramen: An opening or orifice, as in a bone.

Health: A state of optimal physical, mental, and social well-being and not merely the absence of disease and infirmity.

Homeostasis: A body's ability to regulate in order to achieve a relatively stable state of equilibrium.

Hypermobility: A condition in which the joints easily move beyond the normal range expected for a particular joint.

Hypomobility: Condition in which ligaments are tight and movement is restricted.

Inflammation: A localized protective reaction of tissue to irritation, injury, or infection, characterized by pain, redness, swelling and sometimes loss of function.

Interference: Damage or deficit to the natural nerve flow.

Intervertebral Disc: The soft tissue found between the bones of the spinal column, i.e. the vertebrae. They help cushion the spine from everyday stress.

Intervertebral Foramina: The two narrow spaces between adjacent vertebrae (one on each side), through which nerve roots pass.

Kyphosis: A normal curvature of the spine when in the thoracic region.

Lateral: To the side of the midline of the body.

Lipping: Extra growth of bone.

Listing: A way to describe the way vertebral segments are in relation to adjacent vertebral segments.

Lordosis: A normal inward (forward) curvature of the vertebral column when in the cervical and lumbar regions.

Lumbar: The five vertebrae that are situated in the lower back region, below the thoracic vertebrae and above the sacral vertebrae in the spinal column.

Massage: A manual therapeutic modality of the body that increases circulation, reduces muscle spasm and promotes relaxation and well-being.

Magnetic Resonance Imaging (MRI): An imaging technique that uses magnetic forces to obtain detailed images of the body.

Neural Canal: A canal formed by neural arches of vertebrae. Houses the spinal cord.

Neurological: Having to do with the brain, spinal cord and nerves, i.e. the nervous system.

Nucleus Pulposus: The jelly-like substance in the middle of the spinal disc.

Objective Complaints: Areas of concern found through chiropractic examination.

Orthopedics: The science of prevention, diagnosis and treatment of diseases and abnormalities of musculoskeletal systems.

Palpation: Examining the spine with your fingers; the art of feeling with the hands.

Pathophysiology: The physiological processes associated with disease or injury.

Peripheral Nerve System (PNS): The section of the nervous system lying outside the brain and spinal cord. Cells of the peripheral nervous system carry information to and from the central nervous system.

Physiology: The study of the physical and chemical processes involved in the functioning of the human body.

Posterior: Toward the back of the body.

Preventive Care: Comprehensive care emphasizing priorities for prevention, early detection and early treatment of conditions.

Prognosis: A prediction of the future course of a condition or illness based on scientific study.

Prone: Lying face downward.

Radiograph: A film with an image of body tissues that was produced when the body was placed adjacent to the film while radiating with x-rays.

Range of Motion: A measurement of the extent to which a joint can go through all of its normal movements.

Reflex: An involuntary and almost instant movement in response to stimulus.

Sacrum: A large triangular bone located between the two hipbones and formed from fused vertebrae.

Sciatica: An inflammation of the sciatic nerve, usually marked by pain and tenderness along the course of the nerve through the gluteal region, thigh and leg.

Scoliosis: Sideways (lateral) curving of the spine.

Slipped Disc: Incorrect name for disc herniation.

Spasm: A painful and involuntary muscular contraction.

Spinous Process: A bony projection of a vertebra that serves as an attachment for muscles and ligaments.

Spurring: Any sharply pointed projection, as from a bone.

Subjective Complaints: Problems identified by the patient and reported to the doctor, such as lower back pain, aching joints, etc.

Subluxation: An interference of the nervous system due to a misalignment and or abnormal motion of spinal vertebra which causes improper communication with associated organs, muscles and tissues of the body.

Superior: Upper or higher in position.

Supine: Lying on the back.

Technique: A practical method or procedure applied to correct spinal problems.

Therapy: Methods used to assist in the relief of pain, rehabilitation and restoration of normal body functions.

Thoracic: The region of the spine between the neck and the lumbar vertebrae. The ribs connect with the 12 thoracic vertebrae.

Transverse Process: The lateral bony wings projecting from the side of the vertebrae for muscle attachment.

Trigger Point: A taut, palpable spot in muscle that is painful to touch and refers pain to another body area.

Ultrasound: High frequency sounds beyond a human's hearing whose vibrations can be used for heating internal structures of the body to speed the healing of a joint, muscle or tendon.

Vertebra: One of the bony segments of the spinal column.

Vertebral Subluxation: See Subluxation.

Wellness Care: Health care that is not prompted by sickness or injury but by an attempt to achieve or promote an optimum state of physical, mental and social well-being.

Whiplash: Injury resulting from a sudden sharp whipping movement of the neck and head, such as with a person in a vehicle that is struck from the rear by another vehicle.

X-rays: Electromagnetic radiation that can penetrate many objects and reveal their internal structure by recording the shadow cast on photographic plates.

What you will learn from this book:

- How to stop pain from destroying your life through preventative and wellness programs
- How the health-care crisis affects you and what you can do to affordably protect your health and your family's health
- Why professional athletes utilize chiropractic and preventative health and why you should too
- Why attorneys and patients utilize chiropractic care as a major component of a motor vehicle accident recovery plan
- How your chiropractor can keep you working so you (and your employees) can perform at your best

"Dr. Britton is a rare passionate bright light in the world of healthcare. You would be well-served to be in his presence, learn from him, and seek care from him for your spine and nervous system!"

—Matthew K. Norton, DC
Author of *Where Does It Hurt?*

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