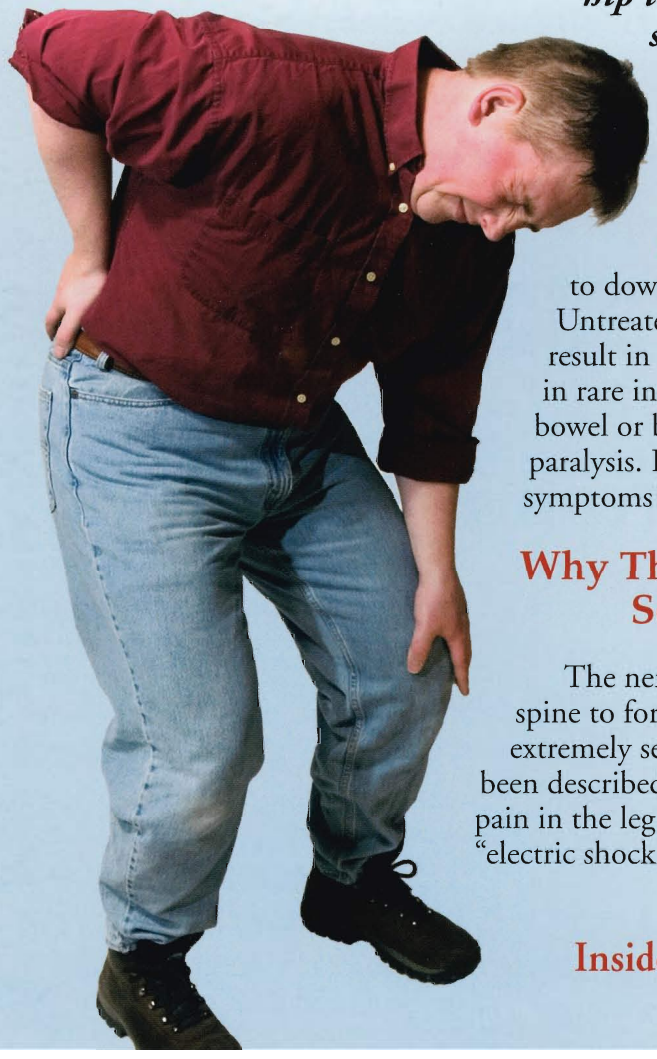
CHIROPRACTIC
NATURAL HEALTH™
Vol. 21, Issue 8

Why Are YOU Still Suffering From "Sciatica"!

...when we have a proven, natural solution!!

Do you find yourself hunched over and pressing the side of your hip to relieve intense pain? Have you ever bent over and felt a sharp radiating pain down your leg? Do your legs hurt or tingle when you walk or sit for extended periods of time?



Sciatica can range from annoying to downright debilitating. Untreated, this condition may result in nerve damage and, in rare instances, the loss of bowel or bladder control or even paralysis. Please don't ignore your symptoms!

Why This Condition is So Painful!

The nerve roots that exit your spine to form the sciatic nerve are extremely sensitive. Sciatica has been described as a toothache-like pain in the leg, or a pain similar to an "electric shock."

Sound familiar? We hope not, but if it does—you've come to the right place.

PROVEN Relief...

By correcting the underlying cause of nerve irritation, Chiropractic has brought natural relief to thousands of sciatica sufferers! If you are a candidate for Chiropractic care, we can help you, too!!

Your sciatic nerve is the longest nerve in your body. It runs from your low back and hip area down the back of each leg and extends to the foot. "Sciatica" refers to pain that radiates along the path of this nerve.

Inside...the spinal health-hypertension connection! ▶

(continued from page 1)

Chiropractic Takes the Pressure Off !

Sciatica isn't really a disorder in and of itself. It is actually a symptom of another problem irritating the sciatic nerve, such as a degenerative disc disorder or spinal misalignment. Swelling, bulging or herniation of a disc can put pressure on and irritate the sciatic nerve.

When your vertebrae are not properly aligned, they move closer together, narrowing the passageway for your sciatic nerve. Sciatic nerve compression can lead to a loss of normal motion between the vertebrae, as well as to further nerve irritation.

Luckily, Chiropractic spinal adjustments help restore misaligned vertebrae to their proper position and can free up restricted movement along your spine. Chiropractic care helps to reduce nerve irritation that causes inflammation, muscle spasm, pain and other symptoms related to sciatica.

For PROVEN relief, schedule your Chiropractic spinal exam today! ❖

Warning Signs of Sciatica:

Searing pain, burning or tingling down the leg

Weakness and/or numbness in your leg or foot

Constant, burning hip pain

A shooting pain that makes it difficult to stand up

Leg or hip pain that worsens when sitting

Sciatica usually affects only one side of the body. The symptoms you experience will depend on where the nerve pressure is coming from.

Common Causes of Sciatica:

Degenerative disc disease

Herniated or bulging discs

Misaligned vertebrae

Pregnancy and childbirth

Sleeping on a soft mattress

Auto accident, fall or other trauma

Or even sitting on your back pocket wallet!

"No More Back Pain & I'm Breathing Better, Too!"

By Amber Lewars

I had back pain for about a year. It was very hard to find a comfortable sleeping position. The pain actually got so bad I had difficulty breathing.

I kept thinking it was going to get better on its own. That never happened so I finally sought Chiropractic care. Within about six weeks, the pain was 100% gone and my breathing had been restored! Something I never expected happened—now that my discs are healthier, I'm even a little taller!!

Although I was feeling great at the end of my intensive program of care, I decided to continue monthly maintenance treatments for the remainder of the year. I'm so glad I did.

I'm now in my second trimester of my first pregnancy and Chiropractic has been incredibly helpful in relieving my back and hip pain.

Is it any wonder I've referred five other people to Chiropractic care? They've all had great results, too! ❖

How "Chiropractic" Can Help Hypertension!

According to recent estimates, about one in three U.S. adults has high blood pressure. Since there are no symptoms, nearly one-third of hypertensive individuals don't know they have it! New research suggests a link between spinal misalignment and hypertension.

You can have high blood pressure for years and not know it. Yet, uncontrolled hypertension can lead to stroke, heart attack, heart failure or kidney failure. That's why it's often referred to as the "silent killer."

The only way to tell if you have high blood pressure is to have it checked and monitored!

Most high blood pressure can't be ***cured*** but can often be ***controlled.*** Though diet, exercise and stress reduction may help some patients regulate their blood pressure, others will require medication, regardless of lifestyle choices.

The good news is, recent studies have shown that Chiropractic may help improve circulation ***and*** lower blood pressure in some patients. And for those whose condition responds well to Chiropractic care, the hope is that spinal adjustments can reduce the amount of required medication.

Remember, uncontrolled hypertension is a serious, potentially life-threatening condition. Do not stop taking prescribed medications unless directed by your physician.

Research Review

The following are preliminary research summaries that suggest a link between spinal alignment, ***active*** Chiropractic care and blood pressure regulation. *(Note: further study is needed to document the long-term effects on blood pressure levels following a program of Chiropractic care.)* *

Misaligned Vertebrae Are Associated With Hypertension

The changes in spinal vertebrae (C-6, T-2, T-6) that correspond to the patient's hypertensive status indicate a relationship between this pattern of segmental motion dysfunctions and disturbances in regulation of blood pressure. *1*

Spinal Adjustments Reduce Blood Pressure

A study of twenty-one hypertensive patients compared pre- and post-treatment systolic and diastolic blood pressure levels. Results indicated that systolic and diastolic blood pressure significantly decreased for those under active Chiropractic care. *2*

Immediate Lowering of Blood Pressure

In this study, 75 students with normal blood pressure underwent routine Chiropractic health care at Palmer College of Chiropractic's clinic. It was determined that both systolic and diastolic blood pressures were lowered after receiving a single Chiropractic adjustment. *3*

Atlas Realignment and Lowered Blood Pressure

This double-blind medical study represents the first demonstration of sustained lowering of blood pressure associated with the re-alignment of the Atlas (C-1) vertebra. Chiropractic cervical spine adjustments produced effects similar to two different anti-hypertensive medications given simultaneously. The reduction persisted for eight weeks. *4*

** Source references for 1,2,3 and 4 are available from our office. Call today!*

No one has all the answers about what causes and controls hypertension…but we do know that when the spine is misaligned, it can affect blood flow. We also know that Chiropractic care is safe, affordable and supports your overall health. You have nothing to lose and your health to gain!! Why not give it a try!

Call us today!! ❖

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Uniting the World
The Summer Olympic Games

Historically, the Olympic Games were religious festivals held to honor Greek Gods. Every four years, the Grecians would end their wars and declare the Olympics a time of peace and unity.

In modern times, the first official World Summer Olympic Games debuted in 1896 in Athens, Greece. There were nine sports played, 13 countries represented and no female athletes participated.

There are over 200 countries gathering in Beijing, China this year for the Summer Olympic Games, where over 10,000 athletes, both male and female, will stop for a brief moment to unite the world.

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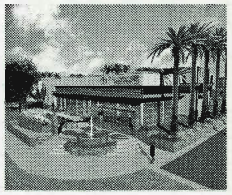

Dear Friend,

Accept NO "Substitutions"!

Chiropractic is **unique.** It's a PROVEN method that offers a *mechanical solution* to a *mechanical problem*.

Chances are, when you experience **neck stiffness, shoulder pain, back spasms, leg pain, wrist pain** or **headaches**, you have a spinal misalignment that needs correction.

Without Chiropractic, there is no amount of physical therapy, massage, acupuncture, meditation or medication that can **realign your spine and relieve nerve irritation!**

We offer **REAL RELIEF** for **REAL LIFE** situations!! If pain or stiffness interfere with your ability to work, play, sleep or exercise, *what are you waiting for?* **CALL NOW!** Also, please share this newsletter with your family, friends and co-workers!

Yours for Natural Health,

Dr. Mansour

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