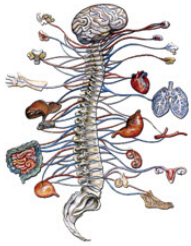


June 2010

YOUR NERVES GO EVERYWHERE WITH YOU, MAKE SURE YOU KEEP THEM HAPPY



The illustration to the left is of the most complicated wiring system in the universe – your nerves. The nerve cells in your brain have long wire-like extensions that join together like a big bundle of billions of nerve fibers. This bundle forms your spinal cord. It exits from your skull through

a big hole in the bottom of your head called the foramen magnum (Latin for “big hole”).

The photo to the right is a view of your open skull from above. The foramen magnum is in the purple bone.



Imagine billions of nerve fibers traveling through that hole. Now imagine them branching off at different levels of the spine and going to your heart, lungs, kidneys, intestines, liver, gall bladder, adrenals, thyroid and other glands, and to your hundreds of muscles and bones. That’s what the illustration above depicts.

That is how your body communicates. Without nerve communication your body would stop working properly.



If your spinal bones (vertebrae) are slightly out of place you have a subluxation. A subluxation could interfere with the function of millions and billions of nerves going from your brain down your spine and to all parts of the body.

A subluxation can affect your resistance to disease; your ability to digest food and to eliminate waste; to see, hear, walk and talk; and even your ability to concentrate, process information, read and think.

That’s why there are case reports of chiropractic care returning people back to health from nearly any disease. Chiropractic releases blockages that prevent your body from working better – so your natural healing ability can function at its peak. And the greatest doctor in the world is your natural healing ability.

Since subluxations can affect anyone – newborns and infants, school children, adults and the elderly – it is essential that all people get themselves checked for this health damaging condition.

Chiropractors are specially trained to locate subluxations. Unless a person has had a chiropractic checkup and correction (adjustment) they may be living their lives with spine and nerve stress – and living their lives with less health, wholeness and happiness.

That’s why we recommend you bring in your loved ones and friends for care. It might make the difference between health and disease or even life and death.

CELEBRITIES CHOOSE CHIROPRACTIC CARE!!

It seems that more and more celebrities are singing praises about chiropractic care! Actors, athletes, musicians, and even politicians are speaking out about how chiropractic has improved their performance and overall health. Here are just a few quotes from some people you may know of:

"Bodybuilders and fitness people have been using Chiropractic very extensively in order to stay healthy and fit. I found it was better to go to a Chiropractor before you get injured. We are a perfect team- the world of fitness and the world of Chiropractors."

-Arnold Schwarzenegger

"I couldn't have won without my Chiropractor. He is possibly the most important man on the team."

-Lance Armstrong

"I have to have an adjustment before I go into the ring. I do believe In Chiropractic. I found that going to a Chiropractor three times a week helps my performance. The majority of boxers go to get that edge."

-Evander Holyfield

"I've been seeing a Chiropractor and he's really been helping me out a lot. Chiropractic's been a big part of my game."

-Joe Montana

"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."

-Dan O'Brien

CHIROPRACTIC RESEARCH

Pregnancy and Chiropractic:

A 32-year-old pregnant woman with pain in the pubic and groin region since she was 28 weeks pregnant began chiropractic care. The severe pain limited her motion and did not allow her to sleep. Relief began following the first adjustment; she was able to sleep that night.

By the fifth adjustment she was pain free. She gave birth to a healthy 6-pound boy and had no pubic pain during the (vaginal) delivery. (1)

Atopic dermatitis, allergy and asthma:

360 patients with atopic dermatitis were divided into 6 groups. In the group receiving the most spinal care, 88% showed improvement in skin itching and 72% showed improvement in skin condition. Allergies improved in 70% of the spinal care group and improvement was seen in the asthma group. The authors write: "There is a high possibility that allergic disease relates to the innervation of organs that relate to the immune function which are affected by...vertebral misalignment." (2)

References

1. Panarello SR. Symphysis pubis subluxation: pre and post partum chiropractic care. *Journal of Clinical Chiropractic Pediatrics*. 2005;6(3):432-435.
2. Takeda Y, Arai S. Relationship between vertebral deformities and allergic diseases. *The Internet Journal of Orthopedic Surgery*. 2004;2(1).

PATIENT OF THE MONTH: DAR KRAHNER

Dar has been a patient at Vitality Chiropractic for nearly 5 years. She originally came in to see Dr. Bonnie at the recommendation of her sister Karen, who is also a patient. Dar had been experiencing pain since 1990 after she tripped down a set of stairs and landed on her backside, "I was OK initially (or, so I thought), but later that year I woke up to excruciating pain." Eventually Dar was diagnosed with whiplash and went to see four different chiropractors over the next 15 years, none of whom provided a lot of results. "I tried different pillows, purchased a different bed, and tried exercise routines. Some things seemed to help, but not consistently," she says. Since beginning care with Dr. Bonnie, Dar feels that her overall health has improved, "I've made great progress and seem to be on a 'maintenance' program now. [But] I have my 'weak spots' that tend to suffer when I overdo it, or ride on banana boats 😊" Dar has also benefited from the saliva testing and natural hormone supplement protocol Dr. Bonnie designed for her to regulate her hormone levels. Dar says that Dr. Bonnie "is a wealth of knowledge for nutritional information" and she appreciates that Dr. Bonnie recommended massage therapy to help her progress. Dar also appreciates that her busy schedule can always be accommodated and says "Sarah is very friendly...and is also very knowledgeable when asked insurance questions!"



Dr. Bonnie Verhunce
21904 Marine View Drive S
Des Moines, WA 98198
206-824-5521
www.vitalitychiropractic.com