



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Bennett's Breakthrough Patient Newsletter...

Bennett Chiropractic and Wellness Center, Inc.
7130 Estero Blvd., Suite 1, Fort Myers Beach, FL 33931
239-463-1640- fax: 239-463-1955
www.beachchiropractor.com

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Dear Patient and Friend,

No doubt when you go to any of your assorted doctors and health advisors, on occasion he or she uses a term you are unfamiliar with or do not understand. So it goes with your chiropractor, who is trained in a very special and unique healing art that differs from anything else available, and because of that, the terminology a chiropractor uses is also different from what you may have heard your doctors say before.

One of the words you may have heard your chiropractor use is the word "subluxation" (pronounced sub - luck - say' - shun), a technical term that describes the main problem a chiropractor looks for and aims to correct. When a bone in your spine goes out of position and disturbs the nerves it's supposed to protect, it's called a subluxation, and while it causes many health conditions and problems, no other kind of doctor has the tools for finding and correcting it.

That's why developing a relationship between your family and the chiropractor of your choice is so vital - if no one else fixes this problem, and so many people have it, only a chiropractor can advise you and care for you properly.

A subluxation prevents normal healing and body function by disrupting the control mechanism of your body. The brain uses the nerves like wires; to connect to all your body parts, and if anything interferes with that control, your body parts don't know what to do and can't work properly. This direction from the brain is responsible for regulating your body and healing it when it needs repair, which is the reason why chiropractic care has such far-reaching effects on our health and wellness - it helps the body to work better overall, so all of the various body parts are brought into harmony with all the other parts, which leads to not only healing any problems, but better health in general.

How do you know if you have a subluxation? Well, you don't - sometimes they cause overt symptoms, like pain or illness, and frankly, sometimes they don't. Like diabetes, heart disease and cancer, often the early stages of subluxation have no tell-tale signs whatsoever.

That's why it's so important to get periodic chiropractic examinations for yourself and your family, even if you're feeling fine - an ounce of prevention is worth a pound of cure.



INTHISISSUE

Page 1 ::
What is a subluxation?

Page 2 ::
How Chiropractors Help
People Get Well and
Stay Well
(Continued on pg. 3)

Page 3 ::
How Chiropractors Help
People Get Well and
Stay Well

Page 4 ::
"Careful, now!"

How Chiropractors Help People Get Well and Stay Well

Understanding that a chiropractor is looking for disturbance in the nerve system caused by subluxations, spinal bones that go out of place, is only the first step to comprehending what a chiropractor can do for you and your family.

Throughout your life, you are subjected to all kinds of stresses – some of them are based on mechanical stresses and trauma, like injuries, car accidents, slips and falls, and other types of physical insults.

Some of the stresses you encounter are chemical stresses, like poisons in the air and water, household agents like hairspray, insecticides and detergents, food additives like preservatives and colorings, and the by-products of faulty eating, like excessive sugar or fat or not drinking enough high quality water. Such habits reduce the raw materials needed for proper health and body function, and risk contaminating or polluting the body much like a lake, river or ocean may become toxic and filled with inappropriate substances.

Finally, we can be stressed for psychological reasons, where we interpret our daily experiences to be harsh, harmful, difficult or painful, and this brings about responses in our minds and bodies that do not serve us, that do not move us toward health and wellness, but rather toward poor body function and disease. While “psycho-somatic” illnesses were once dismissed or relegated to those with serious psychological issues, we now know that even small interruptions in healthy thinking can produce health problems.

These three sources of stress, trauma, toxins and thoughts, are responsible for many of the maladies we suffer and the disease process that comes about as a result. That’s why your doctor of chiropractic is interested in addressing all of these, to varying extents based on his or her particular specialty and focus.



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How Chiropractors Help People Get Well and Stay Well (continued from page 2)

Some chiropractors concentrate entirely on the adjustment of the spine and correcting subluxations, to counteract the effects of stress on the spine and nerve system directly and exclusively. These doctors may or may not make specific recommendations about diet and emotional support, but they invariably see the value of addressing these issues, even if it means engaging other professionals to advise you on these relevant topics.

Other doctors of chiropractic include counseling on nutrition and psychology, either themselves or through other professionals they refer to, on site or not. This gives you a chance to develop your team of health and wellness advisors, so you can feel prepared to handle any of these types of stress and minimize the negative effect on your health.

That's why you will benefit more by being an active participant in your health and wellness care – knowing that you need a proper blend of structural care, nutritional advice and psychological support gives you the power and responsibility to be as healthy and well as you wish to be.

In fact, that is the technical difference between health and wellness. Health is what happens when your body is working right, but wellness is a deliberate choice to make things even better – improving nutrition, improving your mindset and worldview, and of course keeping your spine and nerve system healthy, with chiropractic care, appropriate exercise and avoiding traumatic injury.

Everyone has a slightly different and unique blend of these factors, and you will discover that personal blend by pursuing some of these habits and behaviors mentioned above. You can be healthy, and you can move yourself toward wellness – get regular spine and nerve system check-ups and adjustments when necessary, refine your diet and avoid or eliminate toxicity in your surrounding environment, and strike a sensible balance between family, work, leisure and other personal issues so you can maintain a positive mental attitude.

Apply these ideas, and you will get the most out of your chiropractic care, and help your chiropractor to help you to get well and stay well the natural way.

“CAREFUL, NOW”

If you've ever watched your favorite sports team play without one of their star players because of injury, you know about the frustration they must feel when they go out onto the field of battle undermanned or short-staffed.

Often the player is sitting on the bench, and looks okay to you – but the team doctors' evaluation says that this player is not fit to play at this time, no matter how he or she might look on the outside, or even how they feel. The doctor knows to look for certain signs and details that make the player ready or not ready to perform, especially when re-injury would extend the disability and cost the team even more time without that player. Going back too soon might create an even bigger problem, and it's the doctor's responsibility to make that judgment call, to tell the player, “Careful, now!”

At times, your Doctor of Chiropractic may also ask you to refrain from certain activities. In the beginning of your care (for many injuries and in certain situations), you would readily agree to the wisdom of “not doing” and “not participating” in such activities.

But then, when the miraculous healing process begins, and you start to feel much better, you may begin to wonder if the doctor is being overcautious. Doesn't the doctor understand that you have to ... have to what? You fill in the blank. When you are feeling better, your nature is to want to return to your normal daily activities and habits ... but it may be premature to do so.

Your doctor of chiropractic knows how to deliver your program of care, and how to advise you on what you need to do, and not do. This is why you have chosen to work with this particular doctor. Your chiropractor is an expert, and you greatly benefit from his or her experience in situations like yours. If you go back to “normal” activities too soon, worse injuries are possible. And, too often the re-injury complicates the recovery, sometimes making it tougher to get well.

So, if your chiropractor asks you to refrain from doing things that you may feel ready to do, please follow the doctor's recommendations – when your chiropractor tells you to be “Careful, now,” it is probably good advice you should strongly consider following.



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