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## The Importance of Springtime Adjustments



Fully functioning nervous system leads to better overall health. When the nervous system is free of dysfunction it leads to healthier functioning of nearly every cell, tissue, organ and system of the body.

Your chiropractic adjustments are what properly identify and remove the misalignments in the spine causing pressure and dysfunction in the nervous system. Misalignments of the spine or subluxations are caused by; previous slips, falls, sports injuries, auto accidents, lack of exercise, poor posture and stress.

When caught early and treated routinely these misalignments or subluxations can be treated effectively leading to overall better health without the use of prescription drugs.

Some symptoms and parts of the body that may be affected by subluxations and nerve interference include the following:

- **Cervical Spine**/Upper neck misalignment can cause vision disturbances, headaches, blood pressure problems, carpal tunnel and migraines. Decreasing spinal misalignment in the Cervical Spine may also help to boost immunity as well. Studies have shown that people receiving chiropractic adjustments have a 200% greater immune competence than people not receiving chiropractic care.
- **Thoracic Spine** misalignments may be involved in ulcers (particularly restriction between T6-T9), Kidney dysfunction, asthma, Irritable Bowel Syndrome, allergies and sinus issues.
- **Lumbar Spine** misalignments cause low back pain, sciatica, leg pain, kidney problems, increased menstrual pain and disc herniation.

Spring allergies are a common thing in Colorado this time of year and they happen to be another symptom that can be helped with chiropractic care. Allergens are caused by the body's immune system being hyperactive to a specific allergen. The body releases histamines in response to allergens which then causes a multitude of symptoms that are not desirable. Symptoms may include; sneezing, running nose, itching and nausea. Alignment of the spine, particularly the upper cervical spine, may compromise nerve

morning and nausea. Alignment of the spine, particularly the upper cervical spine, may compromise nerve function and the immune system amplifying the body's response to allergens. Spinal alignment may also benefit the adrenal glands which helps regulate cortisol levels in the body. Properly regulated cortisol levels would also decrease the severity of allergy symptoms.

Overall the body can respond better to any outside threat when it is well aligned and the nervous system is properly functioning.

- Dr. Chris



thank you for coming!



help your office be healthier

**Our Spring Cleaning Essential Oil Make & Take Party:** We just wanted to say a giant THANK YOU to everyone who was able to make it to our first essential oil make & take party last weekend. We had a fantastic time teaching everyone about cleaning naturally, making some awesome cleaners and giving people a chance to try out our new Compass Zyto scan! We'll be announcing our next make & take party date soon, just in time to get you all ready for summer.

**Let Us Host a Lunch & Learn for You:** At Optimal Health Chiropractic, we're committed to educating the health of our community with "lunch and learn" programs. We love the opportunity to meet new people who are interested in pursuing better health, have a little fun, and enjoy some delicious food. With the rising cost of healthcare and the limitations and cost of health insurance, people are beginning to understand the importance of preventative health. We'll come to your office, bring lunch for up to 20 employees (or more if you want to make it brown bag!) and will bring a wellness talk that you think is relevant to your company/employees/co-workers. Let us know if we can bring this program to your work.



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