

Warhurst Family Chiropractic

Chiropractic adds years to your life
...and life to your years.



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Does Chiropractic Cure Disease?

Many of our practice members are surprised to learn that chiropractic doesn't cure *anything*. So, how do you explain diseases that have obviously improved with chiropractic care?

The truth is: health is normal. If you're *not* healthy, something is interfering with this normal state. The one thing that doctors should do is to remove interferences that may be preventing your body from expressing your normal health potential.

Our focus is on your nervous system, which controls and regulates every aspect of your body. Restoring better brain/body communications permit a more normal expression of health. The fact that your illness may improve in the process is an expression of better nervous system control of your body.

Chiropractic doesn't cure anything! Only *you* can do that. If there isn't any interference!



Stomach Bleeding and Kidney Damage

While the unintended deaths from high profile prescription drugs continue to make front-page news, there may be a far more dangerous drug problem lurking in your medicine cabinet.

Every day, millions of people take an NSAID (non-steroidal anti-inflammatory drug) for quick, easy pain relief. Because these drugs are easily accessible and seemingly effective, there is a dangerous misperception that they are risk-free.

Nothing could be further from the truth!

Problems can range from mild stomach upset to stomach bleeding and ulcers. This is because NSAIDs prevent prostaglandins from doing their job of protecting the lining of your stomach. What's more, NSAIDs also interfere with the body's natural ability to stop bleeding.

Pain medications such as aspirin, ibuprofen and naproxen are the leading cause of stomach ulcers and cause side effects including stomach bleeding, which can be life threatening.

Prostaglandins are also essential for the proper function of your kidneys. The elderly are especially susceptible to kidney damage from NSAID use.

A recent study of 114 elderly men and women who had just begun taking ibuprofen, a popular NSAID, showed that 13% were experiencing reduced kidney function. When taken in high doses, NSAIDs can permanently damage your kidneys, frequently leading to the need for kidney dialysis.

Before relying on a drug, stop in for a chiropractic adjustment. Side effects include improved energy, increased vitality and enhanced well-being!



Shock Absorbers of the Spine

They bulge, herniate, degenerate and tear, but they don't "slip." Discs serve as the "shock absorbers" of your body. Separating each vertebra, they create the space for nerves to exit the spinal cord. Rings of fibrous tissue called the annulus contain a soft jelly center.

We generally see two types of disc problems:

Bulging Disc: A weakened area of the annulus allows the soft center of the disc to bulge out, putting pressure on nearby nerves. Bulging discs respond well to chiropractic care, often avoiding surgery.

Herniated Disc: A herniated or ruptured disc is more serious. It seems most common in the lower back. This is when part of the soft center pushes out through a weakened area due to trauma or degeneration, putting pressure on the spinal cord.

Chiropractic care, along with walking, increased water intake and improved nutrition offer a natural, non-surgical resolution for many disc problems.

Living to 100

People born 100 years ago would typically live 50 years. Children born this year are expected to live longer than 80 years. Here are some life-extending ideas regardless of your current age:

1. Be female. Females have been outliving males for centuries.
2. Stay married. 10 years longer for men, 4 years for women.
3. Eat less. Expectancy can double by reducing food intake.
4. Pass up refined sugar. Sugar can speed the aging process.
5. Use little salt. Getting used to salt-free tastes will take some time.
6. Eat less protein. Excess protein stresses the body, reducing your ability to fight disease.
7. Regular exercise. Even brisk walking improves circulation, metabolism and well-being.

Don't take a single day for granted!

