

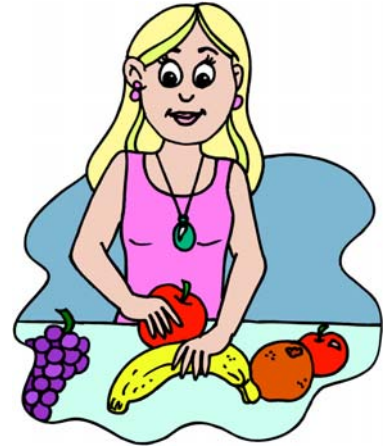
OPTIMAL HEALTH UNIVERSITY™

Presented by Katie Gravesen, DC

Chiropractic: Focus on Prevention

It's true: You can prevent disease and illness before they strike. How? By following the chiropractic lifestyle, a way of life that focuses on health-boosting activities and strategies.

Dr. Gravesen enthusiastically supports the chiropractic lifestyle because extensive research shows that optimal nutrition, exercise and regular chiropractic care keep disease at bay.



The chiropractic lifestyle begins with regularly scheduled chiropractic visits. Dr. Gravesen often detects spinal dysfunction that, if left unaddressed, may spark a number of illnesses and diseases.

When spinal movement is restricted or spinal bones (vertebrae) become misaligned, the result is a common condition known as **vertebral subluxation**. Dr. Gravesen corrects vertebral subluxations with safe and gentle maneuvers called **chiropractic adjustments**.

Read on to learn more about the preventive aspects of chiropractic care and how you and your family can benefit from this well-established, all-natural approach to wellness.

Boosts Immunity

A wealth of research reveals that regularly scheduled chiropractic care may boost the body's immune response. And a powerful immune system is a



key component of chiropractic's all-natural preventative strategy.

One study involved 11 patients over a nine-month period. The pilot study provided preliminary information regarding chiropractic care and possible links to improved immune status. Chiropractic care also boosted other aspects of health and quality of life (*JVSR* 2006:1-6).

Lowers Blood Pressure

Studies show that adjusting the first spinal bone (vertebra) below the skull, known as the "atlas," reduces blood pressure (BP): consequently lowering patients' risk of developing cardiovascular disease and stroke.

Unlike the rest of the spine's vertebrae, the atlas is ring shaped. Its job is to balance and support the head. Abnormalities are associated with reduced blood circulation to the brainstem and increased BP (*J Hum Hypertens* 2007;Epub).

In an eight-week study conducted by researchers from Rush University Hypertension Center in Chicago, 50 patients with Stage 1 hypertension received either chiropractic adjustments or "sham" procedures. None of the participants received high blood pressure medications.

At the end of eight weeks, the chiropractic group had a significant drop in

BP: with no adverse side effects. "We conclude that restoration of atlas alignment is associated with marked and sustained reductions in BP similar to the use of two-drug combination therapy." (*J Hum Hypertens* 2007; Epub ahead of print.)

Consequently, it's vital to tell Dr. Gravesen if you are taking drugs to lower your blood pressure. According to scholars, "a medicated hypertensive patient's blood pressure may fall below normal while he or she is undergoing chiropractic care." (*J Manipulative Physiol Ther* 1993;16:544-9.)



**Katie Gravesen, DC, Sol Chiropractic (808) 270-2530
30 E Lipoa #4-102, Kihei, HI 96753 www.solchiro.com**

Ousts Osteoarthritis

When a joint's range of motion (ROM) is restricted, healthy cartilage — the “cushion” that keeps bones from rubbing on one another — becomes dry and brittle. The resulting surface stress on the bones subsequently sparks a condition known as osteoarthritis.

Spinal manipulation, however, increases active ROM (*J Manipulative Physiol Ther* 2001;24:552-5) and helps keep osteoarthritis at bay.

Prevents TMJ

When the jaw's temporomandibular joint (TMJ) is misaligned, it sparks teeth grinding and pain that may radiate from the jaw to the ear, neck and entire head.

Misaligned spinal vertebrae in the neck instigate this condition. Regular chiropractic care, however, realigns both the TMJ and spinal vertebrae.

Defeats Foot Pain

Misaligned spinal vertebrae can spark posture problems that, in turn, can lead to foot pain. In addition to correcting these misalignments, doctors of chiropractic routinely suggest stretches that increase the flexibility of the Achilles' tendon and calf muscles.

Plantar fasciitis, a particularly disabling foot disorder involving the plantar fascia muscle (located on the underside of the foot near the heel), can often be prevented with chiropractic care and proper stretching prior to physical activity like running and exercise-related walking.

Averts Multiple Sclerosis

Research shows that chiropractic care might possibly avert multiple sclerosis (MS), a progressive disease of the central nervous system caused by “holes” in the protective myelin surfaces that encase nerves throughout the body.

In a study of 81 patients suffering from either MS or Parkinson's disease (PD), researchers found that a whopping 95 percent suffered head or neck (cervical) trauma before developing their respective diseases (*JVSR* 2004;1-9).

Lifestyle Changes

The following lifestyle changes, in conjunction with regularly scheduled chiropractic care, may also help prevent illness and disease:

Eat Healthy

Changing dietary behaviors — such as lowering fat intake and increasing consumption of fruits and vegetables to prevent chronic disease — has been an important research focus for the last several years.

“Persons who consume large amounts of fruit and vegetables have lower incidences of cardiovascular diseases, stroke, and tumors,” note researchers in Italy. “Possible explanations include increased consumption of dietary fiber, reduced consumption of dietary cholesterol and other lipids and increased intake of the antioxidant vitamins (A, C, and E).” (*Ann Clin Lab Sci* 2007;37:89-95.)

A healthy diet can also help protect against colorectal cancer, “potentially one of the most preventable malignancies. Nutritional awareness (low fat, low red meat, high fruits and vegetables) and regular physical activity have major potential for primary prevention of this malignancy.” (*Recent Results Cancer Res* 2007;174:179-87.)

Exercise

Exercise is an integral part of the chiropractic lifestyle. And, regular chiropractic checkups help keep the body in optimal shape for exercise.

Stop Stress ...

Stress raises levels of the “fight or flight” hormone cortisol, which packs on the pounds: specifically around the

abdomen. Stress can also ignite high blood pressure, which can lead to stroke.

... And Smoking

You already know that smoking is a primary instigator of lung cancer. But did you know it can also cause periodontal disease and tooth loss?

In a study of 1,332 Japanese males between the ages of 30 and 59, cigarette smoking was found to be an independent risk factor for periodontal disease and tooth loss (*J Periodontal Res* 2006;41:560-6).

Start Today

Don't wait until illness or disease strikes to reevaluate your health habits and make changes! Talk with your doctor today. Together you can map out a health-boosting strategy, which includes regularly scheduled chiropractic care, bushels of fresh fruits and vegetables and plenty of exhilarating exercise.



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