

Chiropractic Works

"THE ULTIMATE IN SPINAL CORRECTION"



chiropractic
WORKS

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Have we got a speaker for you!

Book:

Dr. Scott Szela

As A Speaker For Your Organization

Topics Include:

- What is Chiropractic?
- Posture and Ergonomics
- Nutritional Concepts:
 - > Vitamins: How do they work, which ones and how much?
 - > Fad Diets: The Facts

Presentations can be customized for your audience and time available.

Contact our office!

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HOW CHIROPRACTIC WORKS CAN HELP YOU AND YOUR FAMILY

All chiropractic techniques have something valuable to offer. The chiropractic profession serves as an umbrella to a large number of alternative approaches to healthcare. So it's not surprising that there are so many definitions of what chiropractic is and what it is not.

According to the Council on Chiropractic Education, chiropractic care has been proven to reduce pain, increase range of motion and reduce muscular spasm. That being said, many techniques take the next step by offering additional benefits.

At Chiropractic Works, we focus on the structural correction of the spine. While our initial interest is the eliminations of your pain, our fundamental goal is to restore your spine to as close to its normal alignment as is possible. While this isn't always possible, it's important to understand that the closer the human body is to its normal alignment, the better it will perform. We are not claiming that this technique is superior to other chiropractic procedures, it's simply a different approach that is supported by an enormous amount of research.

Because of our commitment to your health, we focus our sights on the true cause of your condition, not simply the symptoms. Symptoms are important, but alleviating a symptom usually doesn't correct the condition. Does a pain down the left arm necessarily indicate a problem with the left arm? Could it also be a heart related problem? Unfortunately, many people have become accustomed to temporary fixes and medication (which simply mask the pain). It has been well established by peer-reviewed scientific research that the loss of the normal alignment of the spine is the likely cause of many musculo-skeletal and nerve related conditions.

The loss of the normal spinal curvatures (see page 2) creates the perfect recipe for a neck or low back condition. Additionally, the function of the spinal nerves and their pathways to every cell in the human body doesn't always give us a warning signal until the damage is done.

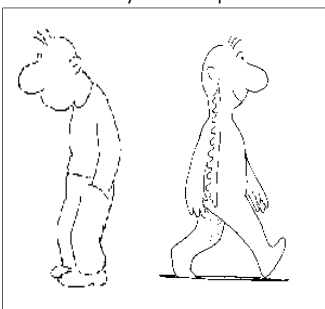
As doctors that focus on structural chiropractic care, we naturally take a close look at posture. Posture is like a window into the spine. In fact, it's an excellent indicator as to what we'll find when we carefully examine



your radiographs. Most people are very surprised to find out that years of poor posture (sitting at a computer, slouching, hours in the car) progressively causes a shift in the spine, which in turn, may lead to debilitating conditions such as disc-related problems and migraine headaches. Shifts in spinal alignment are also the primary causes of muscular imbalance, muscular tension, early joint degeneration and disc degeneration.

WHAT ARE NORMAL SPINAL CURVES?

Your spine is made up of 24 individual bones that function as a complete structural unit. Being a structure it should have a normal shape. Buildings and bridges have an ideal shape to handle the forces they are exposed to



Poor posture is evidence of poor spinal alignment!

every day, so too should your spine. In our office we first perform a detailed postural analysis. Posture is the window to your spine. Poor posture is the first clue that your spine may not be properly aligned. Next a detailed radiographic examination is done. This is the only way to accurately measure the displacement of your spine and provide the proper course of treatment.

Based on your displacement from a normal spinal alignment an individual treatment program will be set up for you. After the prescribed treatment plan a detailed follow up exam

is preformed to reevaluate how close to normal your spine has returned. A properly aligned spine will be best able to handle the daily stresses we are exposed to. Taking care of our spines can help us remain active and healthy as we age. Take care of your spine, they make fake teeth but not fake spines!

For more information attend our complimentary and informative "introduction to chiropractic" class held every Monday evening at 6:15.

Please register online or call the office as seating is limited.

NEW HAMPSHIRE ONE OF HEALTHIEST STATES

The United Health Foundation annually ranks each of the states to determine health status of its' residents. For 2004 New Hampshire ranked 2nd. New Hampshire has been in the top two for 11 of the 15 years data has been collected. In 2002 it was first and tied for first in 2003.

A high ranking is positive but there is still a lot of room for improvement.

The United States ranks 28th in the world for overall health. The prevalence of obesity is still on the rise. Obesity contributes to an overall decrease in quality of life.

There are three keys to living a long healthy life. Proper nutrition, regular exercise and keeping your spine properly aligned. In order to learn about the first two contact our office to attend or schedule a talk. To learn more about spinal health attend our complimentary

class on Monday evenings at 6:30.

SPRING IS HERE!

With warmer weather on the way remember to be safe this year. If you haven't been very active during the cold winter months ease into your outdoor activities this year.

Before beginning any strenuous activity be sure to warm up and

train properly. As with any activity at any time of year be sure to drink plenty of water. You begin to dehydrate before you feel thirsty so always have plenty of fresh water with you. If you're thinking of starting an entirely new activity and

have not been active for a while be sure to see your doctor for a check up. Get out there and have fun! Our bodies were designed to move. Motion is life!

