



# Manchester Chiropractic

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## "The Triad Of Health"

**Our health newsletter covers three areas we consider vital for good health, Chiropractic care, diet, and exercise.**

Our philosophy is very simple. Get people well, and keep people well, and then show them how live a healthy life. How do we do this? We employ a we 3 step system that we call "The Triad Of Health".

1. Chiropractic care. To get you out of pain, and get your body working properly, Chiropractic care is essential.
2. Exercise. We believe that regular exercise is vital to maintaining good health.
3. Diet. We believe in sensible, practical, and healthy eating habits that last a lifetime.

**We provide the chiropractic care to get you well. We provide sound advice on exercise and diet. You can change your life. The choice is up to you!**

### I. Chiropractic Care:



What is Chiropractic?

We've treated may patients over the years, yet if we were to ask them what chiropractic is, I believe most would have difficulty doing so. This is partly our fault for not correctly educating our patients about

chiropractic, and partly due to the fact that most people are better conditioned to understand the medical model of healthcare. Although we treat many common conditions affecting the spine and other parts of the body, most of which our patients know by name, the true essence of chiropractic treatment is not as well known.

In case you haven't noticed, doctors of chiropractic differ from other healthcare professionals. Chiropractors are the only health care professionals who are trained to diagnose and treat what are called **spinal subluxations**. Don't expect your medical doctor, orthopedist, or physical therapist to "relate" to the term subluxation. It is the domain of the chiropractor, and the

chiropractor is it's master. The word "subluxation" comes from the Latin words meaning "somewhat or slight" (sub) and "to dislocate" (luxate). So the term 'vertebral subluxation' literally means a slight dislocation or misalignment of the bones in the spine. These "subluxations" can be only millimeters in size, and in some cases, can only be described as an abnormal function of the anatomical or physiological relationships of contiguous vertebra. In plain english, that means that the joints of the spine are not working that way they should, and the only way to restore normal function is with the chiropractic adjustment.

This procedure, called an adjustment, enables the body to heal. Most commonly applied with the hands, the chiropractic adjustment is a quick thrust directed to a vertebra for the purpose of correcting its position, movement or both. Adjustments are often accompanied by an audible release of gas from within the joints that sounds like a "crack." The sound sometimes scares people a little bit the first couple times they get adjusted, but the sensation is usually relieving. Occasionally, minor discomfort is experienced,

especially if the surrounding muscles are in spasm or the patient tenses up during the chiropractic procedure.

There are times when the audible “cracking” does not occur. This is often due to either significant muscle tightness or that the patient may be having a hard time relaxing during their adjustments. Over time, the chiropractic adjustment corrects subluxations of the spine, and also minimizes the chance of future problems before they arise.

The subluxation can also be thought of as the **vertebral subluxation complex (VSC)**, which is composed of 5 components.

1. **(Kinesiopathology)** Physical injury, trauma, or emotional stress can cause the vertebrae of your spine to suffer from abnormal position and motion. This prevents normal turning, bending, and other movements. It sets the stage for the other 4 components.

2. **(Neuropathophysiology)** Abnormal spinal function can cause pinching, twisting, stretching, or rubbing of delicate nerve tissue. This can lead to abnormal nervous system function and can be experienced as numbness, tingling, or pain, shooting down an arm or leg.

3. **(Myopathology)** Since nerves control the muscles that help hold the vertebrae in place, muscles have to be considered to be an integral part of the vertebral subluxation complex. In fact, muscles both affect, and are affected by the VSC. A subluxation can irritate a nerve, the irritated nerve can cause a muscle to spasm, the spasmed muscle pulls the attached vertebrae further out of place, which then further irritates the nerve and you have a vicious cycle. Over time, fibrosis and scar tissue can develop, making proper muscular support of the spine difficult. It is no wonder that very few subluxations just go away by themselves.

4. **(Histopathology)** The VSC will also affect the surrounding tendons, discs, ligaments, blood supply, and other tissues as the misaligned vertebrae tug and squeeze the connective tissue with tremendous force. Over time, the soft tissues can become stretched out or scarred, discs can herniate, bulge or degenerate, leaving

the spine with either a permanent, irreversible instability or restriction.

5. **(Pathophysiology)** Bone spurs and other abnormal boney growths, distort malfunctioning spinal joints. The process of subluxation degeneration, scar tissue, and long term nerve irritation can lead to disabling pain and loss of function.

These changes get progressively worse over time if they are not treated correctly, leading to chronic pain, inflammation, arthritis, muscle trigger points, the formation of bone spurs, loss of movement, as well as muscle weakness and spasm. Chiropractors have known the dangers of the vertebral subluxation complex for over 100 years. Neck pain, back pain, headaches, pinched nerves, strains and sprains, sciatica, etc; are conditions may have as their root cause, a spinal subluxation.

**Chiropractors are the only health professionals trained in the detection, location, and correction of the vertebral subluxation complex through chiropractic care. That is what chiropractic is.** The ultimate goal of chiropractic adjustments should be to restore the body to its natural state of optimal health.

**The following symptoms can be caused by spinal subluxations.**

**Back ache, Headaches, Hip pain, Joint pain / problems, Lower back pain, Muscle tightness/stiffness, Neck pain, Sciatica, Shoulder pain, pinched nerves, shooting pains in the arms or legs, and more.**

**If you suffer with any of these symptoms, please don't wait. Check with the doctors at Manchester Chiropractic for a complete evaluation.**

## II. Diet:



Obesity, the biggest threat to our health?

The obesity epidemic is real. Make no doubt about it, Americans are getting fatter and they are packing on the pounds at an alarming rate. According to figures from the Center for Disease Control, approximately two out of three Americans are either overweight or obese. Compare that figure with fewer than one out of four in the early 1960's; around 127 million American adults are overweight, with 44-60 million of them obese, and 9 million severely obese. Approximately 15 percent of children ages six to nineteen are overweight or obese; this prevalence has nearly tripled in the past three decades.

**These figures may not mean much unless you fully understand the adverse impact that obesity will have on your life.**

- Obesity may shorten life span by five to twenty years.
- Obesity is currently associated with greater disease and poorer health-related quality of life than smoking, problem drinking and poverty.
- The World Bank has estimated the cost of obesity in the U.S. at 12% of the national health care budget, according to the Worldwatch Institute.
- The obese spend 36 percent more on healthcare services and 77 percent more on medication than normal-weight people. By comparison, the corresponding numbers for smokers are 21 and 28 percent.
- The leading causes of death in the U.S., heart disease, cancer, stroke, and diabetes, are all exacerbated or caused by excess weight.

*“Obesity is the most common nutritional disorder in the*

*developed world,” emphasizes Dr. Zebrack, of the Medical College of Wisconsin, “and the second most preventable cause of death after smoking.”*

*Health and wellness risks include, but are not limited to, the following:*

- High blood pressure and high blood cholesterol
- Coronary heart disease, stroke, congestive heart failure
- Type 2 diabetes: Type 2 diabetes also increases the risk of heart attack and stroke by two to four times and is the leading cause of blindness, fatal kidney disease, and lower extremity amputations.
- Osteoarthritis
- Gallstones
- Low back pain
- Heartburn
- Gout
- Obstructive sleep apnea and other respiratory problems
- Some types of cancer, including endometrial, breast, prostate and colon
- Complications of pregnancy
- Poor female reproductive health such as menstrual irregularities, infertility
- Bladder control problems (e.g., stress incontinence)
- Psychological disorders including depression, eating disorders, distorted body image and low self esteem

Do you have children? Grandchildren? Then you had better pay close attention to this next section.

*Obesity is already having an adverse impact on young people.*

Type 2 diabetes – once believed to affect only adults – is now being diagnosed among young people.

- In some communities almost half of the pediatric diabetes cases are type 2,

when in the past the total was close to zero.

Although childhood-onset

- Type 2 diabetes is still a rare condition, overweight children with this disease are at risk of suffering the serious complications of diabetes as adults, such as kidney disease, blindness, and amputations.
- Sixty-one percent of overweight 5- to 10-year-olds already have at least one risk factor for heart disease, and 26% have two or more risk factors.

*The cost of obesity?* The truth is, we can never expect to lower the cost of healthcare until we face the dual crises of obesity and chronic disease. According to figures found in recent Huffington Post article, of the \$2.2 trillion we pour into health care each year, 75 cents of every dollar goes towards treating patients with chronic illnesses. Illnesses such as diabetes, heart disease, and cancer, that in many cases could have been prevented by changes in behavior or could be better managed through early detection and appropriate access to treatment, have risen dramatically over the past three decades. ***The rise in obesity is at the root of this increase.*** With younger and younger Americans suffering from overweight and obesity, the future looks grim.

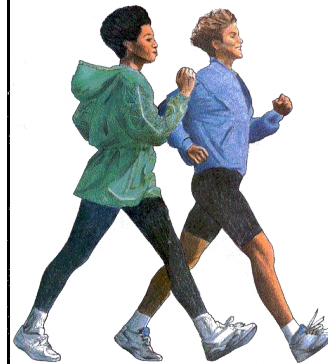
*Solution?* People have to be willing to put down their knives and forks, and make a serious effort to change not only the way in which they eat, but also the way they live their lives. People also need to educate themselves about diet, nutrition, and how their bodies are affected by what they consume.

But according to a national poll last year by the American Dietetic Association, 79 percent said they are satisfied with the way they eat and 73 percent do not want to give up favorite foods. An astounding 41 percent say they do not know or understand diet and nutrition guidelines. Although some have a genetic propensity to be

overweight, most have the power to do something about it and minimize the impact of excess consumption on health and finances.

We at Manchester Chiropractic have always promoted healthy eating habits and weight control. Unfortunately diet, without exercise, is not enough. We want to see you live a longer, healthier life. Ask the doctors how you can make changes in your life today.

### III. Exercise: The golden ticket to good health.



Have you tried every diet on the planet and still can't lose weight? Have you added exercise? Consider your body as an incinerator. It burns up the food you eat, but if you aren't burning all of the food you eat, the extras will be stored as fat!

Sometimes regulating the amount of food you eat can balance out with amount you naturally burn, in which case your weight will stay the same. In most cases however, the body can't burn off all of the food you consume and steps must be taken curb intake. If that's not enough to solve the problem, then you need to get more exercise. If you want to lose weight and keep it off, you may have to exercise more than you might think, according to updated guidelines issued by the American College of Sports Medicine. Since 2001, the group has recommended a minimum of 30 minutes of moderate to intense exercise five times a week for overweight adults. But, new evidence has indicated that overweight adults will most likely lose more weight and keep it off with at least 50 minutes of exercise five times a week. For folks that don't like to exercise or simply don't have the time, this new evidence may be disappointing. However, it is further proof that we, as a culture, have gotten too

sedentary and too weak. Regular exercise needs to be an integral part of our daily routine. Some can do it alone, others will need the support of a group, or a class. The great thing about exercise is that its benefits can be appreciated at any age, so it's never too late to start.

If you haven't the vaguest idea on how to begin an exercise program, ask the doctors at Manchester Chiropractic. They will give you good advice. Future articles will discuss our list of recommended exercises and how to get started.