

Dr. Steinberg's July 2006 Patient Newsletter ...

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"Come Here, Get Well and Live Your Life"

Dear Practice Member and Friend,

In these modern times, the entire world seems to be more and more dependent on drugs. Drugs in war and drugs in peace, drugs to kill insects, drugs to wake you up and drugs to make you sleepy, drugs to speed you up and drugs to slow you down, drugs to relieve pain, drugs for every phase of life, young and old alike. Does this make any sense to you? It makes no sense to me!

More and more, the medical profession is questioning the misuse and overuse of prescribed drugs and are showing serious concern about the side effects of these drugs as well as the potential risk of addiction to them. We can't listen to the radio, watch television or read a magazine advertisement without being alarmed by excessive urging for us to take drugs or give them to our children for every type of disorder.

Take a moment and notice just how this advertising directly affects you and your family. Look in your medicine cabinet at home or your purse and your desk drawer at work. What form of medication do you rely upon? Is it any wonder people suffer needlessly from stress, nervous tension, digestive disorders, headaches and chronic pain?

I ask you to STOP and research how you can escape from this medicine trap.

Doctors of Chiropractic do not prescribe drugs. For over 110 years, chiropractors have empowered people to understand that every function of the body is controlled and directed through the nerve system. Health comes from within. When the nerve system is clear from any interference and the communication from the brain to organs and tissues is 100%, the function of the body will be normal, and normal function brings health.

Doctors of Chiropractic focus on the significance of the spinal column as the key to health. The spinal column is the strength and support of the body. It serves as the means of articulation for the larger bones and the attachment of major muscles. And most important, the spinal column houses the spinal cord and contains openings between the vertebrae for nerves to exit and provide direct communication between the brain and the body. Thus, the spine is the master control center for the entire nerve system and the key to health!

During our busy everyday lives we experience different forms of stress such as physical stress (accidents, falls, lifting heavy objects, etc.), emotional stress (children, work, divorce, etc.), and chemical stress



(processed foods, drugs, water pollution, etc.) These forms of stress can cause misalignment of the spinal bones resulting in interruption of nerve flow and proper communication from the brain to the rest of the body. This is called a vertebral subluxation and results in diminished body function, lowered immune resistance and ultimately dis-eases.

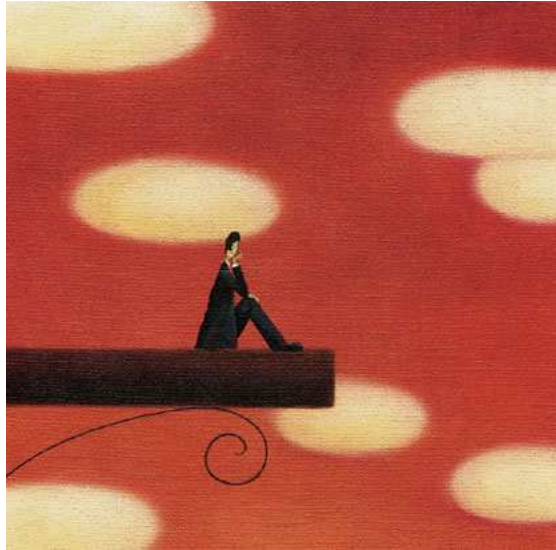
Chiropractic care is a health care approach based upon the body's

natural ability to heal itself and is a very important step in a commitment to optimal health.

Optimal health is one of our most valuable possessions. We should value ourselves enough to strive for the highest level of health. When we take responsibility for the choices we make regarding health, we give ourselves the best opportunity to achieve all of our health goals. Chiropractic care can help give us the natural health we deserve when we commit to learning more about our body and take all of the necessary steps to stay well.

Possibility That Chiropractic Care May Reduce Anxiety Symptoms

A recent study, published in the Journal of Vertebral Subluxation Research (JVSR -- <http://www.jvsr.com>), describes a 19-year old female diagnosed with General Anxiety Disorder (GAD) who suffered from somatic and psychiatric symptoms for two years. After a four-month course of chiropractic care, the young woman reported an 80% reduction in her anxiety symptoms, including a 90% decrease in her headaches. The patient was able to resume a normal lifestyle without resorting to prescription or over-the-counter drugs.



The patient's previous medical treatment had included multiple emergency room visits, private specialists and a rotation of drug therapies including Paxil, Xanax, and Celexa -- which all failed to manage her symptoms.

The research was co-authored by Dr. Madeline Behrendt, Associate Editor of JVSR, and Dr. Nathan Olsen, a chiropractor in private practice in Boise, Idaho. The patient's history included at least three motor vehicle accidents between 1995 and 1997; in one, her head shattered the windshield. The initial chiropractic evaluation detected the presence of spinal distortions, referred to as vertebral subluxations, which can result from trauma.

Subluxations may interfere with the integrity of the nerve system and affect mental health.

According to the National Institute of Mental Health, anxiety is the most common mental health illness, affecting more than 19 million Americans ages 18-54. These patients make three to five times more visits to doctors' offices and emergency rooms and the Anxiety Disorders Association of America reports that direct healthcare costs and lost productivity of these conditions cost more than \$42 billion per year.

— CM —

The drug therapies commonly used in treatment for mental health disorders have recently come under closer scrutiny because of their poor rate of effectiveness and potentially deadly side effects, including increased suicidal tendencies in young people.

Despite this, most consumers are not given information on non-drug options and remain unaware of the benefits and cost savings that chiropractic care may offer.

This young woman spent two years in crisis, going from emergency room to private specialist, spending thousands of dollars for tests and drug therapy, without any resolution of her problems. A simple, non-invasive spinal screening ultimately provided the findings that made the difference: her spine was subluxated, impinging on nerves, and altering the proper function of her nerve system. How many other people are suffering unnecessarily because they are missing the proper screening?

A chiropractic adjustment is the quickest and most effective way to release stress and anxiety in your nerve system. Removing interference and anxiety in your nerve system gives your body the ability to heal and regulate at its optimal level. Prevent anxiety by getting adjusted regularly and by living a healthier lifestyle.

:: **Chiropractic:** Bringing Out The Best In You

Pregnancy...The Chiropractic Approach

So many women who receive chiropractic care during pregnancy say to us, **“How in the world do other women get through pregnancy without chiropractic adjustments?”** A pregnant woman needs to have her body as healthy and strong as possible in order to handle the rigors of pregnancy and childbirth.

Let me share with you some frequently asked questions regarding chiropractic care and pregnancy...

Is chiropractic care safe in pregnancy?

YES. It is very safe for both mother and baby. Chiropractors spend many hours training to adjust the spines of pregnant women and many chiropractic adjusting tables have special modifications for pregnant women.

How late in pregnancy is it possible to get an adjustment?

Patients can receive adjustments even during labor. In fact, it is common for me to be asked to come to the hospital to adjust both mother and newborn when necessary.

Do I have to have a problem in pregnancy to see a chiropractor?

Not at all. Periodic spinal checkups during pregnancy should be as common as periodic weight checkups. Chiropractic should be utilized as preventative care for pregnant women.

Can chiropractic care help postpartum depression?

Chiropractic care has extraordinarily beneficial effects on emotional stress. Postpartum depression is a rarity in new moms receiving chiropractic care.

Can my baby receive chiropractic care?

I am frequently asked by my pregnant patients to give the infant a spinal checkup immediately after birth. This is because the birthing process can be traumatic for the infant and can cause very serious misalignments (subluxations) to the spine.

I frequently find that chiropractic care helps maintain pregnancy, control vomiting during pregnancy, deliver full-term infants with ease and produce healthier infants. Chiropractic care during pregnancy has demonstrated success

with back pain, premature contractions and back labor.

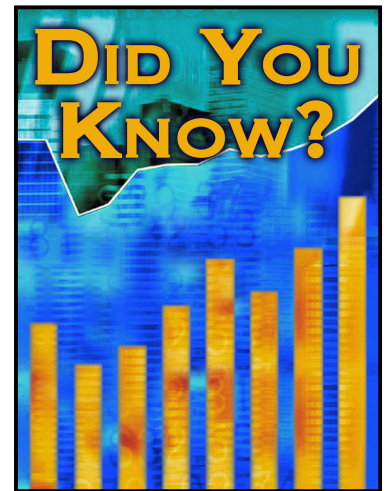
If you are pregnant, one of the best things you can do for yourself and your baby is see a Doctor of Chiropractic. Chiropractic care provides so many things a pregnant body needs: a flexible and balanced spine, hips and pelvis, internal organs without postural stress and free from nerve stress—all essential for a healthy pregnancy and delivery. Along with a proper diet, exercise and avoiding drugs, alcohol and cigarettes, Chiropractic care should be an essential part of a pregnant woman's health care regimen.



Fascinating Facts To Think About

Did You Know?

❖ **New research shows it is more important to avoid *negative thinking* than to just think positively.** Researchers at *Ohio State University* studied middle aged and older adults, half of whom were caregivers for a relative with Alzheimer's disease. At one-year intervals in this three-year study, participants reported their degree of optimism and pessimism, negative life events, depression, stress, anxiety and other issues. Individuals who reported the least amount of negative thinking turned out to be the healthiest of the study participants.



❖ **Too much nasal spray can be harmful.** Using decongestant sprays too frequently and for too long can cause "rebound" congestion that is often worse than the original problem, says Margaret Reilly, clinical pharmacist at *Orlando Regional Medical Center*. If severe enough, this rebound effect can lead to addictive use.

❖ **New research suggests antibiotics often don't help acute sinusitis in kids.** So why prescribe them and raise the risk of creating antibiotic-resistant bacteria? Ask your child's doctor about alternatives. Source: *Health*, July/August 2001.

CHIROPRACTIC MIRACLES

“Listen To What Our Patients Are Saying”

When I was diagnosed with Multiple Sclerosis eight years ago, I was devastated. It is hard to explain, but I felt as if I lost a part of myself. I felt as though I would never again have the opportunity to experience the things I love to do with the people I love. I love to exercise and play tennis. I love to go on hiking trips with my children and long walks on the beach with my husband.



The doctors who diagnosed me with this potentially devastating disease recommended medication to help my symptoms of severe pain and constant muscle contraction. However, it was unacceptable to me to have to be on drugs for the rest of my life. I was in search of a more natural approach to treatment.

Nine months ago, my friend Karen recommended I speak to Dr. Steinberg. I thought that chiropractic was only for people with back pain. She explained to me that chiropractic can help with many health issues. I was excited to find out if chiropractic could help me. I called immediately for an appointment. **After a complete and thorough examination, Dr. Steinberg explained my problems and told me that he could help me. I started getting regular adjustments.** Dr. Steinberg

also taught me proper stretching and strengthening exercises to help me to heal faster.

I have been praying to God for a miracle for eight years, and in these last nine months I feel that my prayers are being answered. Dr. Steinberg has given me the hope and confidence that I am regaining my life. I not only feel stronger physically but mentally as well. The aches and pains in my joints from the MS are mostly gone. I am able to enjoy once again, the adventures of life that I live for.

The entire office atmosphere is fun and uplifting, while still serious and professional about what their purpose is. Everyone in the office is caring and willing to answer all of my questions and concerns.

This is exactly what I have been hoping for.... Managing this condition, WITHOUT MEDICATION! I thank God everyday for the fine doctors and caring staff at Hebron Family Chiropractic.

- S. Nathan

- Closing Thoughts ... How to Put A Wow in Every Tomorrow

Develop An Attitude Of Gratitude...

Even when you are experiencing tough times, remember the blessings in your life. Always be grateful for the people, love and abundant treasures in your life. It's like sprinkling sunshine on a cloudy day.

Encourage Others...

When someone has a goal, most people point out the obstacles. You be the one to point out the possibilities. Tell them you have faith in them and that you'll support them in any way.

Give Sincere Compliments...

We all like to be remembered for our best moments. Acknowledge the good in people and make them feel better about themselves.

Keep Growing...

Life is about constant growth. There is always another level of growth. Walk a different path than you are accustomed to. Take a class. Read an inspiring book. Listen to motivational tapes. And then, share your growth with others.

Give The Gift Of Forgiveness...

Forgiveness is a blessing for the one who forgives as well as for the one who is forgiven.

Take Care Of Yourself...

Exercise, eat a healthy diet, reduce stress, get a good night sleep. Taking care of yourself may also include singing, dancing a little bit every day, and having love in your life.



Perform Random Acts Of Kindness...

Do kind things for others for no other reason than to make them feel good. Don't expect anything in return. The most fun is when the other person doesn't know who did it.

Treasure Relationships...

Create valuable relationships in your life and treasure them. Eat meals together, take walks, listen to each other. Share laughter and tears. Create memories. Don't forget to tell the other person how much you care for them.

Share Your Faith...

You can wish someone joy and peace and happy things. However, when you share your faith, you've wished them everything.

Take time to appreciate life. Spend time with those you love and let them know how much you appreciate them. Life is a journey with many lessons along the way. Learn from each lesson and know that it is truly a gift.

Dr. David N. Steinberg and Staff