Health

Good health is physical and mental well-being; soundness; freedom from defect; pain or disease. For all too many people, these are just words in the dictionary describing an ideal condition they vaguely remember - or one they've never known.

To the individual, the meaning of "good health" can vary greatly. To those who never really feel well, it's good enough if they have no particular pain or obvious illness. Others are content if no new misery is added to their everyday problems.

It's impossible to over-emphasize the value of good health - and personal health care demands top priority in any successful life-style. In our youth-oriented society, it's too often ignored in a rush to achieve affluence and success. But no amount of money or measure of success, can be adequate compensation for health squandered in the process. Only healthy people get to enjoy the "good-life", because health is the one important ingredient needed for any successful life-style.

If you think you're healthy except for an aching back, headaches, insomnia, sinus trouble, overweight, high blood pressure, or any other little "exception", you're really just kidding yourself.

Sick Care

To most people, government agencies, and the insurance companies, health care means care of the obviously sick or disabled. If you can pass a routine physical examination, and perform your regular duties, you're considered "healthy" even if you actually feel sick most of the time.

Health insurance is designed to pay for doctor and hospital bills only if you are seriously sick or disabled. It's not intended to provide preventative maintenance, which is what real health care is all about. You're supposed to provide for your own health care and only go to a doctor when you are too sick to actually care for yourself.

Few people understand their body well enough to detect the earliest signs of a disease process. As a result, many patients are at a crisis stage, or nearly so, before they see a doctor. In fact, most medical procedures are primarily designed to deal with health crisis situations. True health care is the real-life "ounce of prevention" that's actually worth "a pound of cure" and much more.

You CAN Buy Health

Thank heaven and the persistence of dedicated doctors and scientists, the old adage, "You can't buy health!", has lost much of its sting. Most of us can buy health. It depends on the condition of our bodies - and just what we are willing to pay, in terms of personal effort, time - and money.

In spite of the ancient language of medicine, a disease does not "strike" or "assault" us without warning. Except by violent accident, our health is not destroyed suddenly. It slips away by bits and pieces - and usually with plenty of warning.

If you think you're healthy but little aches and pains are nibbling away at that old happy, healthy feeling - you ARE being warned. If you just hide those warning symptoms with pain killing drugs, stimulants or depressants, without understanding their causes, you're playing a dangerous game.

But you're "buying" health when you take time to provide for your body's basic health needs - if you learn to recognize your body's early warning system - and respond effectively. You're buying health when you get professional help to correct or eliminate the problems that might otherwise become a real hazard to continued good health.

Health Care

Personal health care is important. Disease is not self-originating and it's not just the result of bad luck. Each disease has a definite cause and you can learn how to avoid or prevent most of the common causes. You can learn to live a healthy life through your own efforts. If by accident or misfortune you do become sick or disabled, you can choose a doctor with the knowledge of what is really necessary to restore your health.

Chiropractic is a new concept in professional health care. It provides basic health counseling and effective preventative maintenance that helps keep your body functioning at the optimum level. Drugs or surgery may be useful in treating many diseases or disabilities, however they cannot be seriously considered as a means of maintaining health. Disease treatment is NOT health care.

Health is a state of complete physical, mental and social well-being and not just the absence of disease or disability. If you are healthy, don't wait until you're sick to think about health care.
The Causes Of Disease

If you're sick it seems natural and normal to think you've caught some kind of "bug" or germ. The idea is seemingly easy to understand. Each disease is supposedly caused by some particular "bug" that "invades" or "attacks" your body.

It's a common and familiar idea of how or why people get sick. But the so-called "germ theory" of disease is not simple or easy to understand. Generations of scientists and doctors have spent their lives studying this complex theory - and we still don't have all the answers we need. Germs or viruses may be an important factor in some diseases, but are not important in many others.

These microorganisms are everywhere and we are exposed to them constantly. Many of them are actually normal residents of our bodies. If they could attack us and easily make us sick, we would probably all be sick most of the time.

Doctors, nurses and other hospital personnel are exposed to the greatest variety of infectious diseases on a daily basis. Yet the incidence of disease in this special group is no higher than it is in the general population.

Regardless of how many people are exposed to an "infectious" disease, only a small percentage are usually affected. And it's said that you only get the disease if your "resistance" is low. But that's just another way of saying that your body is already "sick" or is not functioning properly.

Health is sustained by a balance of structural, chemical and psychological factors. Each of the complex functions and processes they represent, is necessary to maintain a normal healthy body. To be healthy, all the organs, parts and systems must function properly. Anything that interferes with, or blocks normal function, can be a cause of disease. A "disease" is not "something" that makes you sick, it's just a label used to identify a specific disorder of the body. The word itself, simply means; a lack of ease, or dis-ease.

The basic causes of dis-ease are; physical injury, excessive stress or strain, insufficient or poor foods, air or water, poison, psychosocial or emotional stress, excessive fatigue and aging. Any one or any combination of the basic causes, is responsible for nearly every kind of symptom, ache, pain or ailment known to man. Germs are secondary factors in dis-ease, not a basic cause.

The normal human brain has about 14 billion cells, weighing slightly more than three pounds. In studying the brain, scientists have been able to map out most of the areas of control, or sense reception for the various parts of the body. But there is no center or spot locating the conscious intelligence, or the innate intelligence. It seems their functions depend on the brain as a whole.

The conscious intelligence uses the body as a mobile machine. Through its nerve connections it controls the voluntary movements of the body, and by interpretation of its senses learns how to cope with the environment. To maintain health the conscious intelligence must supply all of the basic necessities of food, water, and protection against the natural dangers of the environment. Innate intelligence controls, regulates and integrates all the internal processes and functions of the body. It's the perfect half of the team and barring injury or a lack of air, food or water, it will keep the organism healthy. Although we are most proud of our conscious intellect, it's really the weaker half of the team. And if we get sick, the chances are that we failed our body through carelessness, ignorance or simple neglect.

Body Structures

An average human body consists of about fifty trillion individual cells that form the specialized organs and systems of your body. Your life and health as an individual depends on the effective organization of the cells into a smoothly working whole. The portion of the body most concerned with organizing, is the nervous system. The key organ of the nervous system is the brain, which is also the center of intelligence and identity.

At birth the mind is virtually blank and it must depend on normal sensory input to gather all the information necessary to cope with its new life. But there is a very special intelligence born into each body. This inborn or innate intelligence is the organizing and coordinating force that molds the trillions of cells into one complete organism.

While the conscious mind learns and develops slowly, the innate intelligence knows everything it needs to know without having to learn. There is a spark of intelligence in each cell, so it does its "thing". But without a central intelligence to coordinate the interdependent functions of all the cells, they could not function as an organism.
Chiropractic Health Care

Like any well-made machine, a normal human body is designed with conservative ratings. It's capable of tolerating heavy overloads and even abuse, within certain limits. If we exceed those limits or the body is damaged, malfunction, disability or disease inevitably occurs. But unlike man-made equipment, a human body is endowed with the ability for self-healing and maintenance.

Under the guidance of the innate intelligence, this self-healing process is virtually automatic. But effective maintenance requires a conscious and intelligent effort to provide for all the needs of the body. Therefore, ignorance or neglect can be considered as a primary cause of disease.

It takes time and effort to learn how to care for your health, but a crisis illness can take all of your time and leave you with nothing. Routine health care is not as dramatic or impressive as intensive hospital care or emergency surgery in a health crisis - but it's far more productive and effective as far as continued health is concerned.

Chiropractic has created a new dimension in health care. A prevention oriented health care system that provides a professional maintenance program for the total human organism.

There is no random activity in a normal body. All the complicated processes and functions are necessary to maintain a smoothly working whole. Any deviation from normal predisposes the body to progressive malfunction, if it's not corrected. Each deviation produces a characteristic signal, sign or symptom, that reveals itself in a precise and readable body-language - that never lies.

Even if you are not aware of any physical disorder, disease or disability, your body may be functioning far below its full potential. Routine annual "physicals" are only useful for finding the obvious ailments or diseases. Too often they are found too late for any really effective treatment.

Regular chiropractic examination and analysis of your body structure, is an effective preventive means of maintaining health and eliminating the need for dangerous crisis sick care. A scientific analysis of body language, combined with proven chiropractic health care methods, can keep your body healthy and functioning at its full potential. It gets sick people well when other methods fail, but it's the best "ounce of prevention" available.
Discover Chiropractic!

Millions of people throughout the world enjoy the many health benefits provided by chiropractic science. Everyday, thousands more "discover" chiropractic for themselves. Chiropractors are now available in nearly every community. They are licensed and regulated in each state and by federal law, in the District of Columbia.

Trained in special accredited colleges, chiropractors provide a unique health care service. It is recognized by health insurance companies, by union welfare and major medical plans, regular and no-fault automobile insurance, by Workman's Compensation, Medicare and Medicaid insurance.

Without any exception, every human being is a potential and positive beneficiary of chiropractic science. Everyone alive can live better, longer and healthier lives with the help of chiropractic.

Modern chiropractic had its beginning in 1895. It's not a specialty or a part of traditional medicine. It's an entirely new concept in health care and is the first professional health care science.

Chiropractic doesn't "fight" disease with drugs or medical remedies. It eliminates the cause of many of the most common diseases, but is also a most effective means of preventing disease.

Chiropractic does get sick people well, but the best time to see your chiropractor is before you really get sick. A serious illness rarely occurs without any warning. Those seemingly minor but persistent symptoms, so commonly treated with aspirin or other home remedies, are often early warning signs of an impending serious illness.

Regular chiropractic health care can help keep you healthy and eliminate the need for sick care.

Distributed In Your Community As A Public Service.
BURSITIS

A shoulder bursitis is so common that most people think that bursitis means painful shoulder and nothing else. The word bursitis means inflammation of a bursa. A bursa is a sac filled with fluid that forms a protective cover around joints in such places as the elbow, shoulder and knee. There are actually 140 bursae in the body. The one that does seem to give the most trouble is called the subdeltoid bursa and it is located at and around the shoulder joint.

Pain in a shoulder area can have many causes which are difficult to determine. But subdeltoid bursitis is most often the correct diagnosis.

If you have a shoulder pain or stiffness and an x-ray shows deposits of calcium in the area, you will surely get a diagnosis of "bursitis". Many medical doctors think that the best treatment for this is strong medicine and a "grin-and-bear-it" attitude. They feel that bursitis is self-limiting and will disappear in a week or two. In spite of this, they may prescribe drugs for relief of pain that endanger your health or even your life. In actual cases, bursitis can be a progressive ailment with repeated bouts of disabling pain. If the cause cannot be eliminated this will certainly be the case, but it's not health endangering or fatal.

If you have bursitis or have suffered with it in the past, you certainly know about the pain and disability it can cause. But if you're like most people that is probably all that you do know about bursitis. A visit to your family doctor, or one recommended by a friend, could be all you need to solve your problem. But on the other hand, the chances are pretty good that all you will get is a prescription for a possibly dangerous drug to relieve pain. Actually, there are many safe ways and means of treating bursitis. Surely they can't all be right, but strangely enough most of them achieve some measure of success in providing satisfactory relief. It's not reasonable to expose every bursitis sufferer to the possibility of disabling side effects from the potent and toxic drugs, x-radiation or ineffective surgery.

When you have any ailment, you make the first "diagnosis". You decide if it will just go away or if it will respond to self-treatment, if you need a doctor, and what kind. If you know enough about your problem you can make the proper decision.

Symptoms

Pain is the chief symptom of a bursitis. In a shoulder bursitis the pain is initially localized in the front of the shoulder. As it develops it may extend into the neck and arm. The intensity will vary according to the extent of the inflammation, the patient's occupation, the degree of swelling in the tendons, and the patient's pain threshold. The pain is described as; stabbing or piercing, gnawing, grating, throbbing and agonizing.

The intensity of the pain is directly associated with the amount of motion in the shoulder. Pain can limit the movement of the arm and shoulder or prevent it altogether. Abduction of the arm is especially limited. Forward flexion and rotation are usually very limited. Any movement of the arm or shoulder may cause an aggravation of the pain. Under normal conditions the arms and the shoulders are involved in almost every activity of the body. In fact, it is impossible to breathe without a slight but continuous movement of the entire shoulder complex.

The shoulder "joint" is really a very complex structure called the "shoulder girdle". It actually consists of 7 separate joints working together. A problem in any one joint will affect the normal function of all the others. Immobilization of the shoulder girdle due to pain, will cause a loss of muscular elasticity, general stiffness, muscular atrophy and progressive functional disability.
Cause Of Bursitis

There is an erroneous but popular belief that bursitis is caused by a "lump" of calcium in the shoulder bursa. When a calcium deposit occurs it has the consistency of soft paste, much like a toothpaste. It is not the cause of inflammation or pain. On the contrary, both the calcium and the pain are caused by the inflammation. If all the inflammation is eliminated, the pain is relieved and the calcium is gradually reabsorbed.

Bursitis and other painful shoulder problems could be caused by abnormal stress on normal joints, or normal stress on abnormal joints. It can also be caused by normal stress on normal joints if they are not prepared for the particular activity. A fall or a direct blow on the shoulder is the most obvious cause of shoulder problems. A great many shoulder problems start this way.

However, in a majority of cases seen by doctors, the patient with bursitis is unable to point to a specific incident of stress or injury that can directly account for the problem. In some cases the onset of acute pain does follow a particularly strenuous activity. If a low-grade inflammation exists at a painless or silent stage, a strenuous activity could trigger an acute stage of pain.

The basic cause of bursitis is a malfunction or disorder of the natural healing process. Simple direct injury of the shoulder, with inflammation and swelling, will normally heal rather quickly. In contrast, most cases of bursitis seen by doctors are those that have developed from a slight stiffness or an ache. Instead of healing naturally they gradually or suddenly become worse.

Most doctors point to normal wear and tear or occupational stress as a probable cause. This is usually the case. But in these cases the underlying cause is a neuritis of the nerves supplying the shoulder area. Neuritis is inflammation of a nerve. It's caused by irritation or injury. The nerves supplying the shoulder all originate in the spine, as branches of the spinal cord itself.

An injury or disorder of the spine can cause a pressure, irritation or pinching on these nerves. The injury to the neck may occur along with an injury to the shoulder or it could be the result of whiplash to the neck itself. Either way, the resulting neuritis of the shoulder nerves can cause bursitis and block the normal healing processes.

Medical Treatment

Professional treatment of bursitis varies with a patient's choice of doctor. There is no specific medical treatment for bursitis. Each doctor will select the method of treatment according to his experience or personal preference, and the particular symptoms and history of the patient.

The generally accepted methods of treatment include; analgesics or pain killing drugs, muscle relaxants, sedatives, tranquilizers, cortisone or cortisone-like drugs, temporary nerve blocks by use of novocaine, hot or cold packs, passive or voluntary exercise, ultra sound, x-ray radiation, with surgery reserved for the advanced cases.

Perhaps the most common medical treatment is an injection of cortisone and novocaine directly into the shoulder. Another common approach is by oral doses of phenylbutazone. The brand name is Butazolidin and it comes in a red coated tablet or an orange and white capsule. These two methods of treatment, along with x-ray radiation of the shoulder, may actually be health and life endangering. Because of a patient's demand for prompt relief, many physicians tend to minimize or ignore the hazards that are very real and well documented. The more conservative physicians feel that the risk far outweighs the possibility of any good or lasting benefits to the patient.

The puncture of a large needle, sometimes repeatedly, and the introduction of a toxic drug into a swollen area can cause further injury. Doctors unskilled in the procedure, will frequently cause more pain by injecting into the outer layer of the bone. These "after-injection" pains can be more painful than the bursitis itself. An injection into the shoulder could cause a wasting or atrophy of tissues, joint deterioration and osteoporosis.

X-ray radiation and the potent drugs used for bursitis treatment can relieve all the acute local symptoms, but don't cure or eliminate its cause. Many of the drugs do have multiple side effects that are unpleasant and quite frankly damaging to the body. In some cases the effects are lethal.

Modern communication media provides a new insight into all aspects of our society. It proves that position, title or group prestige, is no guarantee of ethical or skilled performance. Safe and effective health care is readily available, if you understand the problem and choose accordingly.
NERVES TO SHOULDER + ARM MUSCLES

Bicipital Groove

Bursa Area

Scapula

Benefits VS. Risk

When you choose a doctor you must accept his method of treatment. If you don’t know him personally, or what methods he prefers, you’re not choosing you’re taking a chance. Unless you do know in advance, you can’t calculate the benefit: risk ratio. You can only do this if you can compare the possible benefit against the known risk.

If a particular drug is intended to relieve pain and it does, anything else that it does is called a "side effect". If you are not taking any drugs and you get symptoms such as: dry mouth, vertigo, gastric distress, nausea, diarrhea, a skin rash, or a fever, you would know that something bad was happening to your body. If you are taking a drug and these or other symptoms occur, they’re just called "side effects". It’s one thing to get sick from natural causes, but it’s something else and it’s stupid to make yourself sick with drugs.

If you take drugs for any reason, be sure that the benefit: risk ratio really favors the benefits. In the case of bursitis, your options for safe and effective relief can eliminate any such risk.

Chiropractic for Bursitis

Chiropractic provides an effective health care system with the highest benefit: risk ratio of any of the healing arts. It adds nothing to your body and takes nothing away. Health or life endangering side effects are completely absent in normal chiropractic health care.

Health is the natural state of your body, when all of its organs and systems function normally. Any illness or ailment, including bursitis, is an obvious sign of derangement or malfunction. In a normal body most illness or disease is said to be self-limited. This is just another way of saying your body is naturally self-healing. Because of this, most bursitis never reaches an acute or painfully disabling stage where professional help becomes necessary. In those that do, obviously the natural healing process is being blocked by an overwhelming physical stress or some basic internal malfunction.

Injury to the shoulder itself may damage some local nerves, but this seldom interferes with the normal healing. The most common cause of the trouble is found in the complex structures of the spine. Here, a pinching/pressure on the nerves directly involving a shoulder will interfere with the normal functioning and natural healing.

Chiropractic methods are tremendously useful in eliminating this problem. Specific techniques, called "adjustments", can provide an immediate reduction of pain in the typical case. In minutes the patient may be moving more freely and less painfully. Freed of crippling interference with the function of nerves, normal healing can then begin to eliminate the problem naturally.

While a typical case responds rather quickly, improvements in a chronic or severe case will be more gradual. But even in those cases where the calcification is very extensive, adjustments can provide some immediate relief of pain and a significant improvement in motion.

The average person will seek help long before there is too much organic change. But if severe organic changes have occurred, due to neglect or ineffective treatment, surgery may be required.

Chiropractic gives prompt and effective relief of pain or disability, in most of the common arm and shoulder problems. Consult a chiropractor first, and avoid the dangerous drugs or surgery.
Researchers at the University of Utah Medical School did a study comparing patient response to medical and chiropractic treatments for various ailments. Dr. Robert L. Kane of the University says the study provides valuable lessons for the medical profession. "On the basis of our study and others, it appears the chiropractor may be more attuned to the total needs of the patient than is his medical counterpart."

The study was actually based on the patients' opinion of his doctor and his treatment. Chiropractic patients obviously have a higher regard for their doctor than the medical patients. There is no maybe about it, chiropractors are definitely attuned to the total needs of their patients. It's what chiropractic is all about. The patient is not merely a subject with a disease. He's a human being with a personal problem and he is treated accordingly.

The chiropractor does not act hurriedly. He uses language patients can understand. He gives them sympathy and he is patient with them. He does not take a superior attitude. It's a friendly relationship on a one-to-one basis, rather than a superordinate/subordinate relationship.

A chiropractor studies the same basic science as a medical doctor. He learns about medicine, the effects of drugs, about nutrition, psychiatry, diagnosis, and all the other health subjects. He doesn't use drugs and he's in the unique position of knowing just how much chiropractic can help you to regain your health. Always consult your chiropractor first. Avoid dangerous drugs and the possibility of unnecessary surgery.

Chiropractic cannot cure everybody, but it can help anybody! It gets results, that's what counts.
Whiplash Injuries

Contrary to popular opinion, "whiplash" is not a specific injury or disease in itself. It's a type of sudden lashing movement that causes a variety of injuries to the neck and upper spine.

Under normal conditions the neck of a healthy person is extremely flexible. It can withstand considerable strain and even violent movement without injury. However, a sudden, unexpected, unguarded, or too violent a movement, can overcome normal muscle control and cause damage.

Whiplash And The Automobile

The most commonly known cause of "whiplash" injury is the auto accident. A great number of these injuries occur in automobiles stopped for traffic signals, or school buses. When struck from the rear by another vehicle, the passengers are thrown forcibly backward and then forward. (see Fig. 1) Backward and side-snapping movements of the neck are the most damaging. The neck can withstand 10 times as much force in the forward direction. Even when the impact is only minor, passengers in the stopped vehicle may be injured because the jolt is unexpected. Those in the striking vehicle are usually more prepared. Unless the force of the impact is great, they will not be injured. In head-on collisions, the force of impact is tremendous, normal muscle control is overcome and the head whips forward and then backward. (see Fig. 2) Any sudden stopping of a moving vehicle can cause "whiplash" injuries to passengers not aware of the need for a sudden stop. Power brakes can prevent accidents to the automobile, but they are a hazard to unprepared passengers. Seat belts do not prevent "whiplash" movements, but a headrest can help to eliminate most of the damaging backward movement.

Causes Of Whiplash

While automobile accidents are a major cause of "whiplash" neck injury, almost any sudden or unexpected movement of the body can cause such an injury. A blow to the head, face or chin, an uncontrolled fit of coughing, or a violent sneeze, can also cause "whiplash". Reflex jerking of the body from fright, a sharp noise, or even from an emotional shock, can cause damage. Stumbling, tripping, or falling, can also be a cause of sudden neck-snapping, or "whiplash" movements.

The Vulnerable Neck

The average head, weighing more than seven pounds, is balanced on a slender column formed by seven complex bones, called vertebrae. Each has a weight-bearing surface of only about three quarters of an inch. Their ring-like structures form a protective canal for the spinal cord. The drawings locate the cervical spine and show the range of backward and forward movements - and the construction of a typical neck vertebra.

The neck is only about 5 inches long, but it is the most flexible part of the spine because it has 48 joints, activated by over a hundred muscles. All of the vital connections between the head and the body are endangered by injuries to the mechanical structures of the spine, but spinal nerves are the most vulnerable. Irritation or damage to these nerves within the neck, can cause pain or malfunction in any part of the head or body, to which these nerves are connected.
Types Of Injury

The sudden forceful movements of "whiplash" can cause many different kinds of injury. These include strains, sprains, dislocations, fractures and subluxations. There may be torn ligaments, muscles or tendons; damaged arteries or veins. There may be injuries to cartilage, spinal disks, the spinal cord, its nerve branches, or the complex of sympathetic nerves within the neck.

The force or blow causing a "whiplash" may produce a concussion of the brain, contusions or bruises and lacerations. There may be injury to the trachea, (wind-pipe) or the larynx, causing a difficulty in breathing. Damage to the esophagus may cause trouble in swallowing. There may be internal bleeding or hemorrhage. Combinations of all these injuries, and many others, can be a result of a sudden or violent "whiplash".

Degree Of Injury

The degree of injury following any "whiplash" incident depends on many factors. In general, the more force involved the greater the damage. Yet even a minor force may cause severe injury, if the victim is unprepared or "off-guard".

Important factors of individual body structure, age or physical condition, can also affect the degree of injury. Congenital defects or abnormal physical development and the effects of previous injury or disease, may weaken the neck. A long thin neck with a delicate bone structure is more susceptible to injury than a short heavy neck.

The weight of the human head can vary from 6 to 10 pounds, or more. The heavier the head the greater the possibility of neck injury. Age itself can be an important factor, because the strength and elasticity of the neck structures decreases with advancing age. A force that may injure an adult spine, may have little effect on the spine of a normal healthy child or teenager.

In the majority of "whiplash" cases, injury is the result of a minor but unexpected force. Less than 10% of the injuries involve fracture or other major damage. More than 90% involve strain or sprain of ligaments and muscles. Nearly 100% of the cases classified as "whiplash injury", have symptoms of nerve irritation or 'pinching', due to subluxations of the cervical vertebrae.

Subluxation

Joint subluxation is the most common problem associated with neck injuries. It's the condition where a vertebra is displaced from its normal position, or normal range of movement, without being completely dislocated. Except for fracture or complete dislocation of a vertebra, the nerve interference caused by a subluxation is the most dangerous and damaging result of neck injuries.

A subluxation is a complicated derangement of a vertebra and its supporting elements. It will interfere with the nerves passing through the immediate area, but it also interferes with nerve control of its own activating muscles. By blocking the self-righting function of these muscles, a subluxation is self-sustaining and persistent.

Because they are self-sustaining, an untreated subluxation can persist for months or years. If not quickly corrected, irreversible changes may occur in the affected areas. Muscles atrophy or waste away, disks become thinned, distorted, or even herniated. Inflammation caused by constant irritation leads to calcium deposits in the spinal joints or their supporting tissues. The nerves become insensitive and their vital functions are impaired or depressed. A spinal subluxation is a basic cause, or an important factor, in almost every somatic or organic ailment of the body.
Symptoms Of Whiplash

The immediate symptoms of a typical case are pain, muscle spasm, stiffness, tenderness and a restriction in neck movements. There may also be some nerve "tingling" of either arm or hand.

Tension headache, pain between the shoulders, blurred vision and excessive sweating, might develop within a few hours of the incident. Many symptoms may not appear until days, weeks, or months later. Often when delayed symptoms do appear, the patient may have forgotten about the "whiplash" incident and will not be aware of any connection. Nerve interference in the neck can cause symptoms in the head, or in any part of the body, without there being an obvious sign of any distress in the neck itself.

The list of symptoms and ailments caused by nerve interference in the neck is truly fantastic. Some of these symptoms are: chronic headache, deep or superficial pain in the face, ears, throat or sinuses; vertigo, loss of balance, diminished hearing or ringing-of-the-ears; dilation of pupils and ulceration of the cornea; insomnia, extreme nervousness, irritability, tremors; shortness of breath or difficulty in breathing; pain in the back and postural distortion; numbness, burning sensation, pain or "tingling" in the shoulders, arms, hands, legs, feet, or any other part of the body.

What To Do

Medical doctors are busy treating the wounds and broken bones of auto accident victims. The orthopedic surgeons and neurologists are busy with severe injuries involving spinal fracture or neurosurgical problems. Victims of "whiplash" having no "obvious" emergency problems, often don't get immediate or adequate care of injuries that they do have. As a result, many of them will suffer needlessly for the rest of their lives.

If you are the victim of a neck injury, from a "whiplash" or any other cause; and if you have any of the symptoms previously listed; you ought to consult a chiropractor as quickly as possible.

Chiropractic

The science and practice of chiropractic deals directly with the spine and the nervous system. Since "whiplash" always involves the spine and the nervous system, a chiropractor is uniquely qualified to deal with these neck problems.

Chiropractors pioneered in the use of x-rays and they perfected the x-ray spondiographs that are so necessary in the successful care of the spine. Chiropractic has recognized and successfully handled these spinal disorders for more than 75 years. The medical profession did not officially recognize these complex traumatic injuries until 1953. Present day medical diagnosis and treatment continues to be controversial, non-specific and not particularly successful. Drugs do give temporary relief of pain or other symptoms, but cannot eliminate the cause. Surgery is generally ineffective and is only relevant or useful in less than two percent of neck injury cases.

Modern chiropractic manipulative techniques, called "adjustments", specifically eliminate the causes of pain or malfunction which relate to the spine and nervous system. Chiropractic adjustments demand a degree of skill and training that rivals that needed for the most delicate surgery, but they do not present the hazards of surgery. "Whiplash" is a type of injury that requires the special knowledge, experience and skill available only through chiropractic. Without proper care and understanding, severe or permanent damage may result. The most serious consequences are the results of delay in getting proper care.
Care Of Neck Injuries

Proper care of "whiplash" neck injuries may call for the services of more than one doctor or profession. Severe injuries involving fractures or dislocations, require emergency medical or surgical treatment. However, the vast majority of cases involve spinal subluxations and ligament or muscle strain. Nerve interference caused by spinal subluxation, is the most common problem associated with any "whiplash" injury.

Early detection and correction of these problems can quickly eliminate the related symptoms and effects. Chiropractic procedures provide a remarkably effective means of dealing with the causes of nerve interference. The chiropractor is specifically trained in structural diagnosis and spinal neurological analysis.

Victims of "whiplash" injury should consult a chiropractor as soon as possible. Chiropractic care of these cases is professionally sound, safe and ethical. If a patient requires special medical or surgical treatment, he will be advised frankly and honestly. But unnecessary delay in obtaining chiropractic care may cause needless suffering, unnecessary expense and delayed recovery.

Insurance

Most auto insurance will pay for chiropractic care of "whiplash" injury. Automobile Liability and regular Passenger Protection policies have this coverage. Over 1000 companies pay claims for chiropractic service. Workman's insurance pays for on-the-job injuries. Many union welfare plans include chiropractic care for members and pay for part or all of the costs.

Distributed In Your Community As A Public Service.

CLINIC OF HOPE
MICHAEL JUDE LOQUASTO, D.C., LTD.
Chiropractor, Director
127 MAUCH CHUNK STREET
NAZARETH, PA 18064
Phone 759-0131
Publishing Co.
© 1970
Ubiquitous Headache

Judging by all the drug advertisements and the multi-million dollar market for aspirin or other pain killing remedies, headache in our society is indeed ubiquitous - it's everywhere! A headache is one of the oldest ailments known, and it is one of the most common of all complaints.

According to our United States Public Health Service, "Almost everyone suffers from a headache occasionally." Headache remedies in the medicine cabinet are about as commonplace as tooth paste, hair tonic or razor blades.

Headache is usually just one of the first signs of some physical impairment or malfunction due to stress. But most headache suffering can and should be prevented. Not by the use of drugs that simply deaden the pain, but by elimination of the causes. The best of modern science can usually provide a realistic solution for your headaches now - even if you have had them for many years.

Doctors of chiropractic provide a unique and effective service for the relief of headache pain. Chiropractic is based on a sound scientific principle and it provides a safe and practical means for dealing with almost any headache problem.

A Symptom

Headache is only a symptom. It is not a disease or a specific condition in itself. A pain or noticeable change in the normal working of your body, may be a symptom of disease, injury or malfunction. Headaches can be a useful warning from nature. They often occur well in advance of serious trouble. While always a warning of disorder, it doesn't always tell just exactly what or where the trouble is. Often it's just a temporary symptom of some minor malfunction. Quite often headaches are a warning that real trouble is developing. Too many people treat headache as if it were an ailment in itself. They try to solve the problem by drowning it with a steady intake of drugs, which do not eliminate the cause.

When used continuously, many headache drugs are not completely eliminated and quickly reach toxic levels in the body. For example, too much aspirin can cause headache, ringing in the ears, gastric distress or damage to the heart. There is also mental distress, caused by worry that the drugs are just hiding some malignant disorder.

What Aches?

The brain is the center of awareness for all sensations, including pain. But the brain itself is never a source of pain or any other sensation. Any other part of your head may hurt or ache, but your brain has no "feeling" or awareness of itself. Through millions of sensory nerves, the brain is aware of every part of your body. When all is well, there is no pain. A pain or ache is a signal of disorder, injury, damage, irritation or pressure. Sensory nerves send distress signals to the brain, where they register - as pain in the parts affected. Headache is caused by any disorder or injury that affects nerves in the head.

Pay Attention!

A great many things can happen to your body that will affect the nerves in your head, directly or indirectly. In any case, a headache is just one of nature's alarm signals, that gives warning of disorder in the body or of danger to your health.

We would all be shocked if the fire department ignored the fires and turned off the nasty alarm, just to maintain their peace and quiet. But it's just as senseless for us to ignore the alarm signals of headache and turn them off with a drug.

The pain-killing effect of drugs, can make you forget that a headache is really just a warning of trouble. It could be serious, but the warning is pointless if you turn it off and ignore the cause.
Headache Takes Many Forms

It is surprising for most people to learn that there are so many different forms of headache. Just about any kind of head pain will be called a headache and most people will experience more than one type, at different times. Some are quite mild, while others are violent and throbbing. It may build up slowly, or occur with lightning like speed. At least one type is always preceded by a warning sign. Some are triggered by changes in temperature, by allergies, tobacco, alcoholic drinks, fatigue, emotions, and similar factors.

The headache pain may cover the entire head, only the back, the forehead, one side, or just a small area. The pain may be a hot or burning sensation, splitting, boring, sharp, stabbing or bursting, vise-like, like a circular band, or like a heavy weight pressing down on the head.

Some headaches last only a few minutes, but return again and again, 20 or more times a day. Others will last for hours, days, weeks or even months, without any change or any sign of relief. The ache may stop abruptly or taper-off slowly. Some headaches will appear at regular intervals, every day, weekly, monthly, sporadically and at random, in close-spaced groups or in bunches.

An acute headache usually develops during an illness or following injury. They will disappear when the illness is over, or the injury is healed. A recurring type of headache will often come on gradually or insidiously, over a period of time.

Identifying Your Headache

If you can describe your headache accurately, in almost every case it can be quickly identified as to type or cause. Doctors can often tell what type you have, just from your own description or your history. Since a headache is a symptom of an injury, disease or malfunction, it is seldom the only symptom. The character and location, the frequency and duration of headaches, along with any other symptoms, will form a pattern for identifying your headache problem.

The regular use of aspirin or other drugs, will often mask the identity of a particular headache. Self-treatment of a persistent headache, without knowing the cause, is foolish. While headache is not always a sign of big trouble, those that persist or recur often, should be checked carefully.

Acute Headaches

Acute headaches usually develop with diseases or injuries. They are not "headache problems" as such. These headaches are obviously secondary to the basic ailment. They follow almost any injury to the head, neck or spine. Headaches are an expected symptom of the common cold, "flu" and other infectious diseases. They are often a symptom of infection in the eyes, ears, or teeth.

Headache is a part of alcoholic hangover, and with dizziness and nausea in sunstroke. A spinal tap or spinal anaesthesia, is usually followed by headache. Brain tumor or abscess, meningitis, encephalitis, polio, or any other disease of the brain or spinal cord, can cause acute headache.

If your headaches are constant, chronic or recurring, most of these causes are quickly ruled out, and you can quit worrying about them.

Chronic Headaches

Chronic or recurring headaches are the real problem headaches. They may not have an easily recognized cause, but like any headache they are a symptom of disorder, malfunction or injury.

They may be as painful as any acute headache but they are seldom an indication of immediate danger to life. The more common names for this type of headache are; tension, nervous, vascular, histamine, sinus, allergy, arthritic, eye strain, high blood pressure and migraine.
The "Popular" Headache!

The so-called "tension" headache, is the most common and best known headache. It is believed to account for 85 to 90 percent of all the headache problems. The "tension" headache may be mild, severe or even disabling. If any headache can be said to be "ubiquitous", this is the one. No other headache is believed to have so many causes.

Anything and everything that happens to people may be blamed for tension or nervous headache. Emotional upsets... disagreements... arguments too much noise... glaring lights... poor lighting too many bills... not enough money... not enough sleep... too much TV... poor posture... heat or high humidity... cold air or drafts... anxiety or worries... muscle tension... nervousness... and even personality traits are blamed for headache.

With all these possible "causes", it's a wonder we are ever free of headache. Actually none of these factors are a basic cause of any headache. In a healthy body these added stresses just cause fatigue - and you can cure that with rest.

A Cause Of Headaches

The most common cause of headache, is nerve irritation in the neck. A neck has seven complex bones called vertebrae. They support the head and form a protective canal for the spinal cord.

There are 48 joints in the neck, making it the most flexible, most vulnerable part of the spine. Nerves from the spinal cord must pass between the joints and their supporting muscles and ligaments. The branches separate into millions of individual fibers, forming a sensory-control web in the neck, head, shoulders, arms and hands.

Motor nerves from the brain carry signals that control the functions of the body. Each sensory nerve sends signals of sensation and pain, to the brain, from one small area. Irritation of a nerve anywhere along its length, can cause a pain to be referred to the area of origin. All the nerves in the body either pass through, or are intimately involved with structures in the neck. Therefore, irritation of nerves, caused by a structural disorder of the cervical spine or neck, can cause a pain in any part of the body or the head.

Chiropractic is a healing profession that deals with the structural causes of disease. It has an effective solution for most headache problems.

Drugs

Most headache remedies have labels that say: "For the relief of simple headache. - If headache persists, see your doctor." It seems clear and honest enough, until you hear commercials that say: "Independent research shows that 4 out of 5 medical doctors prescribe aspirin for the pain of headache." Another ad says: "A combination of ingredients, like a doctor's prescription." They don't exactly say it, but the intent is quite clear. Why waste time seeing the doctor? He will only prescribe aspirin, or an aspirin-compound.

According to one very popular physicians' desk reference, out of 55 prescriptions recommended to physicians, for the treatment of ALL types of headache, 33 do contain aspirin, 23 also have a habit-forming narcotic or barbiturate. And 22 of the recommended remedies contain phenacetin.

Phenacetin is a pain-killing drug also found in many non-prescription remedies. This drug has recently been placed under warning label by the Food and Drug Administration. The labels must warn the user of possible kidney damage.

Two strong drugs, aminopyrine and dipyrone, found in many headache remedies sold only on a physician's prescription, are linked with blood disorders leading to fatalities. FDA has issued orders for special warning labels that must say: "This drug may cause a fatal agranulocytosis."

Many over-the-counter headache remedies are implicated in disorders of the kidneys, stomach and blood. They may cause tremors, confusion, irritability, insomnia, or even more headaches.

Even a drug "safe" as aspirin, is not entirely safe. Some people are so sensitive to this drug that their faces swell-up and they break out in a rash. Aspirin will often cause a minor gastrointestinal bleeding. It may also be responsible for a massive hemorrhage in some ulcer cases.

Choice Of Treatment

Headache is a symptom and the persistent recurrence of any symptom, is a definite cause for concern. A sensible person would not continue to treat a persistent toothache with pain-killing drugs, when modern dentistry is available. Why make this mistake with any headache? Why fool around with potentially dangerous drugs when an effective and realistic solution is available?
Chiropractic For Headache

More than 95 percent of headaches are caused by direct interference with nerves, by irritation to – or pressure on nerves in the neck or head.

Drugs like aspirin, work locally to block the generation of pain signals. Other drugs work in the central nervous system to block reception of the pain impulses. Their "good" effects are only temporary and they don't eliminate a cause. No drug is really selective. While blocking the pain impulses, drugs may interfere with the normal body functions – and sometimes the results can be quite alarming or even disastrous.

Doctors of chiropractic are licensed by state and federal governments to practice a healing art that uses no drugs. Their solution for headache is a real solution, since it eliminates the cause. They are trained to detect and correct the conditions that cause the nerve interference of the headache and all the associated symptoms.

The practice of chiropractic is based on sound scientific principles. It works to restore health and normal function without the use of drugs or surgery. It has proven effective for millions of people on multi-million occasions. It is neither new nor experimental. There are chiropractors in every community in the nation – and in every part of the world. It is safe, painless and completely free of any hazardous or dangerous side effects. In the trained hands of a chiropractor, it has proven to be an extremely effective solution for most of the common headache problems.

DISTRIBUTED IN YOUR COMMUNITY AS A PUBLIC SERVICE

DR. GLEN DESROSIEERS
727 CHESTNUT ST.
EMMAUS, PA. 18049
967-5543

Publishing Co.
HEALTH AND EXERCISE

The value of exercise in maintaining health and physical fitness, is undeniable. Yet many of the popular notions about exercise, as a "cure" for illness or physical malfunction, are unfounded.

The basic essentials for health are: air, food, water, rest, and physical activity. For some, the business of earning a living provides more than enough activity. But in a push-button age, where machines do most of the heavy work, only a few jobs really provide enough simple exertion. With fewer working hours, lighter work and higher incomes, most Americans are enjoying an easier mode of life. Modern man is being immobilized by the comforts and conveniences of his society.

Exercise alone cannot assure health, but without it, good health and physical fitness cannot be achieved. Man can adapt to the heaviest workloads and still maintain health. But he can NOT adapt to total idleness, or immobilization.

You don't need powerful muscles to be healthy, but firm healthy muscles are vital to good health regardless of your age, sex, or occupation. All the functions of the body depend on the movement of muscles. A muscle which is never active, or fully exercised, will certainly become weak or flabby, and it will gradually waste away.

Exercise And YOUR Aching Back!

Every year more than 30 million Americans suffer with some type of severe back pain. And every day, week, or month, in newspapers and magazines, some "expert" extols the virtue of exercise as a "cure" for common back pain.

A rather famous New York doctor wrote a book on backache, wherein he claims: "Muscle weakness and nervous tension are responsible for 80% of all back problems. The best cure for a back ache, present or future, is 'proper' exercise!"

There is not much doubt that exercise can play some useful part in preventing back pain. It may even seem reasonable as a "cure". However, the fly-in-the-ointment of "exercise-cure", appears quickly when YOU get a severe back pain. Your greatest exercise will consist of flipping-your-lid at anybody who even suggests that you CAN exercise. Back pain disables its victim, and any exercise, 'proper' or otherwise, is ridiculous.

BACK FACTS!

The moment you have a severe back pain, you are likely to find yourself saddled with an army of so-called "experts". If you don't admit to having weak muscles, poor posture, nervous tensions, neurosis, psychoneurosis, or compensationitis, you are scoffing at some well known "authority".

However, when you have back pain, it seems to make little difference whether you're emotionally stable, well-adjusted, well-exercised, or not. If you read the sports pages of your newspaper, you know that even athletic champions can succumb to back pain from a 'pinched nerve', or a 'sacroiliac slip'. Surely they must be well-exercised and physically fit. It simply shows that a back pain can strike anybody, and sooner or later it does. The physically fit, the fat, the flabby, the short and the tall. In fact, just being a human being makes you a good candidate for back pain.

Most back pain problems are a direct result of physical malfunction. They are often triggered by some unusual or unaccustomed work or play. They follow sudden jolts, twists, falls or unusual strain. If you are physically fit, well-exercised, and strong, you are a less likely candidate for a back pain. If it does strike, you will probably have less trouble and recover more rapidly.

COMMON BACK PAIN

The cause of more than 95% of common back pains, can be found directly in the structures of the spine. The actual back pains are caused by structural disrelations or spinal subluxations that cause interference, irritation or actual 'pinching' of nerves. The irritation of nerves causes pain and muscle spasm, and the spasms cause more pain. To attempt exercise while nerve irritation and spasm exists, can only delay recovery. The only sensible solution to this back problem is to eliminate the cause. The only doctors who are specifically trained to deal with such problems, and the real experts on back pain, are the Chiropractors. Whoever the expert, or whatever the theory, the real proof of truth and value depends entirely on results. It's a proven FACT that the Chiropractic method achieves relief of back pain more rapidly, and with more certainty, than any other professional system, method or therapy.
CHIROPRACTIC FOR BACK PAIN

It is the experience of chiropractors, that no man, woman or child complains of back pain without some physical cause. Pain always causes some nervous tension and emotional irritability. However, the diagnosis of psychoneurotic back pain is left to those who need some answer for their failure to relieve common back pain.

Back pain has many causes. No single method or profession is right for the treatment of every back pain. For common back pain, where the cause is structural or mechanical, chiropractic is the method of choice. Whereas the average doctor is not especially trained to deal with back pain, chiropractors are specifically trained in this area. In cases where pain is the result of a primary organic disease, or traumatic fracture, chiropractors are qualified to differentiate.

When back pain strikes, the modern trend is to see a chiropractor first. Treatment or adjustments by a chiropractor are painless and safe. There are no harmful or dangerous side-effects. The frail, sick, aged, and feeble patients, even infants are cared for without pain or hazard.

EXERCISE FOR BACK PAIN

Exercise can only be useful or effective when the actual cause of the back pain is eliminated. Specific chiropractic adjustments can eliminate the cause, correct much of the imbalance and restore function. Following specific adjustment, manipulation is far more efficient than any exercise in stimulating, stretching and strengthening the affected muscles. However, professionally planned exercises may contribute to recovery, and by strengthening muscles, may help prevent a recurrence of the back pain problem.

By itself, muscular weakness plays little or no real part in the cause of most back pain. Good posture and balance in the structural and muscular development are more important than mere muscle strength. Many occupations require great physical effort from only one side, and this can result in distortion and imbalance. While these workers may be strong and well-muscled, they are far more susceptible to structural back pain than the average office worker. Heavy work or not, left or right handedness always causes some unequal development. Corrective exercises must be aimed toward a restoration of balance.

CORRECTIVE EXERCISE

The exercises presented here are examples of those your doctor may recommend. They are used primarily to relieve muscular imbalance. They are not specific remedies for a back pain, and are not recommended for use without professional guidance. If you have any back pain problem, see your chiropractor first. Don't try self-treatment of your back problem with these, or any so-called "exercise cure" for back pain.

ISOMETRIC EXERCISES

These exercises involve muscle contractions without movement. Hold each contraction forcefully for 5 to 6 seconds. In correcting for muscle imbalance, the contraction is made on only one side, only once or twice daily.

1. Standing erect, make a 5 second lift on the weaker side. Use a heavy work bench, desk or auto fender, and avoid stooping.
2. 3. With a shoulder against a door jamb, push hard with the opposite hand on the other jamb.
4. With either side of back against a door jamb, push with foot of same side on the opposite jamb.
5. Push forehead, back or head, or either side against the palm(s).
6. Standing in the middle of a doorway, facing the jamb, reach up with either hand and grasp the top of the door trim. Make a heavy downward pull with the one hand and hold it for 5 seconds.

In using these isometric contractions, do not exceed the time limits. Let your doctor select the exercises, then follow his instructions.
**ISOTONIC EXERCISES**

Isometric contractions help to strengthen and balance the muscles with a minimum of effort. Yet, they are not a substitute for regular isotonic exercise, where the muscles move and change their length. In re-training the body to resist a recurring back problem, great strength is not needed. The minimum requirements of physical fitness is enough. However, structural balance and flexibility is important. Regular exercise or physical activity maintains fitness and flexibility. Corrective exercises can be a help in attaining better physical and structural balance.

Use these exercises as directed by your doctor. Begin by repeating each indicated exercise for the minimum number of times. Where indicated, do the exercise on only one side, left or right.

---

Stand with feet about 15 inches apart.
7. Hands on hips, back straight, head up. Bend as far as you can, keep straight, start slowly.
8. Bend upper torso back as far as possible.
9. Bend to the right or left, as indicated.
10. Rotate torso to the right or left, as indicated.

---

Numbers 7 to 10 - Minimum 5: Maximum 15.

---

Numbers 11 to 15 - Minimum 5: Maximum 20.
11. Feet 15 inches apart, knees straight. Bend forward as far as possible. Cross right hand to touch the left toes, or left hand to right toes.
12. Sit on floor, back straight, legs extended, feet about 15 inches apart. Bend forward to touch right hand to left toes, or left hand to right toes.
13. Arms and thighs straight down from shoulders and hips. (A) Roll pelvis back to arch spine upward as high as possible, lower head. (B) Roll pelvis forward to lower spine and raise head.
14. Lie on the back, hands under hips, legs extended with the knees straight and about 6 inches apart. Raise the right or left knee to the chest.
15. Sit on the floor, hands on hips, legs extended about 6 inches apart. Draw right or left knee to the chest, draw tight and return. This exercise is also a fair test for shortened or contracted back muscles. If leg or back of knee fails to lie flat when the other leg is drawn to the chest it is probably due to contracted back muscles.
CHIROPRACTIC!

Since its discovery in 1895, by Dr. Daniel David Palmer, the growth of Chiropractic has been both dynamic and rapid. Pronounced Ki-ro-PRAX-tic the name was formed by joining two Greek words meaning "done by hand". Without using medicine or surgery, the skilled hands of professionally trained Chiropractors have firmly established their art. Federal and state governments recognize the Doctor of Chiropractic. But, far more important - millions of patients have found relief from pain or illness, under Chiropractic care.

.... For Back Pain!

In dealing with the problem of common back pain, the Chiropractor usually succeeds when all other methods have failed. A ten year study of back pain cases, in the Workman's Compensation files of five states, shows that Chiropractic care was most effective in relieving pain. Fifty percent of all back pain cases under Chiropractic care, lost NO time from work. The remaining fifty percent were returned to work with an average lost time of only two weeks. In similar cases under other types of treatment or therapy, all had lost some time from work. Under medical care, the time lost from work averaged 33 days for ALL cases.

.... When Back Pain Strikes!

See your Chiropractor first! Any disorder of the spine is potentially dangerous. Any severe back pain demands scientific, professional care. Self treatment with aspirin, heat, or rest, may make matters worse. So-called 'professional' treatment which relies mainly on drugs, belts, and ill advised exercise, can be actively harmful. Any delay in the proper treatment of spinal conditions may result in permanent disability.

Distributed In Your Community As A Public Service.

DR. GLEN DESROSIIERS
727 CHESTNUT ST.
EMMAUS, PA. 18049
967-5543

Publishing Co. © 1970
Exactly what is a Headache?

There is nothing exact about headache. It can have a different meaning for each person. A pain or ache in the head of almost any type, is simply called 'headache'. It is probably the oldest and most common ailment known to man. But headache is really not an ailment or disease in itself. It is just a side-effect, a symptom, or a sign of some disorder, disease, malfunction or injury.

Headache may be the most obvious symptom, but it’s usually just one of a group of symptoms: nausea, dizziness, earache, buzzing in the ears, chills, fever et cetera. These symptoms are not caused BY headaches, but WITH a headache they form a symptom-complex with a common cause.

In ancient days people thought that demons or evil spirits caused headache. Treatment meant driving out the demons, by ritual, penitence and prayer. The medicine men used many poisonous remedies, also meant to drive out the demons.

Now through modern science, we know that the headache has a real physical cause. We have a greater knowledge of the nervous system and the mechanism of pain. Yet modern medical doctors are still prescribing some strong and often dangerous drugs. They are not intended to drive out demons and they do relieve pain, temporarily.

But temporary relief is not enough, if a better solution is available. Chiropractic care of headaches, effectively eliminates the CAUSE of pain, in over 90% of the common headache problems.

What causes acute Headache?

Acute headache can be caused by any head or neck injury. It can occur with a severe cold, flu or other infectious disease. Severe headache can result from infection of the brain or spinal cord, as in brain abscess, encephalitis, meningitis, or polio. Unusual conditions causing severe headache are: brain tumor, aneurysm, stroke or epilepsy. Still other causes are: alcoholic hangover, sunstroke, spinal tap, spinal anesthetic, drug reactions or side-effects. Ingestion or inhalation of poisonous dust, fumes or vapors, can cause a headache. Generally, acute headaches are not a problem, as such. The solution or cure depends on elimination of the obvious causes.

What is recurring Headache?

The recurring headache is one that occurs at regular or irregular intervals. For some this might mean every day, once a week or only once a month. For others, a headache may be almost continuous. Still others may be free of headache most of the time and then have a series of them for several days or weeks. They may also occur seasonally and seemingly without any reason.

Recurring or problem headaches include those called: migraine, bilious or sick headache, sinus, tension, nervous, vascular, histamine, allergic, arthritic, high-blood pressure or eyestrain. The same individual can, and often does experience, a different kind of headache, at different times.

Most problem headaches have the same basic cause - nerve interference! A headache of this general type is rarely an indication of immediate danger to life. However, they can be disabling while they last, the pain can be that severe. The recurring headache accounts for over ninety-five percent of the common headache problems. They make headache remedies the largest selling item in the drug store. Yet aspirin or any other drug can provide nothing more than temporary relief.

Do Chiropractors treat all types of Headache?

No! - While chiropractic does provide the only real solution for most headache problems, it is not applicable in all cases. In an individual case the best answer may be had by discussing your problem directly with your local chiropractor.
How do Headaches differ?

Some headaches come on slowly. Some give a warning of their approach, others strike with a lightning-like speed and last for only minutes or seconds, still others may last for days, weeks or months. Some headaches occur only once a week or once a month, some as often as 20 times a day. It may involve the entire head or just the one side. It often centers around the eyes or the temples, the back of the head, or just the top of the head. The ache may be confined to a small spot, or all around the scalp like a hat band. It may also feel like a weight on top of the head.

The intensity or type of pain can vary greatly. It can be dull, boring, sharp, stabbing, burning, bursting, violent or throbbing. With the many possible combinations of symptoms, one headache is seldom if ever, the same as another.

What causes the pain of Headache?

The complex mechanism of pain is not as yet, completely understood. Yet one thing is certain. All headaches result from irritation to, or pressure on nerves. The cause of such interference is physical malfunction due to injury or disease.

The brain has no ability to feel pain - to itself, or within itself. It's the center of awareness for all physical sensation, but it has none of its own.

The brain is connected with every part of the body by millions of nerves, of two basic types:

1. Motor nerves - Carry electric-like impulses FROM the brain. Some to control the voluntary action or movements of the body. Others to control the "automatic" functions of all the organs.

2. Sensory nerves - Carry impulses of sensation TO the brain from all parts of the body. These impulses provide "information" that allows the brain to know what happens inside or outside the body. Sight, hearing, taste and touch are senses.

Irritation to - or pressure on sensory nerves, causes an abnormal intensity or volume of nerve impulses to reach the brain. The brain "feels" these impulses, as pain in the parts so affected. The pain of headache is caused by irritation of nerves in any part of the head, except the brain.

An irritation of motor nerves can also cause a headache - indirectly. Any interference with the function of motor nerves may cause an organic malfunction, with headache as a symptom.

What causes the nerve interference?

Any interference with the function of nerves in almost any part of the body, may be a cause of disease, with headache as a symptom. But more than 95% of problem headaches, are caused by an irritation of nerves in the upper spine or neck.

The neck or cervical spine, is an extremely complicated mechanical-organic structure. All nerves in the body and most of those in the head, pass through, or are intimately involved with the structures of the neck. Seven complex bones or vertebrae support the head and form a protective canal for the spinal cord. A normal neck has 48 sliding joints, bound together by many ligaments and moved by a hundred muscles. Sixteen major branches of the spinal cord, pass out through the small openings between the bones, ligaments and muscles. They form a web of nerves around the joints and throughout the neck, into the head, the shoulders, arms and hands. In the tight complex structures of the neck, a mechanical malfunction presents the hazard of nerve pinching, irritation or pressure. Even under normal conditions, the flexible, vulnerable neck, is subjected to almost continual stress. A malfunction of joints, called a "subluxation", is the most common disorder of the spine, that causes nerve interference resulting in many symptoms, including headache.

What is a subluxation?

A subluxation is a complex and pernicious disorder of the spine. It is the condition in which a vertebra is displaced or locked-out of its normal position. A displacement of a vertebra changes the normal conditions of pressure, tension, size, shape or length, of surrounding structures. The spinal cord and its nerve branches form a vital part of the spinal structures. Billions of nerves in this system, make the important connections between the brain and the body. By stretching, pressure, or irritation of nerves, a subluxation interferes with their normal function. The result is pain or disease, in the areas affected. Headaches are just one of the symptoms it can cause.

Any unusual stress or strain, can cause a subluxation. An injury or blow, tripping, stumbling or falling, and bad posture, poor diet, emotions, fatigue and exposure to heat or extreme cold, all lower the body's resistance to these disorders.
Are severe Headaches a sign of brain tumor?

Headache alone is never a sure symptom of a brain tumor. If you have frequent or recurring headaches, it's almost certain you do NOT have anything as serious as a brain tumor.

A tumor is an abnormal growth of tissue that is either cancerous or benign. If it occurs in the brain, either type will require surgery. Because tumors grow, they create pressure on the brain and interfere with its normal operation. It may cause impaired sight, speech, hearing or other similar symptoms. It may not even cause headache, because the brain feels no pain, even when damaged. If or when headache does occur, it is often a late symptom. The pain is then caused by pressure on the surrounding tissues, nerves and blood vessels. It is usually steady or continuous.

If you are really worried about brain tumor, by all means see your doctor at once. Chances are very good that he can easily relieve your mind of worry on this score. Actually, brain tumor is an extremely rare cause of headache.

What is Migraine Headache?

Briefly, a migraine is just a very severe form of headache. It is also called, sick, bilious or neurotic headache. Migraine means, half of the skull. The pain is only on one side, intense and throbbing. It is usually preceded by a visual or other sensory warning - 5 to 30 minutes before pain begins. It occurs at more or less regular intervals and is associated with stomach upset, nausea or vomiting. Like any problem headache its basic cause is nerve irritation. Chiropractic techniques have proven to be an amazingly effective solution for this severe headache problem.

What is Tension Headache?

The most familiar name for chronic or recurring headache, is "tension" or "nervous" headache. Said to be caused by mental or emotional strains, nervous anxiety or worry, that causes a general muscular tension. But muscle tenseness in itself, only causes fatigue, not pain. Any pain is always a sign of disorder or disease. Unusual tenseness could aggravate or trigger an existing disorder, usually a minor condition, which then causes the nerve irritation leading to headache.

Don't drugs cure Headache?

Cure means to heal; to restore to health and soundness. Aspirin, aspirin compounds, codeine or similar drugs only reduce sensitivity to pain. They may block pain temporarily but they do not eliminate the cause. In no way can they restore health and soundness. In severe headache, such as migraine, they may have no effect on the pain and can cause stomach upset. Every drug can be dangerous to some degree. Even simple aspirin causes some fatalities. Too much aspirin can be a CAUSE of headache. More powerful drugs can be habit forming or cause many bad side-effects.

Although many drugs may relieve the pain of a minor headache, there is no scientific basis for a belief that any drug actually "cures" headache.

Does Chiropractic cure Headache?

All headaches are caused by a direct irritation to - or pressure on nerves. By the detection and correction of the physical disorders that result in nerve interference, chiropractors eliminate a basic cause. The effective procedure, called an "adjustment", is safe, painless and free of any harmful side-effects. As a solution to headache problems, chiropractic has no equal. Based on sound scientific principles, both the theory and the method are firmly supported and effectively proven by the practical everyday results.

Chiropractors do NOT use drugs in the treatment of headache. As a competent and qualified doctor, a chiropractor provides a unique service to the headache sufferer. It is the only effective and SAFE method of dealing with common headache problems, without using any of the harmful or potentially dangerous drugs.

Are X-rays necessary for the treatment of Headaches?

Every headache problem should have the most efficient and effective care. The cause of many headaches is found in the complex structures of the cervical spine, in the upper part of the neck. X-ray can pin-point the source of trouble. Modern spinographic x-rays are safe and relatively inexpensive. Your chiropractor could be handicapped without them. They can provide positive analysis, assurance of correct diagnosis, proper treatment techniques and faster results.
Can Chiropractic give quick and permanent relief of Headache?

Since a chiropractor can quickly eliminate the cause of many headaches, relief of pain is often immediate. However, injuries or structural disorders that cause the nerve interference that can result in headache, also cause other problems. When the cause is removed or corrected, the natural healing processes need time to respond. In actual practice, the correction and restoration time may vary from hours to many months. One must remember that headache is only a symptom and not an ailment in itself. There is no direct relationship between severity or duration of the headache and the time needed for its solution. If chiropractic is proper for your particular case, as it is in most cases, you CAN expect positive results. In a chronic headache problem of long standing, one should not expect an immediate solution. However, it is not unusual for even the most difficult cases to respond very quickly.

It is important to realize that chiropractic can produce lasting results, far in excess of anything possible with even the strongest drugs available. Unlike drugs, chiropractic works with nature, to restore normal function and health. Chiropractic relieves the pain of headache by eliminating the cause, not by hiding it with strong chemicals.

The question of permanent results depends on many factors. When a person continues to be exposed to the same daily stress, due to personal habits and occupation, a recurrence is certainly possible. Also accidents and injury are an ever present danger. Yet in most cases excellent and permanent results are achieved. Regular chiropractic check-ups will prevent a recurrence and help to maintain health and physical fitness.

DISTRIBUTED IN YOUR COMMUNITY AS A PUBLIC SERVICE.

DR. P. J. RUSSAMANO
CHIROPRACTOR
25th & BIRCH ST.
EASTON, PA. 18042
TEL. 610-244-1100
© 1971
History and Sciatica

The word "sciatica" was invented by an Italian doctor, Domenico Cotugno, in 1764. He was the first to describe this painful ailment in any medical treatise. He did not know the cause and he did not have a cure—he just gave it a name.

One hundred years later (1864), a Frenchman named Lasegue, wrote a paper linking lumbago (back pain) with sciatica. He was quite right, but it did not help those who suffered with either one of these painful conditions.

Although every medical doctor has been called upon to treat lumbago or sciatica, their recipes and remedies have always been inadequate. The narcotics and other pain-killing drugs do provide some temporary relief, but they are not a cure.

On September 18, 1895, in Davenport, Iowa, Dr. D. D. Palmer discovered a new scientific principle that was destined to provide the first real solution for the ancient ailment of sciatica—and a great deal more. His momentous discovery followed an experiment that cured a man of deafness—and a pain in the back—as though they only had one cause—which was indeed a fact!

Mr. Harvey Lillard had been deaf for 17 years, following an injury to his back. Dr. Palmer relieved his back ailment and restored his hearing by manipulating a "bump" on his back. This very enlightening experiment marked the birth of the modern science of chiropractic healing.

Dr. Palmer discovered that many ailments are due to minor injuries and disorders of the spine, causing interference with the function of nerves. He called these spinal disorders, "subluxations". Diseases like sciatica, are not an ailment in themselves; they are merely the symptoms of a more basic disorder or an injury of the spine. In the case of sciatica, the pain is caused by injury or disorder of the lower spine, which causes an irritation of the sciatic nerve or its roots.

Palmer's exciting discoveries led to the development of a new means of healing which he called "chiropractic", meaning "done by hand". In 1897 he began to teach chiropractic to others. In spite of the limited knowledge and ability of these first practitioners, they were soon demonstrating the tremendous value of the new healing art. For the first time in history an effective treatment was available for the misery of lumbago or sciatica.

What is Sciatica?

A simple diagnosis of sciatica does not always give a clear picture of what is wrong. The word "sciatic", pertains to the hip or the region of the hip, or anything affecting this area. The popular version of sciatica includes any painful condition affecting either the hip or leg.

According to a medical dictionary: "Sciatica is an inflammation of the sciatic nerve, usually a neuritis. There is paresthesia or odd sensations of the thigh and leg, tenderness along the nerve, and sometimes there is wasting of the leg or calf muscles. Pain is usually constant but is subject to variations in its intensity. The disease usually attacks persons of middle age."

This definition classifies the symptoms as the disease. But symptoms are only the functional evidence of disease or of a patient's condition. Sciatica is a symptom of nerve pressure or of an irritation, caused by physical injury, malfunction or disease. It's not unknown in young people, but it usually does occur in adults, and in men more often than in women.

The sciatic nerve bundles are the longest and largest of the body. They spread out through the buttocks, back of thighs, the legs, and the feet.

The effects of sciatica can extend to the entire distribution of nerves throughout its length. But in most cases, pain and paresthesia follows the main course of the nerves down the back of the thigh. Paresthesia means abnormal sensations. These include anesthesia or numbness, burning, tingling, prickling or crawling sensations.

Backache, lumbago, stiffness or muscle spasm in the lower back, usually precedes the onset of a typical sciatica. A back pain may continue along with the sciatica, or may subside as the sciatica develops and becomes more intense. Sometimes sciatica develops without any back symptoms.

The pain of sciatica is persistent, but the level of pain may vary from day to day. Just when it appears to be easing up, it may suddenly become worse. On the other hand, the pain may let up entirely, for hours or even days. The condition is aggravated by any kind of straining, stooping, bending, or even sneezing or coughing. It is not a self-limiting ailment. It is caused by irritation or pressure on the sciatic nerve bundle, and will not be cured until the cause is eliminated.
Cause of Sciatica

The primary cause of sciatica is a pressure, irritation or injury, to some part of the sciatic nerve. It can occur in many ways, and the most frequent site of trouble is within the spine.

Five nerve roots emerge from the spine and join to form the main sciatic trunk. These roots or nerve bundles, must pass through the small openings between the vertebrae, surrounded by muscles, ligaments, and many other tissues.

Through an injury or stress, vertebrae may be forced from their normal location and their natural movements restricted, or totally blocked. These disorders are called "subluxations". They cause an interference with the function of nerves which results in pain or malfunction in the parts or organs, served by the affected nerves. Spinal subluxations are the principle cause of sciatica.

Slipped Disk

In recent years a diagnosis of slipped-disk has been fashionable or in vogue, for almost every case of backache, hip or leg pain. It's not a new disease or ailment. It's just another name for lumbago or sciatica. As with many such popular names, it's neither correct nor truly descriptive of the most common causes of these ailments.

Between the vertebrae, and forming part of the spinal column, are the tough elastic structures called spinal disks. They separate and cushion the vertebrae against shocks and jolts. They are securely bound to each vertebra and they simply cannot slip. Under normal conditions, the disks can withstand more strain or violence than any other spinal structure. However, spinal distortions or subluxations, that are not corrected, can weaken disks and lead to eventual breakdown.

Rupture or a disk, incorrectly called "slipped-disk", never occurs to any healthy normal disk. When a disk has been damaged or weakened, any severe jolt, twisting movements, or unexpected strains, may cause rupture. Material protruding from this ruptured disk, may press on the spinal cord or its branches and cause nerve irritation. Actual rupture of a disk is quite rare but when it does occur, it can cause sciatica. In most cases the so-called "slipped-disk", is only a thinned, distorted, or swollen disk, that is the result of a chronic or persistent spinal subluxation.

A shows the course of the sciatic nerves. Spots show the common sites of pain etc., generally on one side only. B Shows the general area of the great sciatic nerve distribution. When sciatica is present, the test C-1 will cause a low back pain. With leg lowered to a point just below pain, C-2 the foot is flexed. (arrow) This test is positive for nerve root irritation if pain returns. Figure D shows how displaced or subluxated vertebrae can weaken and distort disks to cause pressure on nerves. E shows how such a weakened disk may rupture and cause severe nerve irritation.
Diagnosis and Treatment

Diagnosis is the art of distinguishing one disease from another. Ideally, a diagnosis should lead to an effective treatment. Before the advent of chiropractic, there was no real relationship between diagnosis and the treatment of sciatica.

The nerve interference that produces sciatica has many possible causes. It may be due to an obvious injury, fracture, dislocation, stab or gun shot wounds, tumors, ruptured disks, et cetera. However, these causes for sciatica account for only a small part of the total number of cases. The cause for most sciatica remained unknown, and treatment was dictated by fashion rather than science. Chiropractic was first to provide a true explanation for the major cause of sciatica. It also provided for the first uniformly successful treatment of this ancient and painful ailment.

Chiropractic diagnosis for sciatica became a physical analysis that approached the ideal in its effectiveness. With proper training, the actual cause could be detected and corrected, with the chiropractic technique called an "adjustment".

New ideas are slow to catch on among doctors. In fact they are often hotly disputed and violently attacked. When chiropractic science was being developed, medicine was just striving to become a science. Chiropractic seemed far too simple. The basic principles of chiropractic were almost too easy to understand. However, the practice of chiropractic required arduous training in the development of personal skill and a more intimate knowledge of practical anatomy. Most doctors were unwilling or unable to learn the new method of practice. What they couldn't do, they attacked and condemned. As a result chiropractic is now a separate healing art. It grew and prospered by succeeding where those who denied it, had failed.

A person afflicted with a painful sciatica is not concerned with any professional squabbling. He seeks release from his painful ailment, and from chiropractic he gets what he needs. Chiropractic has proved itself beyond doubt. It puts aside the obsolete, traditional remedies that have failed — it adds nothing to the body — and it takes nothing away — except the ailment!

Chiropractic has developed into a true science of healing that has proven itself to be America's greatest contribution to the arts of healing.
Cause of Sciatica

The primary cause of sciatica is a pressure, irritation or injury, to some part of the sciatic nerve. It can occur in many ways, and the most frequent site of trouble is within the spine.

Five nerve roots emerge from the spine and join to form the main sciatic trunk. These roots or nerve bundles, must pass through the small openings between the vertebrae, surrounded by muscles, ligaments, and many other tissues.

Through an injury or stress, vertebrae may be forced from their normal location and their natural movements restricted, or totally blocked. These disorders are called "subluxations". They cause an interference with the function of nerves which results in pain or malfunction in the parts or organs, served by the affected nerves. Spinal subluxations are the principle cause of sciatica.

Slipped Disk

In recent years a diagnosis of slipped-disk has been fashionable or in vogue, for almost every case of backache, hip or leg pain. It's not a new disease or ailment. It's just another name for lumbago or sciatica. As with many such popular names, it's neither correct nor truly descriptive of the most common causes of these ailments.

Between the vertebrae, and forming part of the spinal column, are the tough elastic structures called spinal disks. They separate and cushion the vertebrae against shocks and jolts. They are securely bound to each vertebra and they simply cannot slip. Under normal conditions, the disks can withstand more strain or violence than any other spinal structure. However, spinal distortions or subluxations, that are not corrected, can weaken disks and lead to eventual breakdown.

Rupture or a disk, incorrectly called "slipped-disk", never occurs to any healthy normal disk. When a disk has been damaged or weakened, any severe jolt, twisting movements, or unexpected strains, may cause rupture. Material protruding from this ruptured disk, may press on the spinal cord or its branches and cause nerve irritation. Actual rupture of a disk is quite rare but when it does occur, it can cause sciatica. In most cases the so-called "slipped-disk", is only a thinned, distorted, or swollen disk, that is the result of a chronic or persistent spinal subluxation.
**Facts About Blood Pressure**

- Blood pressure refers to a pressure within the arteries and it's produced by the beating of the heart. When the heart contracts and forces blood into the arteries, it creates a pulse wave that can be felt in the wrist, neck, and other parts of the body. The pressure varies throughout the duration of each heartbeat. It's highest during the contraction or systolic phase and is at the lowest during the relaxation or diastolic phase of each heartbeat. As a result, every person has an upper systolic pressure and a lower diastolic blood pressure, e.g., 120/80.

- Blood pressure varies among people and in the same person at different times. It normally falls to a low level during sleep or when the body is at rest. During the waking hours it constantly changes with the level of activity. It increases sharply - but normally, with heavy exertion or in response to mental or emotional excitement.

According to the United States National Center for Health Statistics the average blood pressure for both men and women, in each age group, is represented in the following graph.

- High blood pressure or hypertension, is one of the most common problems affecting the heart and blood vessels. Estimates of the number of hypertensive adults in these United States, range from 20 to 30 million persons. Surveys indicate that more than one-third of the population over 50 has higher than average blood pressure. It is estimated that at least 30 percent of the nation's hypertensive cases go undetected.

While the average age at which blood pressure becomes a problem is thirty, it's found in many teenagers, young children and even in infants.

---

**Normal Blood Pressure**

At birth the blood pressure of a normal baby is about 70/40. It rises gradually as a child grows and is about 100/60 in adolescence. Between the ages of twenty-one and forty, it averages out at 120/80. After forty it may continue to increase slowly and at the age of sixty may reach 145/90. After sixty the diastolic pressure tends to stay fairly stationary but the systolic pressure may continue to increase gradually. The figures represent averages in normal health and may differ by 10 percent or more and still be quite normal.

Wide variations exist in "authoritative" opinion as to what constitutes hypertension at different ages. In the past the upper limits for people of all ages, male or female, was 150/90. Some of the recent studies seem to show that the limits of normal blood pressure are much greater than the figures previously accepted. The following table shows this new range of "acceptable" pressures.

**Normal Range of Blood Pressures**

<table>
<thead>
<tr>
<th>AGE</th>
<th>MALE Systolic</th>
<th>MALE Diastolic</th>
<th>FEMALE Systolic</th>
<th>FEMALE Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-24</td>
<td>105-140</td>
<td>62-88</td>
<td>100-130</td>
<td>60-85</td>
</tr>
<tr>
<td>25-29</td>
<td>108-140</td>
<td>65-90</td>
<td>102-130</td>
<td>60-86</td>
</tr>
<tr>
<td>30-34</td>
<td>110-145</td>
<td>68-92</td>
<td>102-135</td>
<td>60-89</td>
</tr>
<tr>
<td>35-39</td>
<td>110-145</td>
<td>68-92</td>
<td>105-140</td>
<td>65-90</td>
</tr>
<tr>
<td>40-44</td>
<td>110-150</td>
<td>70-94</td>
<td>105-150</td>
<td>65-92</td>
</tr>
<tr>
<td>45-49</td>
<td>110-155</td>
<td>70-96</td>
<td>105-155</td>
<td>65-96</td>
</tr>
<tr>
<td>50-54</td>
<td>115-160</td>
<td>70-98</td>
<td>110-165</td>
<td>70-100</td>
</tr>
<tr>
<td>55-59</td>
<td>115-165</td>
<td>70-98</td>
<td>110-170</td>
<td>70-100</td>
</tr>
<tr>
<td>60-64</td>
<td>115-170</td>
<td>70-100</td>
<td>115-175</td>
<td>70-100</td>
</tr>
</tbody>
</table>

**Lower Limits of Hypertension**

<table>
<thead>
<tr>
<th>AGE</th>
<th>MALE Systolic</th>
<th>MALE Diastolic</th>
<th>FEMALE Systolic</th>
<th>FEMALE Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-24</td>
<td>150</td>
<td>95</td>
<td>140</td>
<td>90</td>
</tr>
<tr>
<td>25-29</td>
<td>150</td>
<td>96</td>
<td>140</td>
<td>92</td>
</tr>
<tr>
<td>30-34</td>
<td>155</td>
<td>98</td>
<td>145</td>
<td>95</td>
</tr>
<tr>
<td>35-39</td>
<td>160</td>
<td>100</td>
<td>150</td>
<td>98</td>
</tr>
<tr>
<td>40-44</td>
<td>165</td>
<td>100</td>
<td>165</td>
<td>100</td>
</tr>
<tr>
<td>45-49</td>
<td>170</td>
<td>104</td>
<td>175</td>
<td>105</td>
</tr>
<tr>
<td>50-54</td>
<td>175</td>
<td>106</td>
<td>180</td>
<td>108</td>
</tr>
<tr>
<td>55-59</td>
<td>180</td>
<td>108</td>
<td>185</td>
<td>108</td>
</tr>
<tr>
<td>60-64</td>
<td>190</td>
<td>110</td>
<td>190</td>
<td>110</td>
</tr>
</tbody>
</table>
Hypertension

Hypertension or high blood pressure is really not a disease in itself – it's just a symptom. It's an indication of a disorder or malfunction within the circulatory system, the nervous system or in one of the vital organs of the body.

High blood pressure is classified as "primary" or "secondary". A primary HBP is also called "essential" or "idiopathic" hypertension. This is just medical jargon for the absence of any easily identifiable cause, and it accounts for more than ninety percent of all hypertensive cases.

Secondary hypertension, as the name implies, is associated with some specific disease that is the actual cause of the elevated blood pressure. There are definite symptoms associated with the disease and HBP is just one of these symptoms.

In a primary hypertension the high blood pressure may be the only symptom, and its presence only detectable with a blood pressure gauge. A person with primary hypertension may be free of all obvious symptoms and feel perfectly well, or have some symptoms that apparently don't have anything to do with the high blood pressure.

It's a popular misconception that HBP always does cause symptoms and that the severity of the symptoms depends upon the actual height of the pressure. While persistent HBP will eventually cause symptoms, there is no specific symptom that will reveal its presence or the height of the actual pressure. There is no stereotyped image of the kind of person who develops hypertension.

While some experts believe in a "hypertensive personality", there is not enough real evidence to support the theory. Of course temperament, obesity, smoking and diet all contribute to HBP, but they are not considered as basic causes.

Many experts now believe that a predisposition to hypertension is inherited. Studies do show that people whose parents had HBP are more likely to have it than those whose parents did not.

Traditionally, men have been considered as its chief victims, but HBP affects more women than it does men. It's the most common complication of pregnancy, after menopause, and now the oral contraceptives are said to be a cause of HBP.

One of the basic problems concerning HBP is the lack of authoritative agreement as to what is actually normal and what is abnormal.

Low Blood Pressure – Hypotension

All statistical studies of the general population show that approximately 25 to 30 percent have a so-called "primary" hypotension. It means that the blood pressure is found to be below 110/70, which has been arbitrarily described as the lower limit for the average normal blood pressure.

Government sponsored studies of the general population have shown that less than 30 percent can actually be described as completely healthy. Therefore, blood pressure studies of the general population will produce averages that are probably too high for a completely healthy person.

Many healthy people have an average pressure of 90 systolic and 60 diastolic for most of their lives. In fact these lower pressures seem to increase life expectancy – if they are indeed the normal pressures for that individual. In such a case there will be no symptoms and treatment is neither necessary nor desirable.

Secondary hypotension is low blood pressure that develops in the course of a serious illness, any acute infection, heart failure, malnutrition, Addison's disease, circulatory shock from hemorrhage, trauma or injuries, hyperinsulinism or other causes. People with secondary hypotension are weak, tired, faint or dizzy, in addition to the symptoms of any causative injury or illness. In such cases effective treatment must be directed toward elimination of the most obvious causes.
**Cause Of Hypertension**

Blood pressure is normally measured in either upper arm of a seated person - using a standard blood pressure gauge or sphygmomanometer and a stethoscope. Charts or graphs showing normal ranges for pressure are based on this method of taking blood pressure. The actual pressure and concentration of blood in the arms or other parts of the body varies with the level of activity and the condition of the heart and blood vessels.

The blood vessels are not simple "pipes" of a specific size for carrying a definite quantity of blood. They are elastic tubes that can expand or contract in response to nerve control, according to the changing needs of the organs and muscles.

Except for the brain, the distribution, rate of flow, and the pressure of blood varies constantly throughout the body and throughout the day. In a normal person the rate of flow to the brain will remain a constant one and a third pints a minute. Even with maximum exertion, when the muscles receive up to 88% of the heart's output, the rate of blood flow to the brain will remain constant.

When the resting blood pressure, as measured in the arm, is persistently above "normal" the diagnosis is usually "essential hypertension", if no other "specific cause" can be found.

Although no one condition can fully explain all cases of essential hypertension - a faulty nerve control of the heart and vascular system can account for more than 90% of cases. In the typical case, blood pressure rises because the normal volume of blood is being compressed by an abnormal constriction of blood vessels; or is due to an abnormal increase in actual blood volume; or due to increased heart rate with a higher output.

They are the most widely accepted ideas about the causative factors in essential hypertension. Opinions differ, but the most common methods of effective treatment support these basic theories.

Traditional medicine employs diuretic drugs to reduce fluid volume, vasodilator drugs to relax blood vessels and drugs to block the faulty nerve control. They are important, even life-saving in a crisis situation but they don't cure or eliminate the basic cause. They must be taken daily for a life-time. They are expensive, difficult to regulate and they can cause serious side-effects that are occasionally life-threatening in themselves.

**Chiropractic And Blood Pressure**

The maintenance of normal blood pressure is a complicated process. Any pump and pressure system devised by man is childishly simple when compared to the heart with its 300,000 miles of blood vessels and their complex nerve controls.

At rest a heart delivers over a gallon a minute and over 5 gallons a minute at maximum output. The basic rhythm of the heart is controlled by a built-in "pacemaker". But special nerves act to increase or decrease the heart's beat - to meet the constantly varying demands of the body.

In performing physical work, the motor nerves direct movement of the muscles. Other nerves provide for a greater flow of blood to the active muscles. Blood vessels of the abdominal organs are constricted and those of the active muscles are dilated by the nerve control and by chemical reactions within the muscles themselves. When we eat a meal the situation is reversed. During hot weather or with exertion, blood is diverted to the skin for cooling. Inactivity or cold weather restricts skin circulation to prevent heat loss.

The maintenance of normal blood pressure and its proper distribution is primarily a function of the nervous system. Therefore, any disorder or malfunction of the body that causes interference with the normal function of the nerves, can be a cause of primary hypertension - or hypotension.

The science of chiropractic is primarily concerned with the diagnosis and correction of such nerve disorders. Chiropractic adjustments are not a "specific treatment" for either high or low blood pressure. But they do provide an effective means of eliminating nerve interference that can be the cause of many diseases or disorders, including abnormalities of the blood pressure.

There is overwhelming clinical evidence of the effectiveness of chiropractic care in normalizing human blood pressure. Chiropractic health care with regular checkups can help your body maintain normal control of blood pressure. In most cases blood pressure readings become stabilized at a very healthy lower-than-average level.

There's no danger in consulting a chiropractor for any blood pressure problem. They don't prescribe drugs or other dangerous treatments. If chiropractic is not appropriate in your case, he will recommend the necessary professional care.
Discover Chiropractic

Millions of people throughout the world enjoy the many health benefits provided by chiropractic science. Everyday, thousands more "discover" chiropractic for themselves. Chiropractors are now available in nearly every community. They are licensed and regulated in each state and by federal law, in the District of Columbia.

Trained in special accredited colleges, chiropractors provide a unique health care service. It is recognized by health insurance companies, by union welfare and major medical plans, regular and no-fault automobile insurance, by Workman's Compensation, Medicare and Medicaid insurance.

Without any exception, every human being is a potential and positive beneficiary of chiropractic science. Everyone alive can live better, longer or healthier lives with the help of chiropractic.

Modern chiropractic had its beginning in 1895. It's not a specialty or a part of traditional medicine. It's an entirely new concept in health care and is the first professional health care science.

Chiropractic doesn't treat disease with drugs or medical remedies. It eliminates the cause of many of the most common diseases, but it also is an effective means of preventing disease.

Chiropractic is a true health care science that works to maintain or restore normal function in the human body. A doctor of chiropractic is not a middleman between you and a drug company. He treats you as a unique individual on a person-to-person level and he provides effective health care through his personal skill and knowledge.

Any persistent abnormality in blood pressure readings is a cause for concern. In fact, it has been stated that the effects of hypertension in the general population may be more destructive than cancer, tuberculosis, or syphilis.

Regular chiropractic checkups and health care, can help keep your body functioning normally and keep your blood pressure within normal limits.

Distributed In Your Community As A Public Service.
What is Migraine Headache?

Basically, migraine headache is like any other headache. It's a sign or a symptom of physical disorder. Specifically, it's the name for a very severe and disabling headache. First described in very ancient medical writings, it was called "hemicrania", meaning half of the skull, because the pain is primarily one-sided. It has also been called the vapours, megrim, sick-headache, bilious-headache, nervous or neurotic headache.

A typical migraine is associated with a number of other symptoms. It's commonly preceded by warning signs, usually visual or other sensory disturbances, about five to thirty minutes before the onset of the actual headache.

In untreated cases, migraine headache can last twelve to seventy-two hours, changing character several times. It usually starts with a terrible and intense throbbing, pounding, one-sided pain that lasts many hours. Gradually, the throbbing pain changes to a sharp steady pain, still on the same side. The steady pain may last twelve to twenty-four hours and is followed by a dull ache, all over the head. The dull ache subsides slowly usually leaving a tingling in the scalp and an all-over "beat-up" feeling that persists for hours.

How common is Migraine?

Based on medical figures, there are about ten to fifteen million migraine sufferers, just within the United States. There are no statistics giving an accurate count. Estimates are based on clinical observations and the definition of migraine can vary with different investigators. For some, any severe, one-sided or disabling headache is a migraine. For the majority, migraine is a very specific and well defined ailment.

Differences in opinion makes an accurate estimate impossible. Many migraine victims never seek any professional aid. Also there are many cases mistakenly "diagnosed" as migraine, that are really some other type of severe headache.

Whatever the actual count, it's a serious problem for a great many people. The annual loss in wages, in working time and in productive work, must account for many millions of dollars. The loss of living time is impossible to evaluate and yet, with due care, most of it could be avoided.

Who gets Migraine?

A study of migraine sufferers shows that this headache problem is non-selective. It strikes all men, women and children, rich or poor, city or country dwellers, without discrimination.

However bad or terrible, the pain of migraine is NOT a disease in itself. Like any other headache, migraine headache is a symptom of physical disorder, malfunction or injury. Therefore anyone can have this problem, but some people may be more susceptible than others.

Heredity

Of all the people who have migraine, about 65% come from families in which a parent or grandparent had migraine. This doesn't prove that a migraine itself is inherited. It does indicate that heredity may be an important factor in its cause.

Age

While migraine can start at any time, nine out of ten have their first attack between the ages of fifteen to thirty-five. It can start in children as young as five. A first attack of migraine seldom occurs after the age of about forty-five.

If untreated, or improperly treated, migraine usually becomes more severe and more frequent in the late thirties and through the forties. At the age of fifty or more, it is not unusual for the migraine to become less painful or less frequent. Often with advancing age, and particularly with women as they go through the change-of-life, the migraine headaches may stop completely.

Personality

It's a common belief that nervous, intelligent, aggressive, perfectionistic people, are the most likely victims of migraine. There's no scientific evidence to support the theory. Many victims of migraine are conscientious, hardworking, lively, sensitive and intelligent people. Yet many others having none of these traits, ache just as much.

If a person has frequent or severe headaches, it's not surprising if he is nervous, but this may be a result, not the cause. There is no definite psychological difference between those who have migraine and those who don't. There is no personality trait that can definitely cause migraine. A "migraine personality" simply does not exist.
Diagnosis

Headache is only a symptom. It's important to establish its true identity and cause in each case. Migraine, as defined here, is a specific condition for which an understandable cause and a reasonably effective treatment is known.

A routine physical examination usually will not provide much help in the diagnosis of migraine. While most people are troubled by only one form of recurring headache, they can have more than one type. A detailed history and a very careful examination will uncover any obvious problems and avoid errors in identification. In migraine, the most important factor in establishing a true diagnosis, is the history given by the patient.

In true migraine, warning signs or symptoms always precede the headache. The most common warnings are visual. Nearly everyone with this problem has some visual sign as a fairly reliable indication of impending headache. It may be an extreme sensitivity to light, blurred vision, or an inability to focus the eyes. A temporary partial blindness may occur in one or both eyes. Often, the lid will droop on the side of the developing headache. Spots or colored patches may appear before the eyes. Wavy or zig-zag lines of light are common. White spots like falling snow are frequently reported. Some have no visual signs but do have other warnings. It may be extreme sensitivity to noise, an acute reaction to odors, or an unusual skin sensitivity. There may be feelings of thickness or of swelling in the skin. Some have difficulty talking or in concentrating and may be dizzy, irritable and restless.

Treatment of Migraine

The traditional treatment of migraine has been confined almost entirely to prevention and relief of the terrible headaches — without any practical consideration of the cause. Yet migraine is not just a headache — it's a complex of interrelated symptoms with a common cause. However gratifying, the relief of pain and the masking of other symptoms by modern drugs, is not a complete or satisfactory solution. A truly effective solution for migraine, should provide relief of symptoms by successfully eliminating the basic cause.

Migraine and medicine

According to a modern and traditional medical concept, migraine headache is a "constitutional abnormality of unknown cause" in which heredity and personality play an important part.

A migraine is said to be caused by dilation or enlargement of the blood vessels in the head and scalp. Nerve pressure caused by these dilated blood vessels is said to account for most of the other symptoms. There seems to be no specific medical rationale for why the blood vessels become dilated in the first place, or why it occurs on only one side of the head. Medical authorities indicate that "something" in the body mechanism of "migrainous individuals" fails to control these blood vessels, "for some reason" — as yet unexplained. In the semantic wonderland of medicine, effects become causes, and drugs that just hide symptoms, masquerade as scientific solutions.

Medical treatment

Migraine is a worrisome and a terribly painful illness, but it is not a cause of death, nor is it a sign of a fatal illness. However, under certain conditions, medical treatment for migraine may inadvertently be a cause of severe physical reactions that may eventually be fatal.

In his awful misery, the migraine victim will usually grab anything that offers relief. Drugs provide a measure of relief in a number of ways. Some drugs help to prevent the headaches from even starting, and they work — for some people. Other drugs may abort the headache — if taken at the first sign of the warning symptoms. Once the headache develops, even the most powerful drugs are usually ineffective and needlessly dangerous.

A migraine patient is usually directed to take medication at the first hint of an impending headache. If taken soon enough the drug may prevent that particular migraine attack. However, drugs have no effect on the basic migraine syndrome, and they cannot eliminate the cause. They can't prevent any future attacks and must be taken on each occasion. Because of the time factor, (they are not effective after the headache starts) many of these patients are tricked into taking too much of a particular drug, too often. The high level of toxic material circulating in the blood, can have serious or even fatal consequences.
Drugs

Drugs act on organs and tissues by interfering with their normal functions. They can't cure, but they often relieve pain or mask the symptoms.

The newest drug for prevention of migraine is methysergide, a chemical relative of ergot. Its trade-name is Sansert. Like ergot its effectiveness is based on its artery squeezing action. It must be used before a migraine begins. It does not help once the pain starts. Most patients must take the pills daily to get results. It's said to be the best migraine drug available. Yet many doctors believe that methysergide can cause damage to the kidneys and many other organs.

The "good" achieved by drugs must be weighed against their harmful effects. Artery squeezing drugs do reduce dilated blood vessels, but they are not selective. They squeeze arteries that do not need squeezing. They cannot be used on any patient with: vascular disease, hardening of the arteries, high blood pressure, impaired liver or kidney function, pregnancy or glaucoma, and it's hard to spot these conditions in the early stages.

Side-effects

Most people don't understand exactly what this term means. Actually, it's just a point-of-view. All drugs have a number of effects. If one of the effects is the one you want, then you could consider all the rest as "side-effects".

If some drug could prolong, or save your life, any "bad" effects would be justified. Drugs don't cure migraine and in many cases they don't even stop pain. In this case, their use is not justified. Many drugs are used to treat the symptoms of migraine. They include aspirin and other simple pain-relieving drugs, sedatives or tranquilizers, vasoconstrictors or vasodilators, hormones such as ACTH or cortisone, antihistamines, anticonvulsive drugs, and even the dangerous narcotics.

Aside from the possibility of drug addiction, some of the not-so-dangerous? side-effects are: drowsiness or lasitude, dizziness, jitteriness, nervousness, delusions, hallucinations, vertigo, fainting, nausea, constipation, diarrhea, gastric distress, insomnia or depression, flushing of the face, dry mouth, blurred vision, hives or rash, profuse sweating, edema, AND headaches, which is quite ridiculous under the circumstances.

Drug dangers

Powerful drugs and overdosing, which is common with migraine patients, can really endanger life. Even without overdosing, many drugs used for migraine are quite dangerous. They can be a cause of liver or kidney damage, hepatitis, high or low blood pressure, excess sugar in the blood or urine, pernicious anemia or other disorder of the blood, scanty or suppressed urine, impaired vision or eye damage, extreme muscular weakness, fever, inflammation of joints, severe skin eruptions, bleeding under the skin, pain over the heart, signs of coronary insufficiency, difficult breathing and other signs of respiratory trouble.

While it is not a complete list of all possible dangers in drug therapy, it shows that the risks far outweigh the possibility of real benefit, in an otherwise non-lethal ailment, such as migraine.

Migraine and Chiropractic

According to the modern chiropractic concept, migraine is a symptom of neural malfunction. It is the result of structural disorders due to some physical or emotional stress. The actual cause is an irritation or interference to nerves within the mechanical structures of the spine.

The central nervous system is divided into two sections, left and right. Structures of the spine are such that trouble occurs on only one side, in any given instance. This accounts for the one-sided headaches of migraine. All nerves in the body either pass through, or are intimately involved with structures in the neck. Irritation to the nerves in this area can interfere with any of the body's functions. In the case of migraine, the irritation that causes the headaches, would also be a basic cause for most of the other symptoms of sensory disturbance throughout the body.

Any explanation or theory about the cause of a particular ailment, is useless if it does not lead to effective treatment. The chiropractic theory is based on sound scientific facts, but more important, it is substantiated by practical everyday results. In migraine, its total effectiveness is limited only by the condition of the patient or the skill of an individual chiropractor. In unselected cases, clinical effectiveness exceeds 70%. The chiropractic care of migraine cases, eliminates the possibility of dangerous drug reactions.
Chiropractic treatment

Chiropractic care of a migraine or any other type of headache, is not really a treatment in the usual sense. A chiropractor effects the relief of symptoms by elimination of the CAUSE. In general practice, "treatment" deals with symptoms and effects through remedies, medicines, massage, physiotherapy et cetera — without specific attention to CAUSE. These methods do not form a regular part of the practice of chiropractic.

A chiropractor's basic education is essentially the same as that of any other doctor. However, a chiropractor is specifically trained to deal with malfunction of the physical or mechanical structures of the body, that cause disease.

The specific chiropractic technique for dealing with these problems, is called an "adjustment". The adjustment is a specific procedure, suited to the specific needs of the individual. A patient suffers no pain or discomfort from an efficient chiropractic adjustment. There is no possibility of dangerous or damaging side-effects, since the chiropractor does not use or prescribe drugs.

Prognosis

The clinical effectiveness of chiropractic in a true migraine is unequaled by any other method. In individual cases, the prognosis may vary considerably. In acceptable and selected cases, the chances of complete success are excellent. The time required to achieve the partial or complete elimination of symptoms will vary in each case. A typical case will require a minimum of several weeks. Some cases will respond immediately, while others may require many weeks or months. In special cases, a year or more may be needed. However, results achieved through chiropractic exceed anything possible with routine treatment methods. Even in difficult cases, costs compare quite favorably with the less effective methods.

DISTRIBUTED IN YOUR COMMUNITY AS A PUBLIC SERVICE

CLINIC OF HOPE
MICHAIL JUDE LOQUASTO, D.C., LTD.
Chiropractor, Director
127 MAUCH CHUNK STREET
NAZARETH, PA. 18649
© 1971 Publishing Co.
"A slipped disk", has become one of our stock American phrases, and probably one of the least understood. People generally use it as a blanket name for almost every back pain. Originally it was used as a "simple" explanation of a ruptured disk. In everyday use it has replaced the older term of lumbago. Neither one has any specific meaning, but they are generally used to indicate a very severe or persistent back pain problem.

Most of the common back problems are joint or muscle disorders that need expert analysis and very specialized care. An actual rupture of a spinal disk accounts for less than 2 percent of the most severe cases. If rupture does occur it is almost always the result of an untreated, or an improperly treated spinal joint disorder.

Disks are cushioning and supporting elements between the spinal vertebrae. Each is securely attached to the two vertebrae and can't slip. But if ruptured, its protruding substance will cause pain by pressing on the sensitive spinal nerves.

It's easy to understand how ruptured disks can cause back pain. Because of this, they get more attention than they deserve. Using "slipped disk" as a cover name for all back problems including ruptured disk, creates the false impression that almost every back pain is due to "disk" trouble.

CAUSE OF BACK PAIN

There is no simple or easy way to explain all back pain. It is a common symptom of a great many disorders or ailments. But in those cases included under the blanket term "slipped disk", the back pain is the chief or only complaint.

It is a scientific fact and most doctors agree, that these back pains are caused by mechanical irritation of sensitive nerves within the spinal structures. Yet all doctors do not agree on how this nerve irritation is actually caused.

Authoritative medical opinion on this subject is notably inconsistent. But the vast majority of medical doctors consistently blame the disks for most back trouble. They are responsible for the inappropriate blanket term of "slipped disk".

A spinal disk doesn't cause any pain unless it is herniated or ruptured. But the disks don't get into trouble by themselves because they have no muscles and they just can't move by themselves. They simply flex with the movement of the spine. The disks have no sensory nerves and no sense of "feeling", so they can't "hurt" or be painful.

Most back pain originates within the active or moveable elements of the spine, in the joints and muscles. Unlike disks, they are well supplied with a web of sensory nerves that can "hurt", if subjected to irritation, or a sustained pressure.

The human spine has 23 insensitive disks, but there are hundreds of sensitive muscles that are attached to 135 sensitive spinal joints. Since the body is constantly exposed to stress and strain, joint and muscular disorders are very common. But most of these will respond to a self-healing or self-righting mechanism within the body.

However, the complex structures of the spine are subject to the peculiar self-sustaining disorder, called a "subluxation". In this case, an anatomical disrelation of the joints and muscles produces a continuous irritation, or a pressure on nerves. It can cause a back pain. But it also can impair, or completely block the function of the nerves that normally control the healing and self-righting mechanism of the area involved. It frustrates and prevents operation of the natural healing process. It restricts the movements of the entire spine, interferes with the circulation of blood and lymph, causes atrophy in muscles, and eventual breakdown of the spinal disks.
Subluxation

The word "luxation" is Latin for a dislocation. Adding the prefix "sub" means that the joint is only partially dislocated. Any jointed bone can be luxated or subluxated and cause a malfunction or pain in the affected joint. But when these disorders occur within the spine, they can have a serious effect on the function of the entire body.

The billions of nerves that make up the spinal "cord" are an integral and intimate part of the spinal structures. The nerve bundles that branch from this "cord", pass through small openings between the jointed bones of the spine. They are surrounded by a complex of tissues that includes the vertebrae, disks, tendons, ligaments, blood vessels, lymph vessels and the spinal muscles.

The spinal nerves form a vast network extending to every part of the body. They are the basis of all sensation, including pain. The inborn or innate intelligence of the brain, acting through these nerves, controls and integrates all of the functions of organs and all the movements of the muscles. It organizes the billions of individual body cells into a single functioning organism.

Any stress or injury that interferes with the normal function of this central nervous system, can affect the entire organism. A dislocation or luxation of spinal joints, can cause great damage to the spinal nerves that may result in paralysis or death. A subluxation causes less immediate damage. But it's the nerve irritation caused by spinal subluxations and fixations, that is a basic cause of back trouble. It's a major factor in almost every disorder or malfunction of the body.

Ruptured Disk

A ruptured disk may be caused by a direct and violent injury to the spinal column. But violence great enough to rupture any healthy normal disk, could seriously injure the entire spine. A disk is one of the toughest and most resilient parts of the body. Normal disks are rarely injured as a direct result of any accidental violence.

In most cases when a disk is really ruptured, there is no evidence of a specific violence as the immediate cause. The majority of cases report that their disk trouble followed a minor or even trivial incident. But there is usually a history of back pain episodes, or a previous injury, from which the patient had apparently recovered.

A ruptured disk is not an isolated or discrete injury of an otherwise healthy spine. The actual event is the end result of a tissue breakdown or degeneration, due to factors outside of the disk.

In its normal function the spine is constantly exposed to the wear and tear of minor injuries, stresses and strains. The incident of strain that is the immediate cause of an actual rupture of a disk, is usually just the proverbial "last straw".

A spinal disk is a passive organ. It does not act or move by itself, but its health and integrity is dependent on movement. Fluid circulation to provide nutrition and removal of waste, is vital to every cell in the body. Circulation within the disks is achieved through imbibition. This may be compared to a sponge that is constantly being squeezed and released. This imbibitory circulation depends on the flexibility and movement of the spinal joints and all their activating muscles.

Any interference with the natural movements of any part of the spine will prevent an adequate circulation of tissue fluids within the disks, and lead to eventual breakdown. Joint disorders and muscle spasm, due to abnormal stresses and injuries, produce fixation-subluxations that distort and compress the disks. In this condition disks are comparable to a squeezed sponge that can't absorb or retain any fluid until it is released.

Without the movements to force the imbibitory circulation disks lose elasticity and become thin and weak. They are then easily subject to tears or rupture, even from slight stress or strain.

Disks are not the primary cause of back pain and rupture is preventable through proper care.
Your Back Pain

When you have any kind of persistent back pain you have a serious health problem. The simple muscular back aches do not persist. They respond to rest or simple remedies. They are the result of overwork or unaccustomed work. The serious back problems are persistent. They may respond to the simple remedies such as aspirin, heat or massage, but relief is only temporary.

In a serious back problem the pain may not be continuous or severe, but it never really goes away completely. It may only strike when you rise from a chair, move suddenly, or attempt to lift a heavy object. You can't stand for very long and long rides in an automobile may leave you temporarily crippled. Many people only have a back pain on rising from bed in the morning. At first it only lasts a few minutes and fades away as you move about. But as time goes by the pain becomes chronic throughout the day.

At the beginning of a chronic or serious back problem, work or physical activity seems to relieve the pain. You get the feeling that you can "work" it out. But you tire easily and the fatigue brings back your aches and pains. For a while you can learn to live with your backache, but if the cause is not eliminated it only gets worse.

If you had a toothache you'd know enough to go to your dentist right away. A persistent toothache is serious because you may lose the tooth. It's in trouble long before it begins to hurt. A sensible person has his teeth checked regularly and avoids any serious dental problems.

Compared to the teeth, your spine is far more important to health. If you neglect your teeth you may be stuck with dentures. But if you ignore a pain in your back you may be crippled for life.

Like your teeth or almost any other part of the body, your spine may be in trouble long before it begins to hurt. A normal healthy spine can withstand a tremendous amount of stress and strain without breaking down and without pain. When a severe pain follows a slight incident of stress or strain, you can be sure your spine was already in trouble. But of course, even a healthy spine will succumb to abnormal stress or unexpected jolts. These are the things that damage muscles and joints, cause spinal subluxations, back pain, and other disorders associated with the spine.

Diagnosis?

Medical diagnosis is the art of distinguishing one disease from another. In each case proper medical treatment supposedly depends on knowing the specific cause of the ailment. However, medical ideas about the causes of back pain are not supported by scientific methods of investigation. Their concept of this common problem is restricted in scope and theoretically unsound. They lack the special knowledge, training, and skill, needed to analyze and treat back pain problems safely and effectively. The true diagnosis of back problems locates the specific cause, and it demands expertise beyond the capabilities of the average medical doctor.

Powerful drugs that can relieve back pain, are dangerous and deceptive. They interfere with the body's own recuperative processes, mask useful diagnostic signs or hide the fact that destructive processes are continuing unabated. Patients who are exposed to inadequate medical diagnosis and treatment, delay the start of sound chiropractic care and increase the probability of future crippling and debilitating spinal disorders.

Chiropractic Analysis

A "diagnosis" that is just a label for a set of symptoms, or a Latin word for one of the major symptoms, is not a sound basis for resolving any individual back problem. Each back problem is unique. But your description of your symptoms will be similar to thousands of others. Not because they have the same specific cause, but only because the general symptoms of most back disorders are similar. A simple label like "slipped disk" or "lumbago" is useless as a diagnosis. It doesn't indicate the specific cause of the trouble and does not in itself lead to a specific solution.

In contrast, chiropractic analysis is designed to locate the specific cause in an individual case. But more to the point, chiropractors do have the special knowledge, training and skill, needed to eliminate the cause of back pain in more than 95 percent of the common back pain problems.

Chiropractic is based on sound scientific principles. Both the theory and practice is logical and reasonable. And it proves itself in the only way that really counts, it gets sick people well!
Chiropractic Care of Back Pain

If you have any kind of back problem, see your chiropractor immediately. Whether you have a persistent backache or the most agonizing back pain, chiropractic can offer immediate help.

Fifty percent of all cases cared for are free of pain or greatly improved on the first visit. In general, ninety-eight percent of accepted cases recover completely or achieve satisfactory improvements within a reasonable time.

The actual time needed to resolve a particular case depends on many factors. But any delay in seeking chiropractic care may greatly increase the time needed to achieve satisfactory results.

Pain killing drugs, excessive bed rest, clumsy body traction, or alleged "corrective" exercises are a frequent cause of complications leading to surgery and the possibility of permanent lifetime disabilities. Always see a chiropractor first!

Don't be fooled by the name game called "diagnosis". It doesn't make much difference whether your condition has been named or diagnosed as; slipped disk, herniated disk, ruptured disk, cold in the back, sciatica, sciatic neuritis, lumbago, kidney, prostatic or menstrual back pain, muscle spasm, pinched nerve, lumbalgia, rheumatism, arthritis, muscle sprain or strain, myofascitis, dorsalgia, sacroiliac slip, or any other name.

Actual medical records show that the chances of any one of them being an actual diagnosis of your back problem is about five to one. In any case chiropractic is successful in about 98 percent of the back problems regardless of the name or diagnosis. It's safe, painless and free of any side effects. Chiropractic doctors are licensed and recognized by state laws. Their services are covered by sickness and accident insurance, workman's compensation, union welfare funds, and all automobile liability insurance.

Distributed In Your Community As A Public Service.

DR. GLEN DESROSIES
727 CHESTNUT ST.
EMMAUS, PA. 18049

767-5543

Publishing Co. © 1971