

Nurturing Your Nerves

Cardinal Chiropractic Centers

Just Your Nerves

We are fond of saying, “Oh it’s only my nerves,” and “The problem isn’t too serious, it’s only nervous.” Unfortunately, statements like these dismiss the important role our nerves play in the proper functioning of our bodies. Nerves transmit all sensation to and from the brain. They enable us to see, smell, taste, touch, and hear. They control our movement and regulate our essential functions like body temperature, breathing, and blood flow. In fact, nerves control every other system in our body and the nervous system is often called The Master System of The Human Body.

It should come as no surprise that good health is linked with good nerve function. Since all nerves run through the spine on their way out to the organs, glands, and muscles they control, the spinal bones can be thought of as the switchboard controlling the electrical system of the human body—your nerves. Any pinching or interference from the bones as your nerves pass between them can cause trouble. This means that spinal problems can be seen as nervous problems. Also, due to the intrinsic nature of nerves to interconnect and intercommunicate with one another and the vari-

ous organs and tissue of the body, a single misaligned spinal vertebrae can cause malfunction in multiple organs as well as muscle pain and tightness. By freeing blocked nerves through correction of the subluxation, your chiropractic doctor removes interference, improves nerve function, and helps you to be a naturally healthier person. Come in and see us today for a nerve function check-up.



View of a single nerve cell from the human body

Only 1% Pain

When someone asks why you see a chiropractor, the answer frequently involves the word pain. However, chiropractic is good for much more! Remember, our medicinal theory is that adjustments improve nerve function by reducing inter-

ference caused from subluxated bones. Over 99% of nerves passing through the spine have nothing to do with pain. They transmit messages between the brain and the organs, glands, and muscles to keep them working prop-

erly. When these functional nerves are interfered with, you may experience a wide array of symptoms besides pain. So, consult your chiropractor about all your medical needs the next time you feel ill—they may just be able to help.

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Dr. Michael Baker

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Check it out!

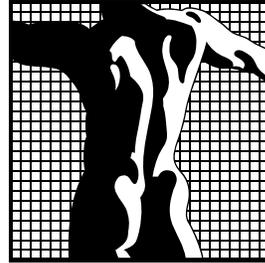
- Do you have pain traveling from your neck and back into your arms or legs? Read page 2 to find out what that pain could be and how to fix it.
- Need a tasty summer dinner? We’ve got one that’s easy to fix and full of brain food on page 2!
- Check out our spot light on the staff this month to learn all about what Jessie did last weekend (pg 3).

What a Pain in the Butt!

The sciatic nerve is the longest nerve in the human body. It exits the spinal column through the hips and runs down the length of your leg to the foot. When this nerve is irritated, the resulting condition is called sciatica. It can be felt as a sharp pain in the gluteal region that may or may not radiate down the back of the leg. It can also be a numb tingling sensation in these same areas. The symptoms are unpredictable and do not go away no matter how you change your position. They can be aggravated by coughing, sneezing, bending, and lifting.

The main cause of sciatica is a compression of the sciatic nerve at the point where it exits the base of the spine. Compression can be brought on by years of poor posture, muscle strain, pregnancy, excess weight, wearing heels, or sleeping on an excessively soft mattress. The compression can also be a symptom of an underlying disorder such as a slipped disc, osteoarthritis, or inflammation of the nerve itself.

Analgesics such as Tylenol or Advil can help temporarily relieve sciatic pain, but will not resolve the compression it is caused by. Ice is also useful as a temporary solution as it will help reduce inflammation in the area. For a permanent solution, however, try chiropractic. It can relieve the pressure of compression and cure sciatica. In a study of 59 patients who presented with symptoms of sciatica, 90% were helped by chiropractic.



Sciatica is caused by compression of a nerve beginning in the low back.

Nerve Food

SALSA SALMON WRAPS

Pineapple Salsa

- 8 oz crushed pineapple
- 1/2 red onion, finely chopped
- 1/2 red bell pepper, seeded & chopped
- 1/4 cup chopped cilantro
- 1 jalapeno pepper, seeded & chopped
- 1/4 cup mesquite/lime juice marinade

Combine all ingredients and chill.

Wrap

- 4 8-inch whole wheat tortillas
- 1/4 cup mesquite/lime juice marinade

Try this tasty fish recipe for some powerful brain (and nerve) food!

1 14.75 oz can pink salmon, drained *

1 cup pineapple salsa (from above)

Brush each tortilla with 1 tbsp. marinade. Sprinkle on 1/4 of salmon and 1/4 cup of salsa. Roll tortilla tightly and wrap in plastic. Refrigerate 4-6 hours, remove plastic, and slice into 1 inch sections. Serve cold with remaining salsa.

* Can substitute tuna for salmon.

Weak Hands, Tingling Fingers, and Pain

Carpal Tunnel Syndrome (CTS), like sciatica, is an extremity problem resulting from nerve compression. In this case, the median nerve which exits the spine at the neck and travels through the shoulder, down the arm into the carpal tunnel of the wrist, and into the hand and fingers is the culprit. While 50% of those suffering from carpal tunnel syndrome have no known cause for their symptoms, others attribute

their pains to repetitive motion involving the flexion and extension of the wrist, menopause, osteoarthritis, pregnancy, diabetes, or injury to the cervical spine. This syndrome is five times more common in women than men. It is felt as a weakness in the hands, tingling



Do your hands and wrists ache after a long day of work? It could be CTS.

in the fingers, and pain in the wrist and hand, all of which are usually worse at night.

Chiropractic has been found to relieve carpal tunnel syndrome in those cases where a structural imbalance is causing the symptoms. Adjustments to both the wrist and neck are helpful and safer than surgery.



Cardinal CHIROPRACTIC CENTERS

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We're on the Web!

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Our mission:

To bring health and happiness to our community
through affordable chiropractic care given in a safe and
friendly environment.

Hours:

Monday, Wednesday, and Friday 9:00-1:00 and 3:00-7:00
with Dr. Brett Usher and Jessica Clevenger, LMT

New Techniques Through Continued Learning

Jessica Clevenger, or Jessie, our licensed massage therapist recently went to a continuing education seminar where she learned about applying Ortho-Bionomy techniques to the extremities— your shoulders, arms, hands, hips, legs, and feet. Ortho Bionomy is a special massage technique that addresses stress and tension in the body to help re-educate the body to experience comfort. It also works to reset the proprioceptive nervous system. Your proprioceptive nervous system is made of the nerves that control your coordination, balance, and sense of body awareness.

Ortho-Bionomy follows a homeo-

pathic philosophy that believes that in nature two negatives make a positive and you go with the path of least resistance. You want to always give way to superior force and go with the flow instead of against it. Above all else, you should cause no pain. This relaxing massage technique uses Judo push/pull principles to exaggerate the pattern of joint movement and work self-awareness. By doing so, Ortho-Bionomy principles can help with shoulder, elbow,

wrist, hip, knee, and foot pain.

Jessie really enjoyed her class and learned a lot of new ideas. She is going to start incorporating Ortho-Bionomy bodywork in her sessions to help relieve some of her patients pain and discomfort. She invites you to call and schedule a massage session with her. She is available at the east end office Monday, Wednesday, and Friday from 9-1 and 3-7 and at the south end office Thursday from 3-7.

