

# THE SPINE LINE

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*The fact that chiropractic is considered by many to be the most effective treatment for acute back pain is not surprising ... there is more research to support the effectiveness of chiropractic than any other treatment currently available.*

*Dr. Richard Oberheu*



## You've thrown your back out ... Now what?

### Call the Chiropractor!

Although there are many professionals who offer a variety of treatments for acute back pain, Chiropractic has been shown to be the most effective.

### How does Chiropractic work?

Chiropractors use their hands to locate misaligned areas of the spine and then correct them by making gentle thrusts. These thrusts are referred to as spinal adjustments. With proper spinal alignment restored, function improves and the pain goes away. Spinal adjustments are painless and natural, and this means none of the side-effects often associated with drugs and surgery.

### Is there anything I can do on my own?

For most injuries, applying a cold pack for ten minutes every couple of hours is helpful. Ice reduces swelling and this may also make you feel better. But be careful, too much time on the ice can cause an internal heating and actually make you feel worse.

### Is there anything else I should do?

Posture is terribly important. If you are unable to sit or walk, you should lie on a firm surface. Lying on a soft waterbed or couch is not a good idea. You should lie on a surface that will support your back, not conform to it. When sitting, use a straight-back chair. If your back gets too sore, try leaning forward with your forearms on your thighs. Don't sit too long. Get up and walk around. If walking causes too much pain, then lie down again.

### What about exercise and prevention?

An ounce of prevention is always worth a pound of cure, and when it comes to prevention, posture, exercise, and chiropractic are the best ways to avoid future problems.

Even if you feel good, you may still have problems. To keep your back healthy, visit your chiropractor for regular preventive adjustments. Learn the proper way to sit, and sleep, and ride in your car. Discuss your mattress and furniture with your chiropractor. And finally, begin a program of gentle stretching exercises. This will not only help to keep your spine strong and supple, but also help to reduce the need for future crisis chiropractic care.

# ... FROM BONE DOCTORS ...

## Chiropractors Are More Than "Bone Doctors"

If you were asked "What is a Chiropractor?" your first reply might well be that a chiropractor is a doctor who "does something" to a patient's bones. And to a degree you would be correct. Yet it is important that one understand the relationship between the bones of the skeletal system, and the nerves which are contained within this special column.

parts of the body. The nerves leave the spinal cord through openings between the spinal bones, or vertebrae.

When these vertebrae get out of alignment, interference with the normal activity of the nerves can result. Since science has proven that every function of the entire body is under the control of the nervous system, this interference can disturb normal function throughout the body wherever these nerves are routed, and cause many conditions, suffering, and pain.

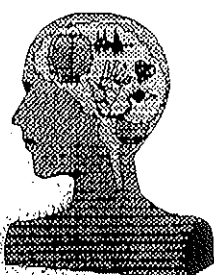
including the glandular, reproductive, digestive, eliminative, respiratory and circulatory. Yes, nerves control directly or indirectly, every organ and function of your entire body.

You can easily see, therefore, that complete, perfect, natural health comes only when you have a complete, natural, normally-functioning nervous system.

## Your Spine — The "Avenue of Approach"

Every science of healing has what is known as an "avenue of approach." In the field of medicine, a hypodermic needle injects drugs through the skin; a pill is swallowed and goes into the stomach. There need not be anything wrong with either the skin or the stomach. They are merely the "avenues" through which the drugs gain access to the body.

## Nerve Impulses Control Every Part of You



Every organ, tissue, and cell is controlled by nerve impulses traveling from the brain to

various parts of the body. Nerves make possible all movement.

Nerves transmit all sensations to the brain. Nerves make possible all sight, smell, taste, touch, and hearing. Nerves maintain your balance and keep your body temperature at 98.6 degrees. Nerves make it possible for you to swallow. Nerves make your bowels move. Nerves control your heart, liver, lungs, spleen, pancreas, gall bladder, kidneys, stomach, male or female organs, skin, muscles, ligaments, and much more.

The nervous system is the master system which controls all other systems of your body.

## Chiropractic Finds & Corrects the Cause of Health Problems

A vertebral problem in one part of the spine may induce a disorder of the kidney; in another it may relate to a stomach disorder; while in yet other areas it may affect the heart function, or perhaps the lungs, skin, gall bladder, liver, etc., as well as, of course, the shoulders, arms, hips, legs, and feet.

Chiropractors use their training to determine which areas of your spine are out of alignment or subluxated.



Gentle adjustments to your spine then help to enable the free, full flow of nerve supply to return to the affected areas, thereby releasing and freeing the irritated, pinched nerves, so they can return to doing the normal duties that



In the field of chiropractic, the "avenue of approach" is the spine. This is the framework which houses the spinal cord, the "switchboard" of the nervous system. From the brain, nerves pass down the spinal cord and out to different

HOW CAN CHIROPRACTIC HELP ME

### Chiropractors Are Specially Trained...

Chiropractors are specially trained in treating nerve-related health problems associated with spinal misalignment. The central part of the nervous system is located within the cranial cavity and the spinal column. Chiropractors are trained to locate areas along the spinal column where nerves may be affected or "pinched" by a misaligned spinal vertebrae. Once the problem is located, chiropractors know how to adjust the misaligned vertebrae back toward the normal position. This allows for the restoration of normal nerve supply and function. Once the nerve supply returns to normal, the body can then go to work to heal itself.

### To Get Pain Relief, Get To The Source...



Pain, more than any other symptom, is what brings people to chiropractors. It may be a headache, backache, shoulder ache, or an ache or pain involving any of the body's nerves, muscles, ligaments, tendons, bones, or joints, as well as pain originating from internal disorders

For simple headaches - Americans take some 20 billion aspirin each year, yet for many people

the headaches return over and over with increasing frequency and intensity.

Many such people, before seeing a chiropractor, have been taking pain killers for years, but have yet to gain permanent relief from their pain.

### Pain Pills Ignore Cause...

Most people see little harm in such temporary relief measures, but consider this — pain killers do not reach or treat the underlying cause of the pain. Such medications only cover up the pain and allow a minor problem to become major, an acute problem to become chronic. Almost any chronic problem at one time was an acute problem which did not get proper care.

That's why chiropractors remind patients who repeatedly reach for pain medication for chronic problems, that any relief obtained does nothing for the underlying cause, but may allow the problem to become worse.

### Chiropractic Pain Control...

Fortunately, much of chiropractic's reputation stands firmly on its ability to relieve pain, even though the chiropractor's main objective is finding and eliminating the underlying cause of the pain. Pain tells us something is wrong, but chiropractic doctors know from experience that merely shutting

off the pain without finding and correcting the cause may destroy health.

Relief obtained at the hands of a chiropractic doctor, means the cause was treated — at its source. That's the beauty of chiropractic!

& & & &

*"Your body is like an orchestra — each organ (or system) must work in harmony with the others in order to produce the symphony of life"*

Michael D. Beattie, DC

& & & &

**Oberheu Chiropractic Clinic PC Hours:**

**Summer Hours**

Mon - 9:00am - 5:30pm  
 Tue AM - By Appt  
 Wed - 9:00am - 6:00pm  
 Thu AM - By Appt  
 Fri - 9:00am - 5:30pm

Phone: (616)637-8535  
 Fax: (616)639-1408

# Chiropractic Relieves Stress...

There is not a soul living on this earth that is not affected by tension and stress of some kind. Regardless of age, sex or ethnic background, we are all subject to the hectic world around us.



*...Stress has become a part of our everyday life...*

Stress has become a part of our everyday life. And as such, there is no way to avoid it. But we can learn to control it by learning how to manage the effects of our daily routines.

Almost every magazine and newspaper written today speaks of stress in each and every issue. But even with all the articles being written, it doesn't seem to be enough.

Many people are indoctrinated into taking drugs to reduce their stress and relax them. There are new remedies coming on the market everyday. Everyone thinks that their pill is the best. Most people don't understand that taking medications only masks their symptoms. The underlying problem is still lurking, just waiting for the appropriate time to show its face again.



*...most people don't understand that taking medications only masks their*

Then you have those patients who are doing their research. They are reading, searching the Internet, watching every so-called educational program that appears on T.V. They are questioning what is really right. These patients appear to be more health conscious and are trying to look for natural approaches instead of the so-called "tried and true" medical approaches. They are beginning to move away from the use of drugs.

Chiropractic fits into this natural lifestyle. The Doctor of Chiropractic locates misalignments in the spine and corrects them. This eliminates symptoms and restores normal function to the body.



*...Chiropractic fits into the natural lifestyle...*

Correcting misalignments eliminates the source of stress in the spine, the nervous system, and throughout the body. Without tension in the spine, our bodies can recover from stress more easily.

Chiropractic is effective in treating stress and is becoming more and more the primary treatment option. By utilizing chiropractic adjustments, you can ensure yourself that your spine and nervous system are working at one-hundred percent, reducing the effects of tension that are caused by your normal everyday activities. For this reason, chiropractic is your best choice for everyday tension and stress relief.

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***Health Is a Natural State Of Being That Comes From Within When Nerve Channels Are Clear So That Healing Force Within Can Serve You Well...***

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## Massage

We are now offering massage therapy. The massage therapists are in the office Monday's, Wednesday's, and Friday's, and are available for 10-15 minute massages.

We have also added 1/2 hour massages on Tuesday and Thursday mornings. Please call the office to schedule.

*(Many insurance companies do pay for massage therapy. However, if your insurance company does not, the charge for 10-15 minutes is \$12 and the charge for 30 minutes is \$18)*

**Oberheu Chiropractic Clinic, P.C.**  
 (616)637-8535

**Hours:**  
**Mon: 9:00am-6:00pm**  
**Tues: 9:00am-12:00pm**  
**Wed: 9:00am-6:00pm**  
**Thurs: 9:00am-12:00pm**  
**Fri: 9:00am-6:00pm**

# Massage UU Manu in Manu...



My back is out - what now? The first thing you can expect when your back goes out is for your spinal muscles to tighten. This instant muscle

response is your body's way of splinting and protecting the injured area. The tension can be moderate or severe depending upon the degree of misalignment. Most patients also have a degree of back pain. This pain usually emanates from the spinal joints or nerves and not from the muscles themselves. Finally, the body will create a certain amount of inflammation and swelling. This fluid accumulation is necessary for proper healing to occur.

Once you realize that you need help, there are a myriad of treatment options for you to choose from. Spinal adjustments, massage, cold packs, traction, pain pills, narcotics, muscle relaxers, anti-inflammatory drugs, hot packs, bed rest, exercises, stretching, and physical therapy are among the most popular. According to the best research available today, spinal adjustments, gentle massage, and anti-inflammatory drugs are the best solutions. In extreme cases, spinal surgery may be necessary.

Traditional medical treatment for back pain consists of pain pills, muscle relaxers, and non-steroid anti-inflammatory drugs

(NSAIDS). Pain pills will cover your symptoms. Anti-inflammatory drugs are helpful to reduce the swelling in and around the nerve. Both pain pills and NSAIDS can give immediate symptom relief, but long-term usage can be extremely damaging to your health.

Muscle relaxing drugs are also often prescribed, but are rarely indicated. Because these drugs relax the spinal muscles so completely, they work against the body's natural splinting action. This dramatic reduction in muscle tension can also lead to further problems since the spinal muscles are no longer capable of tensing to protecting the injured area.

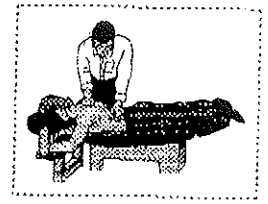
~~Chiropractic treatment~~ consists of gentle spinal adjustments to restore normal spinal alignment. Once proper alignment has been accomplished, the spinal muscles will relax themselves automatically. With proper healing your spine should be fine once again.

Whenever a back problem has existed for any period of time, it is said to be chronic. With the exception of the common cold, chronic back pain is the most common ailment known to modern man. For patients with chronic or recurring back pain, therapeutic massage can be extremely helpful. Massage not only helps to relax the chronically spasmodic muscles, but also helps to improve blood flow, and remove toxins and lactic acid that may have built up over the years. By relaxing the muscles, therapeutic massage also helps your adjustments to hold better.

Finally, posture instruction in how to sit, stand, and sleep is essential for maintaining proper spinal alignment. Patients need to have a good mattress, pillow to

sleep on, and a good chair to sit on.

In the end, the best way to care for your bad back is through gentle chiropractic adjustments to restore normal alignment, deep pressure therapeutic massage to gently relax and cleanse the associated muscles, and 'proper posture and activities of daily living instruction' to avoid further injury.



*...the best way to care for your bad back is through gentle chiropractic adjustments... and deep pressure therapeutic massage to gently relax and cleanse the associated muscles...*

We are now offering massage by certified massage therapists in our office Monday's, Wednesday's & Friday's

The charge for the massage when done in conjunction with your adjustment will be \$12.00 (If your insurance pays, you will be responsible for your co-pay only.)

*On Monday, July 16<sup>th</sup> bring this coupon in and receive \$5.00 OFF your massage*

Please call our office at 637-8535 to schedule your appointment!

*...because these drugs relax the spinal muscles so completely, they work against the body's natural splinting action...*



# Turn on Your Life-force...

Within your body is an incredibly powerful force. It's what keeps you alive, and allows you to express yourself to your fullest potential. It is your Life-force. And when unobstructed and allowed to flow free, it can keep you feeling happy, healthy, and energetic.



*Within your body is an incredibly powerful force...*

Your Life-force uses your nervous system as a means of expression. This is how your heart, your lungs, and your digestive system, and all your other systems are able to work together as a unit. When your nervous system is free and without obstruction, your Life-force is able to keep your body functioning to its fullest potential. When your nervous system is obstructed, the flow of nerve impulses is blocked, and so is your Life-force.

## How Life-force is Blocked

Misalignments of the spine, referred to as subluxations, interfere with the free flow of nerve impulses. They obstruct the flow of Life-force. This causes areas of your body to lose communication with one another. This loss of awareness leads to decreased bodily function, loss of energy, and lowered resistance to disease.

## What Causes Subluxations??

Subluxations can be caused by many things. Poor posture is one of the most common causes of subluxations. Sitting upright, keeping a good curve in your spine, can help to eliminate subluxations of the lower spine.



*Poor posture is one of the most common causes of subluxations...*

Sleeping with a good pillow can also help you avoid subluxations in the neck and upper back. Other causes of subluxations include: auto accidents, falls, sports and work injuries, etc... Even birth itself can be traumatic and cause subluxations in the

neck and spine. What's most important to remember is: just because something happened a long time ago, it does not mean that it is not still a problem now. Many problems that are experienced in adulthood have their roots in childhood. Subluxations usually do not go away by themselves. They require a proper spinal adjustment.

## The Chiropractic Approach to Health

Chiropractic removes subluxations that interfere with the free flow of nerve energy to all parts of the body. This means building health from the inside-out. Whether your body suffers from pain, sickness, disease, or loss of bodily function, the chiropractic approach is to keep your spine aligned properly, thereby eliminating nerve interference. This method of increasing the free flow of Life-force, not only helps to keep you pain free, but also allows you the best possible chance that your body will function to its fullest potential.

**Oberheu Chiropractic  
Clinic, PC - Hours:**  
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