

# The Wellness Express



Jump on the train to good health

## Subluxations Hurt More Than Your Spine

**Presented by:** Creative Healing

You will often hear your chiropractor refer to the source of the painful problem in your spine as being caused by a subluxation. But what exactly is a subluxation? And how harmful is it?

### Subluxation Defined

A subluxation is an abnormal condition involving one of the joints of your body. Technically speaking, it is a partial dislocation of any joint.<sup>1</sup> The founder of chiropractic, Dr. D D Palmer, described the subluxation as it related to the spine: “subluxation of a vertebrae is a slight deviation from its normal relation to adjacent vertebrae”.<sup>2</sup> Chiropractors have been basing their entire professions on this definition ever since.

A subluxation is not necessarily a problem. Your joints are likely experiencing minor subluxations every day, which spontaneously self-correct. However, if the subluxation is bad enough to irritate the surrounding tissues or remains out of its normal position long enough, it can become a painful problem. It affects the mechanical function of the joint and the muscles that provide movement.

### The Main Problem

Human beings are fortunate. When the body is injured, a healing response is initiated to correct the problem. An inflammatory response is triggered that limits movement (to prevent further damage), increases circulation to the area (to take away harmful substances and bring new materials for re-building), and notifies the host that there is a problem that requires special attention.

The problem with the subluxation, and any potential tissue damage that it causes, is that it is in close approximation to the nerves that enter and exit the spine. Nerves are very sensitive in this location. Therefore, even minor irritations can cause altered functions in the nerves that these roots supply. Why is that a problem?

The nervous system serves as the conduit for communication between the brain and the rest of the body. Since the brain regulates the function of every tissue and organ in the body, this communication is vital for the body to remain healthy. Irritation of the nerves at the spinal root level can seriously compromise this system of communication.

### Exercise of the Week

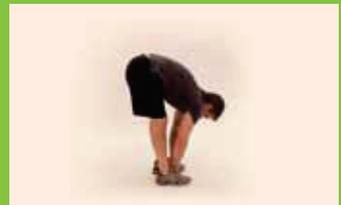
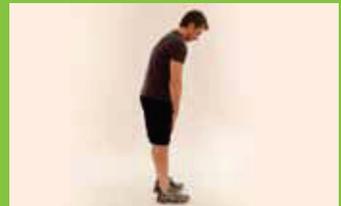
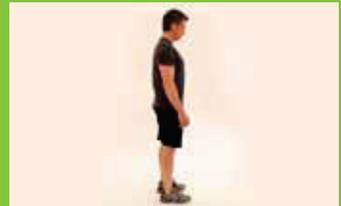
**Exercise 1 – Range of Motion: Flexion**

**Difficulty:** Easy to Moderate

*(Consult your chiropractor before doing this or any other exercise.)*

**Start:** Standing.

**Exercise:** Place hands on front of legs (for support, if necessary). Slide hands down legs as far as you can go, letting lower back muscles relax. Stop at point you feel resistance to the movement, but no pain. Hold for 15-30 seconds. Return to standing. Repeat 5-10X.



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Not only that, but irritation of these nerves can also cause vaso-spasm, or contraction of blood vessels supplying various organs and tissues, thereby restricting their supply of vital nutrients and oxygen.

## The Evidence

In the early 20's, medical doctor Henry Winsor was intrigued by the number of patients who were recovering from various illnesses and diseases after receiving chiropractic adjustments. He decided to find out for himself whether this was a physiological phenomenon or just a hoax.

With permission from the University of Pennsylvania, Dr. Winsor proceeded to perform autopsies on 50 human cadavers from the pathology department. His goal was to locate diseased tissues in these bodies, and then to see whether there was any relationship between these tissues and any abnormal curvatures in their spines. What he reported from his findings was undoubtedly one of the greatest discoveries in the history of chiropractic research!

In the 50 bodies dissected, Dr. Winsor identified 139 diseased visceral organs, such as the lung, the liver and the kidneys. When he traced back the nerves from these organs to the spine, what he discovered astounded him. In 128 out of 139 cases, the same level of the spine that the nerve originated from had a slight curvature, which was abnormal. In other words, vertebral subluxations were found at the exact same level that correlated to the sympathetic nerve supplying the organ.

And, when he accounted for minor variations of the nerves and nerve roots related to those organs, he found that 138 out of 139 cases coincided. Almost 100% of diseased organs were related to subluxated vertebrae!<sup>3</sup>



## The Solution

For more than 100 years, chiropractors have been working diligently to correct these minor curvatures of the spine - also known as vertebral subluxations. They know that not only can this help to alleviate the acute pain caused by irritation of sensitive structures around a joint, but because of the intimate relationship between the nervous system and the spine, chiropractic adjustments are helping to improve your overall health. As Dr. Palmer put it, "The chiropractor places vertebrae in line by hand, thereby removing impingements and returning the nerves to their normal tonicity. Normal tension produces normal functions, harmony and health."<sup>2</sup>

## Quote to Inspire

"To find what you seek in the road of life, the best proverb of all is that which says: 'Leave no stone unturned.'"

- Edward Bulwer Lytton

## References and sources:

1. Subluxation - <http://medical-dictionary.thefreedictionary.com/subluxation>
2. Palmer DD. The Science, Art, and Philosophy of Chiropractic. Portland, Ore: Portland Printing House; 1910
3. Winsor, H. Sympathetic segmental disturbances-II. The evidence of the association, in dissected cadavers, of visceral disease with vertebrae deformities of the same sympathetic segments. Medical Times, Nov. 1921, 49, pp. 267-271

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