



Welcome to the **Maryland Spine Institute** & Wellness Center

All About Your Care

OUR PURPOSE:

The Purpose of the Maryland Spine Institute & Wellness Center is to help as many people as possible regain their health by addressing the true cause of disease, not just the symptoms, and to help them maintain their health, who then, in turn, educate others on the benefits of Wellness Care.

WHAT IS CHIROPRACTIC?

Chiropractic is a system of health care based upon helping to eliminate pain and improve body function by working to remove irritation to the nerves in the body. Your nerves control all the functions in the body from breathing and digestion to movement, circulation, and touch. Nerves also inform the body when injury occurs by producing pain.

When nerves of pain are irritated, you feel pain. When nerves of function are irritated, there is no pain. However, you lose some, if not all, the functions controlled by those nerves.

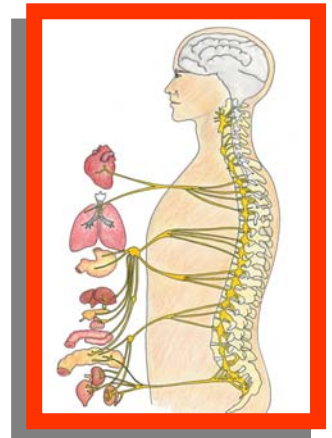
Almost all nerves travel from the brain through the spine to reach every organ, gland, and tissue in the body. When the spine, through trauma, injury, falls, poor posture, and muscle weakness, loses its normal alignment, bones of the spine can cause pressure or irritation to the delicate nerves that exit between them.

This condition is called Subluxation; a minor misalignment of the spine, causing pressure on nerves. A Subluxated vertebra can occur when someone is very young from falls or later in life from an auto accident. Whenever it occurs the body tries to stop further injury by tightening the muscle around it. Over time calcium deposits may occur to prevent further movement that would damage the nerves.

Although pain can sometimes occur immediately with a Subluxation, more often than not, health problems, including pain, can occur slowly over time.

Chiropractors get a doctorate degree with four years of graduate study focusing on the sciences studied by other physicians. They also study techniques to eliminate pain and restore normal function without using medications or surgery.

Our goal is to help our patients get free of the symptoms with which they suffer, but even more important to help them correct the cause of those problems. Symptomatic treatment that leaves the cause of the problem un-handled is incomplete because it leaves the source of the problem there to cause future problems.



Once health has been obtained, it is vital to maintain your health. Prevention and maintenance care support the goal of prolonging and improving the quality of life.

WHAT IS A SUBLUXATION?

How Nerve Interference Affects Your Health

Subluxation:

1. A minor misalignment of the segment of the spine (vertebrae), causing an irritation to a nerve, with a loss of normal function.
2. An interruption of communication from the brain to any cell, tissue, or organ in the body.

A Subluxation is a condition in which one or more vertebrae of the spine are out of alignment. This places pressure on the spinal nerve and affects the normal transmission of nerve impulses. The function and healing process of vital parts of the body is often affected.

Subluxations are caused by any stress (*physical, mental, or chemical*) the person cannot adapt to. In the early stages, Subluxations affect only muscles, ligaments or sometimes nerves. Although extreme pain has been observed in some cases, it is more often noticed as a discomfort, or not at all. If the condition is allowed to go untreated, the body will attempt to help support the Subluxated vertebra, but may deform instead. As the muscles become more rigid, the disc starts to degenerate and become arthritic. Over a period of time, the area becomes calcified, and the vertebrae will actually begin to change shape. The longer the condition is allowed to go untreated, the less chance there is for recovery. What began as a minor problem or discomfort may lead to total destruction of the joint and irreversible damage to the nerve.

The purpose of the chiropractic adjustment is to return the Subluxated vertebrae to as normal of a position as possible. This will in turn remove pressure off the nerve and restore nerve function to the affected area. If detected early, a Subluxation may respond well to chiropractic care with an excellent chance for a complete and painless recovery.

This illustration (*Right*) of the vertbrae of the lower back graphically demonstrates how a Subluxated vertebra can impinge a nerve and obstruct the transmission of nerve impulses.

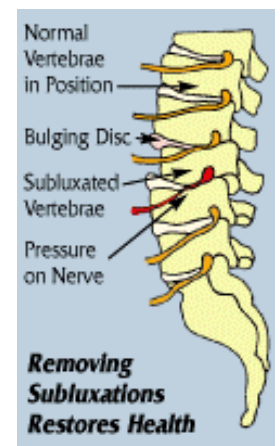
Removing Subluxations Restores Health

ABOUT FUNCTION

The nervous system is composed of the brain, spinal cord and nerves. The spinal cord is the thick cable composed of millions of nerves that runs from the brain through the spine. The nerves that comprise the spinal cord exit between the vertebra to go to all the organs, tissues, and glands of the body.

The nervous system actually has two jobs. First, it records and informs the body of pain. If you have a pebble in your shoe, a nerve will be irritated. The nerve will send a message through the spinal cord to the brain, informing the brain of the irritation, pressure, or damage. The brain interprets the message as pain to alert you something is wrong. Without a nerve being irritated, you cannot experience pain. To eliminate pain, you either remove the irritation through chiropractic care, deaden the nerve with medication, or cut the nerve through surgery.

The second role the nervous system plays is in coordinating and controlling all the functions of the body. Every function of the body (including: digestion, breathing, the secretion of hormones, movement, and circulation, just to name a few) depend on the nervous system to perform normally.



When there is pressure or irritation to a nerve of function, there is no pain. What occurs, as proven in laboratory experiments, is when a nerve that controls a function is irritated or has pressure upon it, there will be an alteration or change in the normal function. This is called malfunction.

Within medicine there are different categories of disease. For example there are infectious diseases and functional diseases. An example of functional diseases would be diabetes, asthma, migraines, colitis, etc. These diseases occur because the body has lost its normal function. Any form of health care that would improve function would obviously help improve the chances to recover from these problems.

One of the positive side effects of a properly functioning nervous system is improved ability to deal with stress. Stress contributes directly to most major diseases and also is a factor in lowered resistance to infection. A person's overall health would therefore be improved by making sure their nervous system is capable of dealing with the stress of life.

Since the loss of function normally occurs before disease can develop and symptoms appear, we need to define health correctly. The World Health Organization has adopted a definition that follows: "Health is a state of optimal physical, mental, and social well being, and not merely the absence of disease and infirmity."

To be healthy, you need more than to be symptom free. Having no symptoms doesn't guarantee you are healthy.

If the nervous system is functioning properly, the body can function normally, resistance is higher, and health is improved. Unless you address the cause of illness and not only the symptoms, you will not be able to maintain your health.

If a person has a headache, which is a symptom, they can take aspirin to remove the symptom. Aspirin deadens the ability for nerves to register pain. This however, does not correct the cause of the problem. If the cause of the problem is not addressed, symptoms return. If the cause of the headache, for example, is muscle tension caused by local irritated nerves then only by addressing the cause could you correct the problem and become a healthier person.

If you address only symptoms, the cause remains. If you address the cause not only do symptoms disappear but you regain normal function and improve your health.

RELIEF -VS- CORRECTIVE CARE:

There are two approaches to all problems of life. One can take steps to correct a problem or seek temporary relief.

A boat has a leak. You can use a pail and bail out the water or you can take the boat out of the water and repair the actual leak.

Your home is cold in the winter. You could buy an electric heater or find out why the house is cold. You investigate and find there is a broken window in the basement that is letting in cold air. To correct the problem you fix the broken window.

Relief care is the care necessary to only relieve the symptom, not the care to correct the problem. Although this looks like it would be less expensive in the long run it is not.

If the alignment in the front end of your car is out, you can have one tire wear out faster than another. You could keep replacing the tire as it goes bald. This is relief care. In the short run, it might look like this saves money or time but it doesn't. Although to correct the problem might take a little longer and cost a little more, in the long run you actually save much more time *and* money.

You have a broken gutter on your roof. Water spills onto your lawn every time it rains causing a hole. Every time it



happens you fill up the hole with more dirt. In the short term this might save time and money but in the long term if you fix the gutter you save money and time.

In regards to your health the choice to receive temporary relief or correction is important. Unlike a tire which you can easily buy and replace, you cannot replace organs and tissues that have failed to function. Without health you cannot enjoy life or work to your capacity. It is therefore recommended, whenever possible, to correct the cause of your problems.

You should make choices that would lead to long-term health and vitality. It is much harder to regain your health than maintain it once achieved. Therefore, you should create a lifestyle that promotes and maintains health for, in truth, your life depends on it.

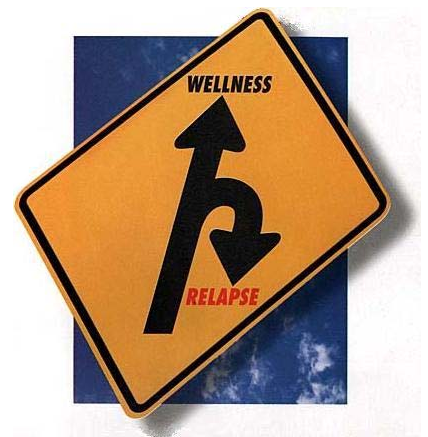
WHAT IS WELLNESS CARE?

The concept of wellness has taken on a broad meaning related to health care. It is considered care without drugs that can not only eliminate health problems but prevent them. That is exactly what our wellness center does and here is how we do it.

We believe all health problems have three causes. The first is trauma. We can have falls and accidents that occurred in the past which can cause undetected and long lasting damage not just to muscles but to nerves as well. Nerves control all functions in the body and if they are not working properly neither will your body. The condition which causes nerves to become injured leading to pain and dysfunction is medically known as a Subluxation. This condition occurs when bones become misaligned putting pressure on the delicate nerves that travel between them. Subluxations generally occur in the spine where the majority of nerves pass to all the organs and tissues of your body. The result can be pain, numbness, headaches, digestive troubles, sleep problems, or any other health problem resulting from malfunction.

Second, we have stress which everyone experiences in life. Prolonged stress leads to hormone imbalances related to the stress glands of the body known as the adrenal glands. These glands secrete hormones that control sleep, digestion, weight gain, estrogen, progesterone, testosterone, allergies, arthritis, immunity, heart function, fatigue, etc. These glands can be checked through your blood pressure sitting and standing and if malfunctioning can be repaired through diet and supplements.

The third factor in illness is pollution of our water, food, and air. The U.S. rates 48th in life expectancy. We are on the bottom of the list despite all the drugs we take. There are 82,000 chemicals that can enter your body weekly. To defend against them your body surrounds them in fat. Through a revolutionary nutritional cleansing program you can rapidly reduce these chemicals, lose weight, and feel great. The average weight loss is 7lbs in 9 days but the program goes way beyond weight loss. One test for this is through your saliva.



With these three approaches: Removing the effects of trauma, eliminating the harmful effects of stress, and removing toxic chemicals we get results with problems no one else has helped.

TEST YOUR UNDERSTANDING:

1. When the body has 100% function, it has 100% health. *(True or False)*
2. A loss of function will ultimately result in a loss of health. *(True or False)*
3. If you restore normal function, the body will be able to regain its health. *(True or False)*
4. You should go to the doctor only when you have symptoms. *(True or False)*
5. In the long run, which takes less of your time? *(Relief or Corrective Care)*
6. In the long run, which is cheaper? *(Relief or Corrective Care)*
7. Which care makes you healthier and feel better longer? *(Relief or Corrective Care)*
8. Which care relies purely on how *you* feel? *(Relief or Corrective Care)*

Answers: (1:T, 2:T, 3:T, 4:F, 5:CC, 6:CC, 7:CC, 8:R)