



WEBER CHIROPRACTIC OFFICE, S.C.
Providing Choices in Complementary Health Care
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –
Low Level Laser – Nutrition – Medical Weight Loss - Kinesiotaping



How Do We Get Sick?

Let me Count the Ways . .

- 1) *Structural* 2) *Chemical* 3) *Emotional*

Structural: For many years, the basic presumption in chiropractic was that misalignment of vertebra caused pressure on spinal nerves that impaired the flow of nerve energy causing pain and impaired organ functioning and sickness. Modern neurological research has shown that is not the case but the positive effects of manipulation to spinal and other joints does lie in its effect on the nervous system. **Manipulation of joints improves motion abnormalities, reduces pain and inflammation** and stimulates spinal cord pathways, which improves sensory motor function / proprioception (balance nervous system communication). The bottom line is that restoring even those minor aches due to spinal misalignments allows your body to function more normally and healthier and respond more appropriately. If areas are aching or hurting, don't put up with it, get adjusted because it does adversely affect the way your nervous system functions optimally. Motion is the lotion to function normally.

Chemical: Food is your body's fuel and just like poor gas in your car causes poor performance; poor food choices cause your body to function poorly. **Obesity**, BMI over 30, is epidemic. **Diabetes** and all its health consequences are increasing at all ages. Cancer rates are not falling. Modern medicine shines with emergency procedures and joint replacements but the **chronic diseases** are increasing. Your choices in food are vital in your ongoing health. You must eat to nourish your body, not just fill your belly. Realize you have to change the quantity of food but also the quality of food. **You can eat less and better.** Choose your food as though it matters. Sugar and fructose are real culprits. Avoid any food with sugar levels over 8 grams. You must read labels. Eat more green vegetables and organic foods. Minimize red meat. If you need help, our Ideal Protein Health Rejuvenation and Weight Loss Program has helped many patients get their bodies back into balance and teaches them how to maintain their health and weight. More information can be seen at www.weberchiroip.com or www.idealprotein.com.

Emotional: Stress comes from many different sources and it has a very negative effect on health. Managing it does not have to involve antidepressants, anxiety reducing drugs, illicit drugs or alcohol. Avoiding stressful situations is not always possible. Dealing with stress is possible with simple techniques such as deep breathing and meditation. Deep breathing and **belly breathing** are extremely helpful in reducing stress. Most people chest breathe and don't use the whole lung to exchange oxygen. Belly breathing (think Buddha) is allowing your belly to get big when breathing. The easiest way to get this is to lie on your stomach and breathe in so you feel pressure against your stomach. Once you have "relearned" what that feels like, try doing it on your back, sitting, and standing. Slowly breathe through your nose to a count of 4, hold to 4, and then slowly release the air through your mouth to an 8 count. This is an awesome way of getting to sleep at night. Just doing this for 2-3 minutes can relieve a lot of stress and take tension from the head and neck area and clear your head.

Doing this for longer periods of time (10 minutes) leads into the second major way of stress reduction – meditation. This is also a great way to relax the body. Breathing and focusing, letting your mind wander are basics in meditation. We have 2 CDs available at the office to help guide you through this helpful technique in reducing stress. Sometimes stress is what we do to ourselves, especially if we have conflicts with other people. Forgiveness can be a powerful reliever of stress. Tell someone you love them. Tell someone, "I'm sorry."

*Again, thank you for being our patient!
We appreciate you and look forward to serving you.*

David J. Weber, D.C., D.A.B.C.O.

289 Sinsinawa Ave

East Dubuque, IL 61025

(815) 747-6548

www.weberchiro.net