

SHEPPARD CHIROPRACTIC

Dancing With Arthur

I hear this all the time. Oh, Dr. Joe, you can't help me I have terrible arthritis. There are many people young and old who have arthritis, degeneration, and spurs in their spine. Even my father Stan, has severe arthritis due to athletics and several car accidents. Stan says that adjustments keep him moving right along and he only wished he had taken better care of himself.

Arthritis is very common, but it is not normal. If it was, your entire body would be arthritic. Current research shows that within two weeks of an injury, the body will form permanent scar tissue, decrease the blood flow to the area and cause weakness in the spine. These complications result in the body trying to stabilize the spine by putting additional calcium in the vertebra and joints and also make the nerves more sensitive to changes in the weather. That is why you can sense a cold front or changes in the weather, better than most weather forecasters. The longer the spine has been out of place (months or even years) the more arthritis you will have. It is very similar to driving your car to California with the tires being out of alignment. Imagine that....So now that you understand how you got arthritis, what can you do about it? I cannot take the arthritis away, because it is a record of all the injuries,



accidents, slips and falls in your life. But what I can do is keep the joints/vertebra healthy with no stress or pressure on your nervous system. Your nervous system controls

everything in your body from your head to your toes. So any pressure or pinching on the nerves will cause dysfunctions in your body.

Dr. Henry Winsor, a medical doctor from Haverford Pennsylvania, was inspired by the chiropractic claims that there was a relationship between the shape of the spine and the health of the internal organs. Dr. Winsor dissected thirty-two cadavers while observing the alignment of the vertebra and any diseased organs in which the nerves were connected. What he discovered was that there is a direct correlation to the area of the spine with arthritis and the diseased organ, gland or tissue. That is something that we cannot ignore.

The importance of a healthy nervous system should be a major priority with you and your family, because if the nerves are not working at 100%, you will not be 100%. It has been said many times "chiropractic care will add years to your life and life to your years."

For more information please contact Sheppard Chiropractic at 753-5437.