

## DIZZINESS:

Dizziness is a common symptom seen in the chiropractic clinic. Inbalance frequently has a cervical origin and there has been a lot of research that shows that the cervical spine plays an important role in the regulation of balance. Vertebral subluxations that have been there for many years stress and strain on the spinal cord and the spinal nerves causing a loss of balance and in many cases giving rise to dizziness. Chiropractic adjustments frequently produce miracles where other traditional doctors and medicines fail.



### Algunos casos frecuentes

In the Nilsson Chiropractic Centre we often see changes in the following conditions:

**ARTHROSIS – ARTHRITIS – ASTHMA – SCIATICA – MUSCLE CONTRACTIONS AND MUSCLE SPASMS – NERVOUS CONDITIONS – SPINE DEGENERATION – HEADACHE – SCOLIOSIS – EXTREMITY CONDITIONS – HERNIATED DISC – HYPERTENSION – INSOMNIA – IMMUNE DEFICIENCY – LUMBAGO – MIGRAINE – BAD POSTURE – DIZZINESS – OSTEOPOROSIS...**

Remember! The chiropractor does not treat or diagnose diseases or symptoms, the chiropractor frees the nervous system of interferences so that the body can heal itself without resorting to drugs or surgery.

If you want to know how Chiropractic can help you give a boost to your life, GIVE US A CALL!!

Plaza Balduino I de Bélgica s/n, Local B

L'Alfas del Pi, Alicante Tel: (+34) 965 889 303  
[www.centroquiropRACTICONILSSON.com](http://www.centroquiropRACTICONILSSON.com)  
 Email: [info@centroquiropRACTICONILSSON.com](mailto:info@centroquiropRACTICONILSSON.com)



## Centro Quiropráctico Nilsson

Boletín Quiropráctico nº 3 noviembre de 2008



### LET'S TALK ABOUT PAIN...

Pain is a normal reaction from the body, its meaning is to send an alert to the organism that the system is failing and needs urgent action taken. Many times this is because of tissue damage due to the body's failure to adapt to its surrounding environment. Unfortunately the pain is the last symptom to appear in the destructive process of the disease. Between 30-40 percent of the tissue is damaged before the first pain signs and discomfort is felt. Without a doubt the biggest shame is that many people spend years spending money to treat their pain as the problem instead of identifying the cause. **The vertebral subluxation affects our natural ability to heal, regenerate and protect the tissues of the body.**

The aim of chiropractic is to remove the subluxations, to restore the body's capability to innately heal and restore the human nervous system through corrective chiropractic adjustments. That's why chiropractic patients report miraculous changes in their health and general improvements of pain.



### SO WHAT IS HEALTH?

Do you think that a healthy person is a person without symptoms and pain and always feels well? If that is your definition of health, what do you think about the child that is well and the next day gets a cold that leads to complications and pneumonia?, or the person that "has nothing wrong" that dies of a heart attack, or the lady that feels great then goes to her doctor for a check-up who discovers she has breast cancer? Did these people suddenly lose their health, or perhaps they didn't have full health to start with even though no symptoms were obvious?

Many disease processes need months or years to show themselves on the outside.

Health is the body's capacity to adapt to its external environment (physical, mental and chemical stresses), without losing its internal balance. The easier and quicker it can adapt, the easier the body can heal itself. When

the body experiences difficulty with adapting or responding to a physical, mental or emotional stress, the body compensates and begins to lose its internal balance. It becomes weak, eventually becoming dis-eased and eventually showing symptoms of disease.

**A primary requirement for an adaptable organism is the good function of the nervous system.**

***Health is Optimal Wellness on all levels – Physical, Mental and Emotional, and Not Only the Absence of Symptoms or Disease.***

Health is a state that is built through good habits throughout one’s life. These habits can be resumed into three principal factors:

**CHEMICAL FACTOR:** promote a good diet and avoid the excessive consumption of alcohol and drugs.

**MENTAL FACTOR:** emotions, auto-suggestion, positival mental attitude.

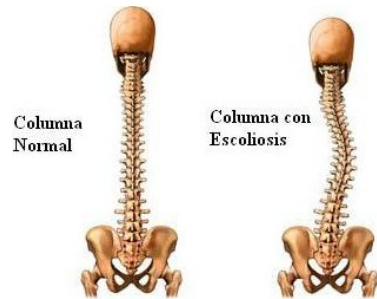
**PHYSICAL FACTOR:** adequate rest and light to moderate physical activity according to your age. When these three factors are put together the body

will work without nerve interference (subluxation), and the person can reach an optimum level of **health and wellness .... THIS IS WHAT**

**CHIROPRACTIC CARE CAN OFFER YOU!!**

**SCOLIOSIS:**

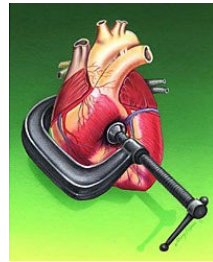
Scoliosis is a deforming and debilitating condition. The definition of scoliosis is an abnormal lateral deviation of the spinal column. Although the cause is largely unkown in many cases, chiropractors recognise that over time many patients with scoliosis gain great benefit from chiropractic care. It is obvious that a twisted spine suffers more tension and imbalance than an aligned spine. This is an area where chiropractors are excellent in helping scoliotic patients to live a life of optimum health without vertebral subluxation, thereby enjoying maximum potential of wellbeing and spinal integrity. Chiropractors are the only specialists in maintaining the correct position of the spinal column.



**HYPERTENSION:**

High blood pressure is one of the most common conditions in the world today, and one where the sufferer is usually given medication for life. Hypertension occurs when the blood pressure is contantly higher than “normal” which can prove dangerous in some people.

Chiropractors don’t treat hypertension. They recognise that the nervous system controls all the systems in the body, including the cardiovascular system. Small nerves in the arteries control the diameter of the arteries and therefore influence the blood pressure that the heart needs to pump blood around the body. If these nerves are blocked in the spine by vertebral subluxations, the dilation or constriction of the arteries that control blood pressure is effected. This



explains why so many patients who originally see a chiropractor for backache report a reduction in their blood pressure tablets or that they no longer need to take the medication at all.

**INSOMNIA:**

In our opinion, difficulty in sleeping is one of the most dangerous conditions over long periods of time. An appropriate quantity and quality of sleep is vital for the inherent capacity of the body to heal itself. The maximum capacity for the body to heal, repair and control homeostasis happens when we reach a normal level of deep sleep. Many traditional doctors still prescribe drugs or medication to “help” the patient sleep. These drugs are dangerous for 2 important reasons. 1. They can become addictive, and 2. according to many scientific studies these drugs produce a “false sleep” where the patient never reaches a profound sleep. The patient is drugged but isn’t enjoying a true sleep state. The number one cause of insomnia is the inability to handle stress.

Much research from all over the world shows beyond doubt that chiropractic helps the body adapt more efficiently to life’s stresses. One of the most common reactions that patients report to begin with after their first adjustment is that they sleep better. This is a vital step towards the healing process!