



In Touch

A Newsletter by Dr. Joshua J. Bletzinger

How Chiropractic Adjustments Help Brain and Body Function

Heavy Antibiotic Use May Raise Lymphoma Risk

A research study from the American Journal of Epidemiology has found a “striking” association between antibiotic use and non-Hodgkin’s lymphoma (NHL), a cancer that affects the body’s lymphatic system. According to the study, using antibiotics more than 10 times in childhood increases the likelihood of developing NHL. Another finding of increased NHL risk is from heavy anti-inflammatory medication users. This includes ibuprofen drugs such as Motrin and Advil.

It is clear that there is a time and place where antibiotics are needed and will benefit the person taking them. However, antibiotics are widely over-prescribed and the adverse effects can be damaging. Infections that we acquire come from our body’s inability to combat stresses from our lifestyles. These stresses can be greatly reduced by getting regular chiropractic adjustments, receiving optimized nutrition, drinking adequate amounts of water, and getting plenty of sleep.

It is far easier to grow a healthy child than repair a damaged adult!



The chiropractic adjustment is not something that is done to you, it’s something that happens to you.

More so now than ever before is research being done to explain how an adjustment stimulates our brain in order for our body to work right.

The Displacement of a Bone

The displacement of a bone can happen in any joint in your body. This displacement is called a subluxation. A subluxation interferes with proper nerve function. Studies show that it takes only the weight of a dime to change a nerve signal up to 30%. The end result is altered movement, balance, muscle coordination, posture, and organ and system function.

What Happens in the Joint

There are two types of receptors in every joint. One is for **motion** and the other is for **pain**. When a joint is moving properly the motion receptors are excited. When a joint is not moving properly the pain receptors are excited. What does this mean? When a joint does not move properly, pain receptors will signal the brain to produce inflammation (pain, swelling, tenderness). Long term inflammation will wear down the joint in the same manner a cavity wears down a tooth.

The Stimulation of Motion

When an adjustment is given to the displaced bone, the motion receptors are excited. Motion receptors stimulate the release of serotonin in the brain stem. Serotonin release produces positive effects on **mood, emotion, sleep, and appetite**. Serotonin will also aid to stop pain at the spinal cord where the adjustment happens.

Effects of a Chiropractic Adjustment

- Releases trapped tissues
- Breaks up scar tissues
- Reduces distortion of the vertebral disc (our primary shock absorbers)
- Increases joint motion that achieves a new position of balance
- Reduces stress or strain on soft and hard back muscles and tissues
- Quickens reflex and response times
- Quicker reflexes reduce injuries to joints and muscles
- Stimulates immune response
- Decreases pain input from nerve endings
- Excites motion receptors which causes serotonin to be released
- Improves body movement, balance, muscle coordination, posture, and organ and system function
- Increases blood antioxidant levels



Adjusting a displaced bone, or subluxation, stimulates all these processes. This is why regular chiropractic patients acquire less injuries, illnesses, and degenerative diseases.

The body needs no help, just no interference.

Scoliosis Awareness Night

The Fox Valley Chiropractic Council is hosting a Scoliosis Awareness Workshop. This workshop is directed to families with children and adolescents for information and alternative treatment options to surgery.

What we will cover:

- What is scoliosis and what does it affect?
- How do I recognize scoliosis?
- How does scoliosis progress?
- What are the treatment options ?
- What is the scoliosis protocol?

When: Wednesday, March 8th

Where: St. Charles Public Library

Time: 6:30 - 8:30pm

Please call our office for more information or to reserve a seat. Attendance is limited.

Massage Therapy

Performance Chiropractic will be incorporating massage therapy to the clinic on a semi-weekly basis beginning in March. Massage therapy can be prescribed through the course of a corrective treatment plan or purchased in half hour and hour sessions.

Techniques applied are Swedish, Deep Tissue, Prenatal, and Mind-Body Connection.

Office Hours

Monday & Wednesday
8:30-11:00am 3:00-7:00pm

Tuesday & Thursday
2:00-7:00pm
Chiropractic & Massage Therapy

Friday
11:00am-6:00pm

Saturday & Sunday
By Dr. Appointment Only

Custom-Made Foot Orthotics - Support Yourself!

The feet serve the body in three ways: bearing weight, assisting locomotion (gait), and absorbing the impact of gravitational force, also known as heel-strike shock. Research has proven that custom-made flexible foot orthotics (Foot Levelers) improve balance and proprioception, reduce fatigue, improve structural alignment, enhance dynamic function, and improve athletic performance. Custom-made, flexible orthotics enhance the supportive and biomechanical properties of the foot. Flexible orthotics offer the foot a degree of control in motion as well as support to the three arches of the foot. To a greater extent, custom-made orthotics encourage joint stability which provide optimal support to the lower extremities, pelvis, and spinal structures.



The goal of custom-made, flexible orthotic therapy is to control, not restrict, motion.

As a support service to chiropractic care, custom-made orthotics are prescribed and fitted through the course of a corrective treatment plan. These orthotics can also be fitted and purchased on their own. Young or old, active or inactive, male or female, a custom-made orthotic can support the whole body.

The Benefits of Fish Oil (Omega 3 Fats)

Omega 3 fatty acids (O3) can be found in foods such as flax seed, olive oil, walnuts, and cold water deep sea fish. But these foods contain different O3 fatty acid chains. As all are beneficial for body function the necessary O3 fatty acid chains come from the oil in fish muscle. The fatty acid chains in fish oil are called DHA and EPA.

What effects does fish oil have on the body and why is it essential to take daily?

- Approximately one third of the brain and nervous system uses DHA only to carry nerve messages.
- Rheumatoid arthritis studies have demonstrated that fish oil is more effective in controlling inflammation and reducing pain than aspirin or anti-inflammatory medications.
- Here is what fish oil has been found to do for the heart and cardiovascular system: improve the function of heart muscle, decrease clot formation, prevent abnormal heart rhythm, and decrease blood pressure.
- Fish oil has also been found to have positive effects on proper joint and lung function.

Fish oil is probably the most beneficial supplement you can take to reduce the incidence of acquiring heart conditions, decrease joint pain, control asthma, and maintain proper nerve function.

Make sure you are purchasing Fish Oil that is from cold water fish and is manufactured by a company registered with the FDA as a pharmaceutical grade company that adheres to Good Manufacturing Process and USP guidelines.

Patient Spotlight

Theophila has come to us all the way from Nigeria in search of regaining the ability to use her legs. Theo had begun to lose the use of her legs beginning in 2003. Since then Theo has been confined to a wheelchair. Theo had also acquired spastic paralysis of her right leg with the inability to straighten the right knee. At this time Theo had worn a knee brace to keep the knee straight. Surgery to cut her leg muscle tendons was suggested.

In January 2005, Theo had 2 surgeries on her spine to free up space for her spinal cord in hope to regain function of her leg. As the process to regain leg function has been minimal, Theo and her family came to us in August 2005, to see if chiropractic care could help her regain function of her legs.

It has now been six months that we have worked with Theo. In this time span, Theo has regained muscle function and movement in her legs. Theo's right leg is no longer in spastic paralysis and she does not wear a knee brace. Theo is also standing with the aid of a walker.

We will continue to improve Theo's quality of life and work towards her goal of walking again.

Welcome To Our Clinic!

Mindy E.	Katherine E.	Marlin N.
Jeff P.	Jerry C.	Liam C.
Mary M.	Sydney L.	Nicole T.
Leroy A.	Catherine S.	Elizabeth C.
Alexis C.	Sara R.	Frank S.

Thank You For Your Referrals!

Jeff C.	Brian J.	Madeline S.
Jerry C.	Scott R.	Leigh P.
Chris M.	Jerry C.	

Thank you for your support, confidence, and trust!! We are very grateful to be of service to you.

ANALYZE • OPTIMIZE • HARMONIZE

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