

# Friedman Chiropractic, Inc.



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## BI- DIRECTIONAL HEALING

The human body contains two brains - the one brain inside the skull and another inside the stomach called the abdominal brain. The abdominal brain is home to the microbiome, comprised of the 500 to 1000 bacterial species, of which the average ratio is 85% health-promoting and 15% disease-promoting organisms. These species affect hormones, obesity, immunity, heart, muscle and joint inflammations and much more.

The gut also has a direct pathway to the brain via the vagus nerve and can alter moods, learning and memory. Conversely, the brain can send signals back down and affect gastric and organ functions. This up and down “nerve highway” is called the Gut-Brain Axis or the Brain-Gut Axis and is one of our main regulatory and healing pathways.

The central nervous system (brain) and the enteric nervous system (gut) are constantly

communicating back and forth. The gut sends the brain the nerve information gathered from bacterial activities and the brain responds, sending nerve signals to the abdominal brain. Approximately 80% of the signals begin in the gut and 20% start in the brain, indicating the vital importance of our second brain.

*“Attitudes are rates of vibration that either increase or decrease body function”*

*Manly Hall*

The nature of the bi-directional talk between the brain and the gut plays a vital role in auto-immune illness, arthritis, fibromyalgia, cognitive functions, depression, anxiety, autism, and nervous system disorders like Parkinson’s and

Multiple Sclerosis. Anything that affects the gut affects the brain and vice versa.

How can we harness this superhighway for our health and healing? Health maintenance begins by eating an organic plant-based diet free of environmental toxins and pesticides, avoiding excessively processed and GMO foods. Prudent uses of medications such as antibiotics also minimize bacterial damage.

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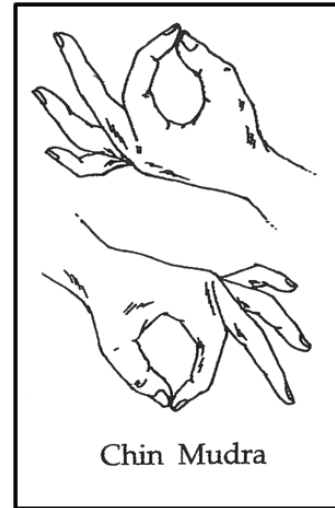
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We invite you to visit our website at [www.FriedmanChiro.com](http://www.FriedmanChiro.com)

Many people, however, have had such significant microbiome damage that extra help is required for re-building. A therapeutic program to weed out the toxic bacteria and feed and promote the good bacteria is done with prebiotics, probiotics, herbs and fermented foods.

Additionally, strong emotional states such as fear, anger, worry, doubt and grief are physically experienced in the gastric region and cause disturbance in the microbiome. These long-term emotional stressors can alter the flexibility or plastic tone of the nervous system and impair a person's ability to get well.

In this office, Chiropractic Neurovascular Dynamics can help reset and restore nervous system balance (tone). Home care use of the Chin Hand Yoga position (illustrated) 5- 15 minutes daily can calm the mind and assist digestion.



*“As below, so above.  
As above, so below.”*

*Hermes*

**Office News: Dr. Friedman is now working most Saturdays.**



## Pythagorean Center for Natural Healing

A Facility of Friedman Chiropractic Inc.

With the inception of our website, we decided to personalize Friedman Chiropractic, Inc. in honor of a physician-philosopher whose approach to natural healing epitomizes our methods.

His name was Pythagoras.

For more information on this remarkable man, please visit our website.

## Applied Kinesiology...

...is a diagnostic tool using the muscle structure of the body to aid in the examination of a patient. Its use allows immediate feedback aiding the doctor in making decisions on what type of care the patient needs.

**Visit Our Website!**

**[www.FriedmanChiro.com](http://www.FriedmanChiro.com)**

### DISCLAIMER

This newsletter is intended to provide health information to improve quality of life and assist users to better understand their health and arrange more easily for healthcare services. It is not an attempt to replace the need to seek healthcare services nor to provide specific healthcare advice. Information provided should not be used to diagnose or dispute a qualified healthcare professional's judgement. If you have any questions, please give our office a call or check with your local healthcare professional.