

Friedman Chiropractic, Inc.



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NEWS

NO. 10

EARLY WARNING SIGNS

Most of us visit our dentist on a regular basis or make an annual medical visit to have a checkup, but we are not aware that there is an innate body system that can also provide clues long before a health challenge manifests. That system is the Autonomic Nervous System (ANS), previously described in the “Awakening the Healing Response” newsletter (Vol 14, No. 8). It is the automatic and unconscious organ system that remains silent in health and produces many alarm signals such as headaches, or back and joint pain, when something is awry internally. These signals say that something within is not self-regulating. Approximately 90% of our health complaints are functional, that is they are in the early stage with no medical evidence of disease. If we can address these functional complaints on a preventive level early, we may avoid more serious health

projects later in life.

The two main divisions of this automatic relay system, the Sympathetic Nervous System (SNS) and the Parasympathetic Nervous System (PNS), delicately balance one another

“Stress is failure of adaptation (of nervous system) to environment.”

– Hans Selye, M.D.

to maintain the internal environment in equilibrium. The body is in a perpetual seesaw as it constantly adjusts and seeks balance. Should one side gain the upper hand, then certain organ or muscle symptoms will arise to the conscious level. Under certain physiological conditions, such as

fright, or fight or flight, a host of SNS signals occurs, manifesting as tense muscles and increased blood pressure, and at another time the PNS dominates, allowing us to relax and sleep. In any given 24 hour period the pendulum swings between activity and rest.

If any of the three major chiropractic health

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stressors, that is emotional, dietary and mechanical, would continue for too long, our Inner Healer would not be able to reset the internal clock, and uncomfortable aches and pains will persist. Similar to a blinking dashboard warning light, paying attention to body discomforts is important. Rather than ignoring or suppressing symptoms, they are Nature's guide to healing.

Chiropractic Neurovascular Dynamics, formerly known as Autonomic Nerve Control, was developed by Terrance Bennett, D.C. to understand the body's early warning symptoms. NVD reflex points, largely on the front of the body, become tender and swollen to the touch when there are disturbances within. NVD assists us in understanding the origin of internal body signals. The goal of any NVD treatment is to restore harmony to the nervous system by re-setting "blown fuses" or reflexes when body circuits have become overloaded.

In the next issue we will discuss interesting case histories of a few conditions listed below that have been helped with NVD.

- Headaches
- Heartburn
- Low back and joint pain
- Hypoglycemia
- Eczema
- Heartburn
- Constipation
- Diarrhea
- Fatigue
- High blood pressure
- Numbness of hands and feet,
- Cold extremities
- Mood changes
- Anxiety
- Insomnia
- Sleep apnea
- Frequent urination
- Light sensitivity.

For a complete list of ANS sign and symptoms, please contact the office.

Office News: Dr. Friedman 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.

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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.