



Nitschke Chiropractic Newsletter

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The famous Thomas A. Edison 1847-1931 said:-

'The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of diseases'

General health care of today does not really follow these principles.

We should be taught from a young age to take care of our health so we do not attract illness by living correctly through proper diet and exercise.

Understanding what makes us work is very important and starting early with our children should be paramount.

Low back pain affects about 70% of the adult population in Australia.

Backache also causes many lost working hours each year. If you are suffering any kind of back pain it could be due to any of the following reasons: Muscle and tendon sprain, ligament damage, vertebral joint problems usually due to heavy work, lifting and injury. Through the same lifting, bending and twisting disc compressions may occur.

Emotional problems may cause muscle spasms from anxiety and with old age discs degenerate and arthritis establishes itself.

There are many methods used for treating back pain

Chiropractic has long been associated with the spine and may help in treating pain as well as acupuncture which has had an equally long association with treating pain.

Magnesium:

Aids calcium function and involved in 50 biochemical reactions in the bod. It is a factor in all energy dependent processes.

Food sources are whole grains, nuts, seeds, leafy vegetables .

The recommended dosage is 400 to 800 mgs daily.

Migraines

A migraine has been described as not just a bad headache but a total body experience. You know it's a migraine if the pain is on only one side of your head or behind one eye: you may become suddenly sensitive to light, sound and smell, you can not participate in your regular activities and you may feel disorientated.,

A migraine may be accompanied by nausea and vomiting, diarrhoea or constipation. Hands and feet may feel cold. There may be a warning system lasting from 10 minutes to one hour and can consist of visual disturbances (zigzag lines, black spots, loss of sight and or star bursts.) slurred speech, changes in smell and taste sensitivities, confusion, difficulty in focussing and a tingling sensation on one side of the body.

Almost anything can trigger a migraine. Changes in weather, stress, low or high blood pressure, nutritional deficiencies, food sensitivities, skipping meals, hormonal changes, bright lights, altered sleep patterns or neck injuries.

Migraines are treatable.

'By three methods we may learn wisdom: First, by reflection, which is noblest: Second, by imitation, which is easiest: and third by experience, which is the bitterest.'

Confucius