



Chiropractic Care Was Never About Neck & Back Pain!

I know, but Uncle Joe has always sworn by chiropractic! Every time my back hurts I just go to my "choir- practor", a couple of "cracks" & I'm all better! YES... Sadly this is the perception that has developed over the years. There are plenty of reasons for this: chiropractors who place these big bold ads promoting the benefits of quick relief for back pain, the ignorance of conventional medicine with their claims that "we don't understand how chiropractic works, there is no research to show its effectiveness, but I guess it can't hurt." Then there are insurance companies who limit their coverage of chiropractic to the treatment of musculoskeletal conditions of the spine. The truth & reality is that the spine is our "portal" of treatment, no different than a lot of times your mouth being the "portal" of treatment in medicine. Every time you take a pill for something through your mouth & digestive system, it's not your mouth or digestive that is the problem, they just happen to be to point of entry. In Illinois, the Medical Practice Act, spells out the guidelines under which all doctors in Illinois practice regardless of specialty. Chiropractors are licensed as primary care physicians, the same as your M.D. or D.O. The chiropractic "scope of practice" is the treatment of **ANY** condition or disease of the human body without the use of drugs or surgery. Does that mean chiropractic can treat cancer? NO Chiropractic isn't about treating any specific problem, BUT it is ALL about correcting the SUBLUXATIONS of your spine that interfere with your Nervous System's ability to communicate with the rest of your body. Only after your Nervous System is communicating without interference can you're your body be as healthy as possible!

Your Child's Fever is it Good or Bad?

Contrary to conventional thought, your child's fever is NOT a bad thing! When our body reacts to an infection & our immune system does the job that it was designed to do, one of the results is an increase in our body temperature. This is a perfectly natural and normal response, not a bad thing! Yes it is uncomfortable for your child, but their little body is working the way it should. In fact the body temperature is not even a serious concern until it reaches 105 to 106. All too often our instinct is to reach for the children's Tylenol thinking that it will somehow help fight the infection if we lower the body temperature. In fact nothing could be further from the truth! We are actually interfering with & prolonging the healing process. Not to mention the harmful effects of the Tylenol to your child health. So the next time your child runs a fever, let their system do what it should do! Studies have shown that multiple fever episodes in a child's life build their immune system, and leave them less prone to chronic illness as an adult and even lower the likelihood of developing cancer! If you want to give them some relief naturally and safely placing a washcloth soaked in a mix of water, ice, & rubbing alcohol across their forehead does a remarkable job!

The Cost of Illness

If you think eating healthy is costly, think again! A Harvard University study of almost 2,000 Americans in bankruptcy court found that half said that illness or medical bills drove them into bankruptcy! People who suffer financial hardship from medical bills are mostly middle income or working class homeowners. Every 30 seconds in the United States, someone files for bankruptcy because of a serious health problem. Over 75% of those that file **had** health insurance and lost it during the course of their illness. Many people neglect their health, assuming that they are healthy and everything is fine until symptoms appear and get progressively worse. By then problems can be well advanced or even irreversible. This is exactly why we recommend wellness care. For some, visiting our practice when you feel good may seem unusual or a bit strange. However preventative chiropractic care & other measures to maintain your health & live a lifestyle of health & wellness will provide more "insurance" than the best insurance coverage! If you live your life to be healthy & well, then disease & sickness is not something you have to waste your money on. Next month-plenty advice on what you can do to be healthy!

Chiropractic & Pregnancy

Thousands of women each year undergo regular chiropractic adjustments during the term of their pregnancy. The American Pregnancy Association is a national health organization committed to promoting reproductive and pregnancy wellness through education, research, advocacy, and community awareness. They point out that there are no known contraindications to chiropractic care during pregnancy. The benefits of chiropractic adjustments during pregnancy include a healthier & more comfortable pregnancy, reduced symptoms of nausea & morning sickness, an improved pelvic balance leading to a reduced delivery time, relief from neck & back pain from the increased weight during pregnancy, a heightened feeling of well being during pregnancy which leads to a healthier environment for your baby. Personally, over the years I have adjusted many women who became pregnant while under care or women new to our practice who wanted to experience the benefits of chiropractic care during their pregnancy. The feedback has overwhelmingly been an easier, healthier pregnancy & delivery.

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