



# The Spinal Column



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## Chiropractic Myths BUSTED!

Some people are still afraid of trying alternative treatments, like chiropractic care, because of misconceptions and myths. Here are some common myths you may have heard about chiropractic care:



although some children may feel apprehension at first.

### Myth: Chiropractic is Dangerous

Chiropractic is very safe. Chiropractic adjustments are considered to be one of the safest therapies for neck and back pain problems. The risk for developing severe complications from spinal manipulation is actually rare. Spinal manipulation is encouraged by most doctors before recommending surgery. Chiropractic is the natural alternative treatment to dangerous prescription drugs like steroids and antidepressants.

**Myth: Chiropractic is Painful** Chiropractic is natural, non-invasive form of healthcare and is generally painless. By gently adjusting the position of the vertebrae, chiropractors remove blockages in the nervous system which then allow the body to regulate, adapt and heal more effectively.

**Myth: Chiropractors are less Capable than Medical Doctors** Chiropractors actually go through very strict and rigorous training and education similar to medical doctors. In fact, chiropractors have more hours of classroom education than their medical counterparts.

Many patients feel relieved and relaxed immediately after treatments. Those with chronic neck or back pain may feel some discomfort, but their visits become more relaxing and comfortable over time. Chiropractic treatment for children and infants is also gentle and generally pain-free,

Like medical doctors, chiropractors are qualified professionals, well-trained in pathology, radiology, biomechanics, physiology, and adjustive techniques. They are subject to the same type of testing procedures, licensing & monitoring by state/national boards to ensure qualification.

**Myth: Chiropractic is Pricey** Chiropractic is one of the most cost-effective treatments for spinal issues compared to expensive medical procedures like surgery and long term drug taking programs. Chiropractic patients significantly reduced their expenses for inpatient visits, hospitalization, and medications. Chiropractic can prevent minor injuries before major interventions are required.

## Recipe of the Month

### Old Bay Shrimp Salad

#### Ingredients

- 3 quarts water
- 1/4 cup Old Bay seasoning
- 2 lbs. unpeeled, medium-size fresh shrimp
- 1/2 cup finely chopped celery
- 1/3 cup finely chopped onion
- 1/3 cup light mayonnaise
- 2 tablespoons lemon juice
- 3/4 tsp Old Bay seasoning
- 1/4 tsp seasoned pepper
- 8 green leaf lettuce leaves

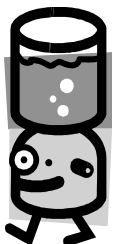
#### Preparation

Bring 3 quarts water and 1/4 cup Old Bay seasoning to a boil in a Dutch oven; add shrimp and cook, stirring occasionally, 2 minutes or until shrimp turn pink. Drain. Pour shrimp into a 13- x 9-inch pan to cool. Peel shrimp and chop shrimp.

Mix celery and next 5 ingredients; stir in shrimp. Cover and chill 2 hours.

**Shrimp Rollups:** Place 1 lettuce leaf on top of each 8 (8-inch) flour tortillas. Top each evenly with 1/2 cup Shrimp Salad and 3 or 4 avocado slices. Roll up tortillas, and secure with thick, round wooden picks. Cut in half.

**Shrimp Pitas:** Cut 12 mini pita pockets in half. Stuff pockets with Old Bay Shrimp Salad.



**Water. How important can it be?** Water is crucial to your health. It makes up about 60% of your body weight. Every system in your body depends on water. The lack of water can lead to dehydration or heat stroke, which means your body cannot carry on normal functions. Remember, your body first hydrates the nervous system, then organs and finally muscles and spinal discs. So, make sure you are drinking at least half of your body weight in ounces. (Ex: a 128 lb. person should drink 64 ounces OR 8 - 8 ounce glasses per day) Hydrate for health!

**Ergonomic Air-Pack Backpacks on SALE!— our Back to School event!**



# Chiropractic - a Safe Relief for Headaches!

Studies estimate that 25% of the population suffer with headaches. Since headaches are so common, most people think they are a normal part of life. Headaches, however, are not normal but a sign that something is wrong. We know that stress, toxic fumes, certain foods and preservatives and even alcohol can cause headaches. Researchers have found that the majority of headaches result from tension in the muscles of the neck area. This alters specific nerves that exit from the spine and supply the head and neck area. When these nerves are pulled, irritated, stretched, or compressed a headache often results. This frequent and overlooked cause of headaches is due to the misalignment of spinal bones in the neck and upper back.



Another headache?  
Chiropractic may help!

A report released in 2001 by researchers at the Duke University Evidence-Based Practice Center in Durham, NC, found that **chiropractic adjustments resulted in almost immediate improvement for those headaches that originate in the neck**, and had significantly fewer side effects and longer-lasting relief of tension-type headaches than a com-

monly prescribed medication.

The Duke study examined studies on several headache treatments, including drug therapy. Of all the treatments, **non-invasive neck adjustment came out as one of the safest and most effective.** Of course, this is not new information for people who are already exposed to chiropractic. At AC Chiropractic, we have seen first hand that neck adjustments,

also known as cervical spine adjustments, successfully helps patients with various types of headaches. For the general public, especially those who are tired of taking medication, chiropractic offers people a natural alternative for pain relief. While aspirin and other medications may cover up the symptoms temporarily, they DO NOT correct the cause of the headache. **By helping to maintain proper posture and neck movements, chiropractic can help prevent headaches.** Also try to:

- Avoid slouching
- Avoid reading with your neck bent forward
- Keep your computer monitor at eye level
- Take frequent breaks from reading and sitting at the computer



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good health, naturally! Call 770-513-8922. see how chiropractic can help you achieve Call today to set up your appointment and Come in for a FREE Exam and Consultation!

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