



# New Hope Family Chiropractic Health News

Hours:  
Mon, Wed, Thur 8:00 – 6:00  
Tues 2pm – 6, Fri 8:00 – 12:00

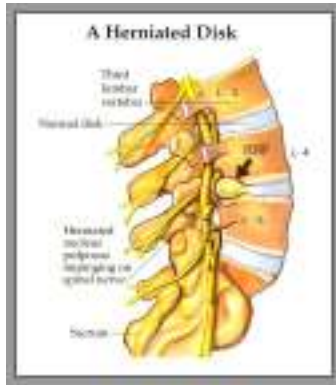
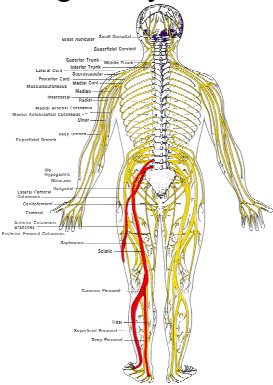
August/Sept 09  
Vol 1 Issue 3

Dr. Rodger Lincoln

## Sciatica

If you've had sciatica in the past, you know the condition is as scary and painful as the word sounds. For those of you who don't know what sciatica is, **sciatica is debilitating low back pain that runs down the back of one or both legs and severely limits your movement.** The pain can be so bad that people are hospitalized lasting weeks to months.

The condition causes severe pain and weakness in the low back and legs limiting your ability to walk or stand. Sciatica is not a condition to take lightly nor should it be ignored thinking it will go away on its own.



The pain and weakness is caused by pressure on one or more of the nerves that exit the spine in the lower back. A bulging disc or swelling of the surrounding soft tissue creates pressure on the nerve that results in interference of the normal flow of nerve impulses to the organs, tissues and muscles that nerve supplies.

**When you ignore the health of your spine** you set yourself up for injury to your spine.

Common activities like repetitive bending, lifting or sneezing can cause damage to the disc and swelling of the surrounding soft tissue. Even the simple act of bending over to pick a pencil off the floor can cause an already damaged disc to bulge setting off painful sciatica. The nerves that exit the spine are very sensitive to contact and don't like pressure on them and they let you know. Patients who come in with this condition will state that they never had

anything like this before and cannot understand how they got like this.

**Misalignments in your spine** caused by slips, falls, and **repetitive motion weaken the annulus of the disc, ligaments and muscles.** The act of bending over to pickup a shirt off the floor now causes your disc to bulge or your ligament to stretch and give way causing severe pain.

Your first inclination is to go to your medical doctor who will prescribe muscle relaxers, anti-inflammatory medication and give you instructions to rest and stay off your feet. **This type of treatment does not correct the cause of the problem** it treats the symptoms. **Only chiropractic care treats the cause of sciatica** by placing that misaligned spinal bone back into its normal position allowing the disc, ligaments and surrounding soft tissues to heal.

Research and clinical studies have proven time and time again that chiropractic care is the most effective treatment for low back pain and other spinal related problems. Taking medication is great for treating the pain but it will not correct the cause nor will it prevent it from coming back. Research has also shown that under regular chiropractic care patients return back to work sooner, were less likely to re-injure their spine and were sick less often.

If you have sciatica or know some one who has sciatica and needs care, please do them a favor and refer them to New Hope Family Chiropractic, Riverside R.I. 433-3600. Waiting and hoping the problem will better by itself is not an effective treatment. Call today and get help.

## Carpel Tunnel

Carpel tunnel syndrome (CTS) has been very popular over the past 25 years due to the popularity of the personal computer. Carpal tunnel syndrome is a painful condition that is characterized by pain, numbness, tingling and paresthesia (pins and needles) in the thumb, index and middle fingers. Advanced cases of CTS lose strength and coordination of fingers and hand. Carpel tunnel



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will become even more popular thanks to texting on the cell phone and other hand held devices that promote a forward leaning head posture and repetitive hand motion.

CTS is very profitable for the surgeon costing the patient's insurance company \$4500 for a half hour surgery.

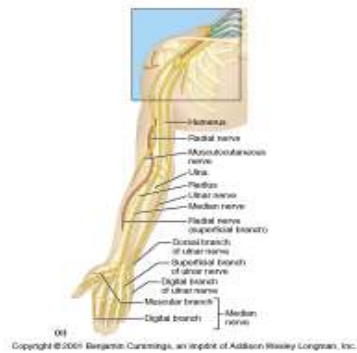


A little unknown fact regarding CTS surgery is that it is not all that successful. A 2000 report from The Bureau of Labor and Statistics shows that 23 % of people who have carpal tunnel surgery do not

return to the profession they were involved in. According to the Journal of Hand, 57 % of patients following the surgery have CTS symptoms return during a 6-year period.

What most people fail to recognize is that the CTS they are suffering with is associated with the pain in their neck. The constant pressure and inflammation on the nerves in the neck cause the numbness and tingling in the hand and wrist. That is why many CTS surgeries fail.

Chiropractic has been very successful in helping correct the cause of CTS by correcting the misaligned cervical bone in the spine and reducing the irritation and inflammation to the nerves.



Before you get CTS surgery done you should consult a chiropractor to find out if the cause is in your neck or your wrist. I have saved many patients from needing CTS surgery. In doing so I have also

saved insurance companies a lot of money and the employer a lot of lost production.

If you think you have carpal tunnel syndrome and would like to see if chiropractic can help you, call 433-3600 to schedule an appointment for an exam to determine if chiropractic is what you need.

## From The American Table

### **Death By Diet:**

Saturday morning my mother informed me that my cousin Tony passed on to be with the Lord. A month ago Tony went in to the hospital to get his right big toe removed. Infection had set into his big toe due to complications related to diabetes and as is the case one problem lead to another. Tony had his big toe removed on a Monday and during the operation it was discovered that Tony had clots in his leg that required the surgeons to place stints in his legs to allow better flow of blood. Tony's recovery did not go well and his foot did not heal well do to poor circulation. Gangrene was setting in and it was decided that his foot needed to be removed up to the ankle if he was going to survive. Tony was placed in a coma to help the body heal. When Tony came out of the coma his heart began to fail do to damage from years of high insulin and sugar levels. A tracheotomy was performed because Tony's airway was shutting down and he was having trouble breathing.

Tony went into the hospital to get his toe removed and ended up dead by the end of the month. Tony had his faith in modern medicine as does most Americans. Modern medicine is what we all have been raised on and we have all been brain washed into thinking it is the answer to our health problems. When death results in the end we begin to question the treatment or lack of thereof.

Tony was fooled into thinking that as long as he took his insulin he would be fine. Case in point: Last year, Tony and I were invited to a baptismal party. We sat at the table together chatting and having a good time talking about



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things of the past. The waitress came to the table with a large pitcher of coke and Tony poured himself a glass of coke and proceeded to drink it. To my amazement I reminded Tony he should not be drinking soda. Tony’s reply to me voicing my concern was evening more shocking. Tony said, “Linc it’s ok, I took my insulin shot before I came in. I’m ok as long as I take my shot when I’m suppose to.”



Tony was given the green light to continue to eat a diet high in sugar and starch that damaged his body the point of death.

What most people fail to recognize is that medication does not correct the cause; it deals with the symptoms. Covering up the warning light and turning off the fire alarm and thinking the fire will go away by it self is criminal. Tony would be alive today if he was told to clean up his diet and eliminate sugar, pastries, ice cream, white wheat products, high starch foods and sugary drinks. **You cannot continue doing what makes you sick and think you are going to get better or correct the cause by taking medication.** It is a disastrous strategy that is being carried out every day in the world of modern medicine.

If you have diabetes and would like real help, call 401-433-3600 today to schedule an appointment. New Hope Family Chiropractic is a health and wellness center. Correcting the cause is our approach to health care.

## The Adjusting Table



The importance of keeping to your schedule of care and keeping up with your maintenance care is key to

getting well and staying well. **Chiropractic, when practiced correctly works and works well.**

When your chiropractor gives you a schedule of care it is because **it is what is proven to work.**

**Some people think their body is an indestructible machine** that can be repetitively abused and when it breaks down they can go to the medical doctor and get a quick fix and it will be all better. The body does not work that way; it has its limits. Soft tissue takes time and rest to heal. When the proper rest and time is not allowed the damaged joint will not fully heal and it will degenerate. A once correctable condition now becomes a chronic condition.

**A chiropractic adjustment helps to relieve the pain and correct the cause of the pain by moving the spinal bone back into its normal position.** Because you have less pain or no pain, does not mean the soft tissue, disc, ligaments and muscle are healed. This is the reason so many patients relapse when they feel better and feel they no longer need to stick to their schedule of care. Don’t blame the chiropractor and don’t say that chiropractic did not work when you did not follow your prescribed treatment plan.

The average of a new patient to chiropractic is 31. Can you imagine if for the first time you brushed your teeth or saw a dentist you were 31? This is the condition most peoples’ spines are in by the time pain or poor health has forced them to see a chiropractor.

I am always amazed at how well my patients respond when considering how damaged their spine is by so many years of neglect. **Expecting to have a badly neglected spine fixed in 12 visits is unrealistic.** Better yet, thinking that you can use and abuse your spine daily and not have it checked and maintained is unrealistic. How long can you



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drive your car without changing the oil or not bring it in for a regular maintenance? I cannot think of anything that will go on working without breaking down when it is not maintained.

We have been trained to think that being bent forward, stiff and slowed by pain is a normal part of aging. We have also been trained to think that taking a pill or getting surgery is the fix all. The sad fact is that most people realize too late that pills and surgery don't always work and can be very expensive when you find out your insurance has limits. Waiting until you have a problem is penny wise and pound-foolish.

Once you are finished with your initial treatment plan you should be offered a maintenance plan for one reason and one reason only, prevention. **If you stop taking care of your spine it will revert right back to the condition it was in before you first came in.** If your dentist said to you after your check up “ You don't have to brush your teeth and you don't have to come back until your tooth is hurting or your gums are bleeding” you would look for a new dentist. Why would come back to a chiropractor who would say to you “Your back does not hurt anymore so you don't need to come back until it is hurting”? Would you prefer to wait until your spine is rotted out and beyond the point of no return?

Your treatment plan and maintenance plan is intended to get and keep you healthy.

### **Supplements Today : Zypan**

Today the number one over the counter medication is for stomach upset and heartburn. Pepcid AC, Tagament and Zantac have become common household names. These three drugs now out sell Tylenol and Advil. Pain relievers were the leaders in sales for the past 20 years but are now in second place. How did these once ‘prescription only’ drugs over take the ‘over-the-counter’ drug market and how are they different than Roloids and Tums?

Two factors come in to play when one looks at the rise in the usage of heartburn and indigestion

products. The first factor is a bad diet. The standard American diet is devoid of vitamins, minerals, phytonutrients and enzymes, which are essential for good health. Today's processed foods are designed to sit on the shelf so it does not spoil. Today's processed foods are not designed to be digested.

The second factor is decreased production of stomach acid. As we age our stomach produces less stomach acid. As a result of less stomach acid the bad food we are consuming is not being fully digested. This undigested food is now fermenting in your stomach causing bloating, gas, belching and indigestion. This fermenting food and associated acid works it way into the esophagus causing burning and pressure in the throat.

Zantac, Pepcid AC and Tagamet **shut your stomach acid down** and prevent the acid upset in your stomach and heartburn in your esophagus. Sounds good, doesn't it? The only problem with this is **you are not digesting your food** so that your body can get the minerals, vitamins, phytonutrients and enzymes it finds to fuel and repair it. Also, you now have undigested food traveling through your intestinal tract that may lead to colitis, polyps and other colon issues.

The best way to correct the cause of indigestion and the associated symptoms is to aid the stomach in the digestion process.

Zypan from Standard Process contains digestive enzymes to help the stomach digest the food you eat and eliminate the upset and heart burn.



It also helps to eliminate colon issues that were being caused by the undigested foods passing thru your intestinal track. Correcting the cause is a better solution to your health problems. If you are having digestive issues and would like help, call today 401-433-3600.