



New Hope Family Chiropractic Health News

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

July 09
Vol 1 Issue 3

Dr. Rodger Lincoln

Neck Pain

Neck pain is as common as the housefly. Neck pain with associated shoulder pain and arm pain is the 2nd most common reason a person will visit a chiropractor. Statistics show that **2 out of 3 people will experience neck pain** one time or another with 50% of these people experiencing neck pain for the rest of their life. Women unfortunately are more likely than men to experience neck pain.



The causes of neck pain can result from some of the most obvious events such as, whiplash, occupational injuries, sports injuries, over use, poor posture and emotional stress.

One cause of neck pain that is not obvious and not recognized by the allopathic community is **spinal neglect**. Spinal neglect is similar to dental neglect. If you did not brush your teeth for 20 or 30 years and did not see a dentist during that time what would your teeth look like? Your spine is designed to last you a lifetime and when it is not taken care of it will wear out. **Regular chiropractic care is essential to maintaining a healthy spine.** The structure and biomechanics of the neck is critically important to the long-term health of the neck.



Natural forward curve in the neck.

When looking at the neck from the side the neck or cervical spine should have a 63-degree curve or arch in it. This curve acts like a spring that distributes the weight of the head throughout the curve. This spring helps to prevent degenerative disc disease.

When a spinal bone or a vertebra below is jarred out of a healthy position the curve in the neck will

begin to straighten out. When the neck loses its healthy curve and straightens out it sets the neck up for degeneration of the disc and vertebra. Also, with the loss of the curve the head is now in a forward position instead of sitting over the center of gravity. This forward position or anterior head carriage causes the muscles of the neck to work harder than they should. This change in structure leads to neck and shoulder pain. **The best course of action is to have your spine evaluated by a chiropractor** for misalignments of the spine (subluxations).

The most common sign or symptom that something has gone wrong is pain. When pain appears degenerative changes have already taken place in the spine. Most people will ignore the warning signs and will self-medicate. When the pain gets worse and no longer goes away a visit to the medical doctor is next. The medical doctor usually prescribes stronger medication. The sad fact is that this practice of medicating will not fix the cause of the problem and covers up the problem allowing the user to temporarily feel better while the condition gets worse. **Medical doctors and orthopedists are poorly trained in the care and prevention of spinal degeneration.** The medical doctor is great for medicating and the orthopedist is great for trying to patch up the damage. **Only a chiropractor can correct the cause of the problem and prevent the condition from getting worse.**



Loss of Curve & DDD

Once degeneration has set in new symptoms now manifest such as numbness, tingling and weakness into the arms and shoulders.



Brachial Plexus



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There are 7 cervical vertebrae in the neck and the tail of the brain stem is housed in the vertebral canal of C1 and C2. Seven pairs of cervical nerves branch off of the spinal cord and exit the spine at each vertebral level. These 7 pairs of nerves join together to form a very important network of nerves called the Brachial Plexus (BP). The nerves of the BP supply the muscles of the neck, shoulders, arms and hands. They also supply very important organs in the neck called the thyroid gland, thymus gland and the internal structures of the neck. Irritation to these nerves caused by degenerative changes to the disc and vertebra now result in chronic pain, numbness, headaches, migraines, tingling and weakness.

Most people think they were wise and saving money by buying a 3-dollar bottle of pills to fix their problem when the best course of treatment is seeing the chiropractor to correct the cause. Some think that they can fall back on surgery when the medication no-longer covers up the pain.

Depending on which study you read, up to eighty five percent of spinal surgeries fail after 5 years.

Do yourself a favor and do what most wise people are doing, visit a chiropractor and experience the difference an optimal functioning spine and nervous system makes. New Hope Family Chiropractic Riverside R.I. 433-3600

Fibromyalgia

Fibromyalgia (FM) is a chronic debilitating disease that has no one cause or known test or treatment.

Sufferers of fibromyalgia (FM) know something is wrong but have trouble finding a doctor that can tell them what causes FM or worst yet, how to get rid of it. Allopathic physicians get frustrated when diagnostic tests for the cause of the patient's symptoms come back normal. The doctor begins to question the person and refer the person to a psychologist for psychiatric evaluation.

So what is FM? Do you have it? Do you know someone with FM?

Breaking down the word fibro-my-algia translates as the following: "Fibro" means fiber, "My" means

muscle, "Algia" means pain. → "Fiber Muscle Pain". Fibromyalgia produces many symptoms but the most common symptom is unexplained muscle pain throughout the body. Sufferers of FM can also suffer daily with many of the following conditions:

- ❖ **Cognitive Dysfunction** - brain fog - impaired memory or concentration
- ❖ **Post Exertion Malaise** following physical or mental exercise - lasting more than 24 hours
- ❖ **Lack of deep refreshing sleep**
- ❖ **Joint Pain** - without redness or swelling
- ❖ **Persistent Muscle Pain**
- ❖ **New Headaches**
- ❖ **Tender** cervical or axillary (arm pits) lymph nodes or sore throat
- ❖ **Irritable bowel (IBS)** with abdominal pain, nausea, diarrhea or bloating
- ❖ **Chills** and night sweats
- ❖ **Chest pain** or jaw pain
- ❖ Shortness of breath or chronic cough
- ❖ **Visual disturbances:** blurring, light sensitivity, eye pain or dry eyes
- ❖ **Allergies**
- ❖ **Sensitivities** to: Food, alcohol, odors, chemicals, medications or noise
- ❖ **Irregular heartbeat**, dizziness, balance problems, fainting
- ❖ **Depression**, irritability, mood swings, anxiety, panic attacks
- ❖ **Weight gain** or loss

Fibromyalgia is not a one-cause one-solution condition and it does not typically just come on overnight. **FM is a complex long developing disease of the body and nervous system.** To properly care for patients with FM, time and understanding is required to piece together the causes of FM and to systematically correct these causes. Patience, time and change are required to restore the ease, mobility and proper body function back to FM sufferers. If you suffer from FM or know someone that suffers with FM, schedule an appointment today and start the journey back to health!



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From The American Table

Today we are going to look at some monkey business. A 20 year study of rhesus monkeys was concluded a few weeks ago and the results of the study were published. A troop of rhesus monkeys placed on a reduced caloric diet revealed the following information: 1. Rhesus monkeys on a strict, reduced-calorie diet were **three times less likely to die from age-related degenerative diseases such as heart disease, cancer, or diabetes.**

2. The long-lived monkeys **ate 30 percent lower calories** than the shorter-lived monkeys.

3. The most important point of the study is that the scientists have been able to "show that **caloric restriction can slow the aging process** in a primate species."

4. The findings revealed to observers that "caloric restriction **reduced the risk of developing an age-related disease** by a factor of three and increased survival."

5. **None of the calorie-restricted monkeys developed diabetes over a 20-year period.**

(Average life span of that species is 27 years.)

Researchers arrived at these statistics by observing the monkeys during the duration of the study. The control consisted of similar monkeys allowed to eat what they chose.

This maybe a shocking finding for many in the medical community but it is common knowledge in the holistic community. The reason I say this is shocking is because this group of researchers spent allot of money and 20 years studying what we already know. That is, overweight people have a shorter life span, are less healthy, sick more often, consume more medication and are less productive.



It is well known in the health insurance industry that overweight people consume more healthcare dollars than those who are at a normal weight.

Beware: coming to the radio airways and to your local TV station, ads from the big pharmaceutical companies for the new wonder drug that will allow you to eat what you want. Yes, you can eat all you want and it will magically restrict your caloric intake. The sad fact is, 90% of the people can control their health 90% of the time if they would only change their food intake 90% of the time. The good news is that **I can show you how you can eat all you want and reduce your caloric intake by 60% and lose weight** at the same time. The secret is, "not *how much* you eat but *what* you eat".

10 July 2009 Science, "Caloric Restriction Delays Disease Onset and Mortality in Rhesus Monkeys."

The Adjusting Table



The following are important points you should know and understand about your spine and nervous system:

- Adjusting the spine removes nerve interference.
- Adjustments keep your body working better.
- Under regular chiropractic care you have less pain, more energy and reduced stress in your spine.
- Your spine is designed to last you a lifetime.
- The best time to get your children checked for subluxations is now, before they become a full-blown problem.
- You may not always feel subluxations, but sooner or later you will feel the effects.
- Subluxations rob the body of energy.



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- Make time to stay healthy and take time to enjoy it.
- A referral is an act of kindness. Be kind and you will be rewarded with kindness.

If health came in a bottle, we would have been born with a bottle in our hands.

Supplements Today : Boswellia Complex

“The safety of Tylenol has been established for over 50 years.” That is the official motto of Tylenol. Last week the **FDA issued a warning to Tylenol users to limit the use of Tylenol** and recommended taking Nyquil off the market. The FDA statistics also reveal that taking acetaminophen, the active ingredient found in **Tylenol, was the leading cause of liver failure**. Each year 56,000 users of Tylenol are rushed to the emergency room resulting from liver dysfunction from taking Tylenol and **456 people die from ingesting Tylenol**.



Acetaminophen is found in many over the counter cold, flu, sleep and pain medications. **People unknowingly mix these medications thinking that they are doing a good thing and end up with liver failure**. Users of these products think they are harmless helpful medications with no side effects. FDA approval and statements like “Safe and Effective” gives consumers the false impression that these products are harmless. Mothers, beware of giving your children these products; they are not as safe as you are lead to believe they are. There appears to be a double standard when it comes to pharmaceutical produced drugs by large well-known drug manufactures and supplement manufactures. Do you remember the weight loss supplement Fen-Phen and Ephedra (Wyeth)? The FDA quickly moved in and pulled them off the

market and shut them down when it was learned that 100 deaths resulted from the use of these products. **One hundred deaths moves the FDA to pull a product off the market and 456 deaths annually cause the FDA to issue a warning.** Could it be profit, politics!

There are many natural supplements that are proven to be safe and effective for pain relief and achy joint relief that won't eat the lining of your stomach or cause your liver and kidneys fail. **Boswellia and Turmeric are potent anti-inflammatory herbs that are safe and effective and have been used for generations with reliable results.** Both of these products can be found in one supplement called Boswellia Complex made by Medi Herb. Medi Herb is located in Australia and unlike the United States supplements and herbs market, they fall under strict manufacturing standards. The Medi Herb products are regulated standardized products that must meet very strict government guidelines.

Massage Care is Here

We now offer massage therapy two days a week.



Please call 401-433-3600 to schedule an appointment or stop by our office.

On The Lecture Circuit:

Doctor Lincoln provides free of charge lectures on the latest healthcare topics such as: Preventing Osteoporosis, Fibromyalgia Cause and Treatment, Eat Well Be Well, Are you Sick & Tired of Being Sick & Tired, Heart Disease Prevention & Reversal, Diabetes Prevention. Many community groups are looking for healthcare professionals to lecture on topics they have interest in.

August 26th Dr. Lincoln will be lecturing on Fibromyalgia at Waves of Healing from 6-8 pm.

If you know a group or belong to a group or organization that is looking for a healthcare professional to speak on a health topic, contact Denise or Dr. Lincoln.