

VIENNA CHIROPRACTIC NEWS

243 Church St NW #300B Vienna VA 22180

Copyright 2018, Vienna Chiropractic Associates, P.C.

www.neurologicalfitness.com

tel: 703-938-6441

Sep-Dec 2018

Looking for the calendar? We moved it to give the rest of the news a chance at the front page. Keep reading!

Coming Soon TO a Computer Near You!

FEEDING EINSTEIN'S BRAIN

Starring Dr Chuck Masarsky and Oxana the Historically Correct Talking Cat!

IT'S ME!

Well, we're sure it is, but who exactly are you? (OK, one of us imprinted on *Alice's Adventures in Wonderland!*). If we pick up the phone, we may be on a break but more likely we're grabbing it at the front desk, possibly appointing someone or answering a question, amid a certain amount of background noise. We may know you 30 years or more but voice recognition is not necessarily at a high point in this scenario. Even a first name might not do it with all that activity going on (there are, after all, 27 Jennifers!) Please give us your full name (middle name not actually required), it'll give us more time to answer your question directly.

THE COMMONWEALTH COMMENDS US!

In June, we were surprised and pleased to be presented with a copy of the Virginia General Assembly's Joint Resolution 51. It is a commendation for our 35 years of activity in health care, education and community service in Northern Virginia. It was presented by Mark Keam, who represents the 35th district in the House of Delegates. You can see the framed resolution the next time you visit, or you can read it at this link: <http://lis.virginia.gov/cgi-bin/legp604.exe?181+ful+HJ51ER+pdf>.

Research Review: STOMACH-SPINE CONNECTION

Depending on when you read this, the Fall-Winter holiday season is here, or it's just around the corner. Plenty of delicious food is usually part of the festivities. This is enjoyable, but it can also be hard on your stomach.

The stomach depends on the nerves from the upper neck and upper back for proper regulation. In fact, medical researchers working in a Russian hospital in the 1990's found spinal manipulations (similar to chiropractic adjustments) effective in ulcer treatment. Pain relief was achieved in 1-9 days, with remission taking place 10 days earlier than those patients who received no manipulation. (<https://www.ncbi.nlm.nih.gov/pubmed/7930964>).

More recently, a chiropractic clinician in Michigan reported a case of gastroesophageal reflux disease (GERD), a 10-month-old boy. The child was diagnosed by his medical pediatrician. After several changes in formula and medication failed to resolve interrupted sleep, poor appetite, stomach distension and failure to gain weight, chiropractic adjustments were begun. This care completely resolved the boy's problems within 7 weeks. The author of this paper goes on to review seven previously published papers describing GERD patients who responded favorably to chiropractic care. (http://www.mccoypress.net/jpmfh/docs/2014-1277_gerd.pdf).

If you're interested in learning more about the stomach-spine connection in an entertaining format, check out our video, "Pavlov's Cat" (<https://www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg>). And if holiday overindulgence pushes your digestion a little too far, take it easy at the parties, and let us check your spine.

Research Review: KNEE PAIN

Misalignments (subluxations) can cause pain and malfunction at any joint. While our major focus is usually the spine and cranium, chiropractic is concerned with the extremities as well. For example, painful conditions of the knee often respond well to chiropractic care.

A 2017 paper described a series of twenty-five patients with knee pain. A standard measurement of pain (visual analog scale) revealed significant relief following chiropractic adjustments to correct the mechanics of the knee joint (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5596966/>).

A knee injury can affect the function of the low back due to compensatory changes in gait and posture. A published case by a U.S. practitioner described a patient suffering from knee, thigh and low back pain for five years. An adjustment of the leg bones (tibia and fibula) resolved all three symptoms (<https://www.ncbi.nlm.nih.gov/pubmed/1431621>).

The muscles that control the knee are essential in the stability of that joint. For that reason, muscle malfunctions are often found in patients with knee pain. These muscles are controlled by spinal nerves. A study conducted at the University of Calgary in 2000 divided knee pain patients into a treatment group and a control group. The treatment consisted of chiropractic adjustments for correction of sacroiliac subluxations. Knee muscle function improved in the treatment group, but not the controls (<https://www.ncbi.nlm.nih.gov/pubmed/10714531>). The data from this paper agrees with three earlier studies in which correction of spinal and pelvic subluxations relieved knee pain (<http://www.neurologicalfitness.com/vcaknee.htm>).

The knee is an intricate piece of machinery. As such, it requires an intricate network of neurological circuitry to coordinate and balance its muscles. Sometimes, we need to adjust knee itself, to help the machinery. Sometimes we need to work with the spine and pelvis to clear the circuitry. Often, we need to do both. Follow-up may require postural and gait advice, home exercises, attention to your footwear, and reflex work for the muscles of the hip, knee and ankle. Please do not hesitate to discuss any concerns you have about your knees when you visit.

CHAPPED LIP SEASON?

The heat's on inside, it's bitter cold (soon) outside and you're trying not to chew the dead skin off your lips. Good idea! No point in covering this soft tissue with a dozen tiny bacteria- welcoming tears, when a solution is right in your pantry. So, to the kitchen!

1 pinch sugar

Enough honey to make it stick together

Mix until it's all combined, then gently rub it over your lips! Major, gentle exfoliation and the honey's antibacterial and antiviral benefits are a plus. Rinse it off when done.

You can find sugar scrubs and exfoliants with rarer, more chemically complicated ingredients, but this one is as close to 100% natural as you can get and probably readily available. Please note, if you cannot for some reason eat honey or sugar, this is not for you.

This Just In: Research Paper Accepted for Publication

Dr. Masarsky recently submitted a paper to the biomedical journal *Medical Hypotheses*. It discusses a potential relationship between disturbances of breathing and glandular problems in concussion victims. This connection has not previously been explored.

We are happy to announce that the paper has been accepted for publication. You can see a pre-publication abstract at this link:

<https://doi.org/10.1016/j.mehy.2018.09.012>.

UM, I LOST MY SUPERBILLS (For the Whole Year!)

We can reconstruct them for you, but it takes time and we'd prefer to have a few days off sans paperwork, so here's the story. If you need to provide someone with copies of lost superbills, we can do that, but we have to get the request before December 1, 2018. After that, we'll be busy doing all the rest of the end of the year paperwork.

Calendar

| | | | | | |
|-------------|---------------|-----------------------------|------------|-------------|------------------------------------|
| <i>Sept</i> | 8, 22 | Saturdays Open | <i>Dec</i> | 1,22 | Saturdays Open |
| | 17 | Independence Day | | 24 | closing at 3 for Winter |
| Holidays | | | | | |
| | 3 | closed, Labor Day | | 10 | Independence Day |
| | 10 | closed Rosh Hashana | | 28 | “Catch-up Day” |
| | 19 | closed Yom Kippur | | | |
| <i>Oct</i> | 6 | closed, doctors out of town | <i>Jan</i> | 2 | office reopens, Happy 2019! |
| | 13, 27 | Saturdays Open | | 5,19 | Saturdays Open |
| | 15 | Independence Day | | 14 | Independence Day |
| <i>Nov</i> | 10, 24 | Saturdays Open | | | HOURS: |
| | 26 | Independence Day | | | M T (Dr M) W F 10-1 |
| | 22-23 | Closed for Thanksgiving | | | M W F 3-7 |
| | | | | | SAT (selected) 9-12 |
