



Weekly Newsletter



Key Concepts to Know

-Ruston Tippetts D.C.

There are several concepts we feel are absolutely critical to understand when you come into our office.

We feel strongly enough about it that we give a new patient packet to every single new person who walks through our door! In that packet are several handouts that illustrate the magnitude of why you are here and what we do.

We want to make sure that every patient has a copy of each of these. Save them to your phone or computer, and ask us questions during your visits about the information if you have questions!

VERTEBRAL SUBLUXATION AND NERVE CHART

"The nervous system controls and coordinates all organs and structures of the human body." (Gray's Anatomy, 29th Ed., page 4) Misalignment of spinal vertebrae and discs cause irritation to the Nervous System which could affect the structures, organs and functions listed under "areas" and the possible symptoms" that are associated with malfunctions of the areas noted.



Vertebrae	Areas & Parts of Body	Possible Symptoms
ATLAS		
AXIS		
CERVICAL SPINE		
C1	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system.	☐ Headaches ☐ Nervousness ☐ Insomnia ☐ Headcolds ☐ High blood pressure ☐ Migraine ☐ Nervous breakdowns ☐ Amnesia ☐ Chronic tiredness ☐ Dizziness
C2	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead.	☐ Sinus trouble ☐ Allergies ☐ Pain around the eyeballs ☐ Earache ☐ Fainting spells ☐ Certain cases of blindness ☐ Crossed eyes ☐ Deafness
C3	Cheeks, outer ear, face bones, teeth, trifacial nerve.	☐ Neuralgia ☐ Neuritis ☐ Acne or pimples ☐ Eczema
C4	Nose, lips, mouth, eustachian tube.	☐ Hay fever ☐ Runny nose ☐ Hearing loss ☐ Adenoids
C5	Vocal cords, neck glands, pharynx.	☐ Laryngitis ☐ Hoarseness ☐ Throat conditions such as sore throat or quinsy
C6	Neck muscles, shoulders, tonsils.	☐ Stiff neck ☐ Pain in upper arm ☐ Tonsillitis ☐ Chronic cough ☐ Croup
C7	Thyroid gland, bursae in the shoulders, elbows.	☐ Bursitis ☐ Colds ☐ Thyroid conditions
THORACIC SPINE		
T1	Arms from the elbows down, including hands, wrists and fingers, esophagus and trachea.	☐ Asthma ☐ Cough ☐ Difficult breathing ☐ Shortness of breath ☐ Pain in lower arms and hands
T2	Heart, including its valves and covering, coronary arteries	☐ Functional heart conditions and certain chest conditions
T3	Lungs, bronchial tubes, pleura, chest, breast.	☐ Bronchitis ☐ Pleurisy ☐ Pneumonia ☐ Congestion ☐ Influenza
T4	Gallbladder, common duct.	☐ Gallbladder conditions ☐ Jaundice ☐ Shingles
T5	Liver, solar plexus, circulation (general).	☐ Liver conditions ☐ Fevers ☐ Blood pressure problems ☐ Poor circulation ☐ Arthritis
T6	Stomach.	☐ Stomach troubles including: ☐ Nervous stomach ☐ Indigestion ☐ Heartburn ☐ Dyspepsia
T7	Pancreas, duodenum.	☐ Ulcers ☐ Gastritis
T8	Spleen.	☐ Lowered resistance
T9	Adrenal and suprarenal glands.	☐ Allergies ☐ Hives
T10	Kidneys.	☐ Kidney troubles ☐ Hardening of the arteries ☐ Chronic tiredness ☐ Nephritis ☐ Pyelitis
T11	Kidneys, ureter.	☐ Skin conditions such as acne ☐ Pimples ☐ Eczema ☐ Boils
T12	Small intestines, lymph circulation.	☐ Rheumatism ☐ Gas pains ☐ Certain types of sterility
LUMBAR SPINE		
L1	Large intestines, inguinal rings.	☐ Constipation ☐ Colitis ☐ Dysentery ☐ Diarrhea ☐ Some ruptures or hernias
L2	Appendix, abdomen, upper leg	☐ Cramps ☐ Difficult breathing ☐ Minor varicose veins
L3	Sex organs, uterus, bladder, knees.	☐ Bladder troubles ☐ Menstrual troubles such as painful or irregular periods ☐ Miscarriages ☐ Bed wetting ☐ Impotency ☐ Change of life symptoms ☐ Many knee pains
L4	Prostate gland, muscles of the lower back, sciatic nerve.	☐ Sciatica ☐ Lumbago ☐ Difficult, painful or too frequent urination ☐ Backaches
L5	Lower legs, ankles, feet.	☐ Poor circulation in the legs ☐ Swollen ankles ☐ Weak ankles and arches ☐ Cold feet ☐ Weakness in the legs ☐ Leg cramps
SACRUM & COCCYX		
SACRUM	Hip bones, buttocks.	☐ Sacroiliac conditions ☐ Spinal curvatures
COCCYX	Rectum, anus.	☐ Hemorrhoids (piles) ☐ Pruritis (itching) ☐ Pain at the end of spine on sitting

You See and Feel Only

"THE TIP OF THE ICEBERG"

Chiropractic is a system of natural health care that searches for and attempts to correct the cause of health problems which relieves pain naturally.

THE PAIN ↓ SYMPTOMS



THE PROBLEM
SUBLUXATION
(The Basic Underlying Cause)

As a poor health condition develops, pain is the last thing to appear. When the chiropractor works on the cause and the body begins to heal, pain is the first thing to disappear. To be most assured that pain does not return and new symptoms do not appear, the hidden cause of pain must be corrected.

DON'T STOP chiropractic care when the pain is gone!

Remove the cause of your problem, "the iceberg," by following the complete recommended program you need. You'll add life to your years and years to your life.

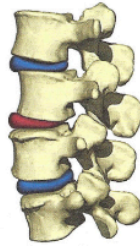
SUBLUXATION

A Disease Occurring Worldwide in Epidemic Proportions



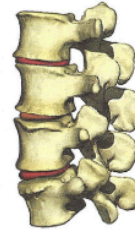
Normal

Vertebrae are smooth and healthy with no subluxations present. This allows equal spacing of the discs and proper curvature of the spine. The openings allow the nerves to flow without interference.



Phase I

Subluxations and spinal degeneration usually begin with a vertebra out of alignment. When a vertebra is subluxated it can't move properly and causes undue stress to the surrounding discs and nerves. Some subluxations are minor and may not show up until years later.



Phase II

Untreated subluxations can cause calcium deposits and bone spurs. The surfaces of the subluxated vertebrae become rough and uneven and can cause the compressed discs to lose fluid and lose their cushion. The nerves also become irritated and problems can become chronic.



Phase III

The degenerative process accelerates and causes a loss of bone mass. The discs start to collapse, the fusion process begins and health problems may become more severe.



Phase IV

This is the final stage of degeneration. Bones are fused together becoming permanently subluxated and joints are immobilized. Nerve damage and soft tissue damage are part of the degeneration process.

We are always in the process of making new videos, new handouts, newsletter topics, all designed to educate YOU and give you greater tools and understanding on how you can live a happier and healthier life. If there are any questions you have or topics you'd like to hear about, let us know!



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