



Weekly Newsletter



Why You and Everyone You Know Should Be Going to the Chiropractor...

-Ruston Tippetts DC

Saving the best for last, the importance of keeping your nervous system healthy! This is what makes Dr. Courtney and myself excited every morning to come see patients. When you truly love what you do, it shows!

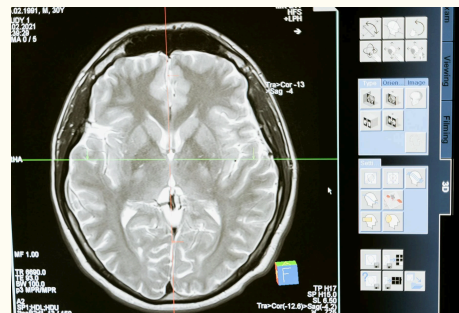
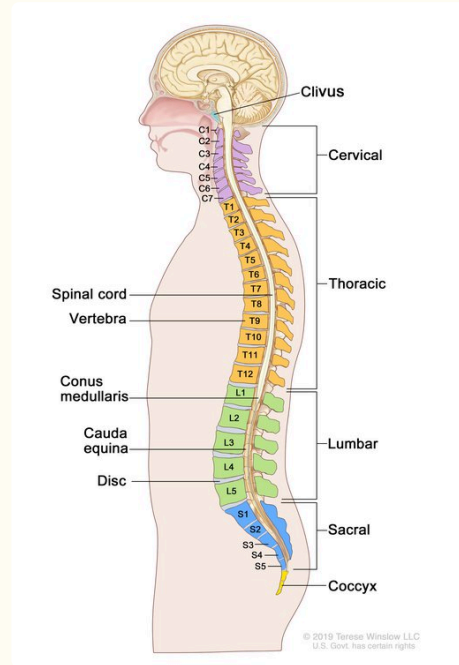
1. Fuel/Food
2. Sleep/Recovery
3. Exercise/Movement
4. Positive Mental Attitude
5. **Sound Nervous System**



No. 5: Sound Nervous System

First off, lets go over what the nervous system actually is. The nervous system is the **control center** of the body. If anything happens, either automatically or intentionally, it is because the nervous system did its job. It includes the brain, spinal cord, and all the nerves that spread throughout the body. Electrical signals go up and down these nerves every second of every day, even while sleeping!

With this system being so **critical**, it should be obvious that we want it functioning as close to 100% as possible, all the time, for our entire lives! When things go wrong with the nervous system, bad things happen. MS, Alzheimer's/Dementia, spinal cord injuries, degeneration, canal stenosis, and other nervous system conditions are all incredibly serious.



Thankfully, most of us will not experience a spinal cord injury or a nervous system disease. However, that does mean we can be lulled into a false sense of security and not take our nervous system health as seriously. Thoughts, traumas (referring to physical injury or degeneration) and toxins affect each one of us every single day. The air quality, the water and food you consume, your mental state, your posture or demands you place on yourself physically; every one of these is a demand or strain on your nervous system. Think of them like withdrawals from a bank account.

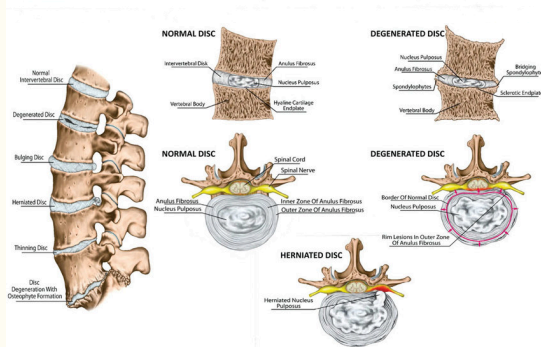
What are you doing to make deposits so that your health never dips into the negative we call disease or illness?



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 | Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system. | Headaches <input type="checkbox"/> Menstrual issues <input type="checkbox"/> Hoarseness <input type="checkbox"/> Headlocks <input type="checkbox"/> High blood pressure <input type="checkbox"/> Migraine <input type="checkbox"/> Nerve breakdowns <input type="checkbox"/> Anemia <input type="checkbox"/> Chronic headaches <input type="checkbox"/> Dizziness |
| CERVICAL SPINE | | |
| C1 | | |
| C2 | Brain, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead. | Sinus trouble <input type="checkbox"/> Allergies <input type="checkbox"/> Pain around the eyeballs <input type="checkbox"/> Earache <input type="checkbox"/> Fainting spells <input type="checkbox"/> Certain cases of blindness <input type="checkbox"/> Crossed eyes <input type="checkbox"/> Deafness |
| C3 | Orbits, outer ear, face bones, teeth, laryngeal nerve. | Neuralgia <input type="checkbox"/> Neuritis <input type="checkbox"/> Asthma or emphysema <input type="checkbox"/> Eczema |
| C4 | Nose, lips, mouth, esophageal tube. | Hay fever <input type="checkbox"/> Runny nose <input type="checkbox"/> Hearing loss <input type="checkbox"/> Adenoids |
| C5 | Vocal cords, neck glands, pharynx. | Laryngitis <input type="checkbox"/> Hoarseness <input type="checkbox"/> Throat conditions such as sore throat or hoarse |
| C6 | Neck muscles, shoulders, trachea. | Diff. neck <input type="checkbox"/> Pain in upper arm <input type="checkbox"/> Tendinitis <input type="checkbox"/> Chronic cough <input type="checkbox"/> Drop |
| C7 | Thyroid gland, bursae in the shoulders, elbows. | Bursitis <input type="checkbox"/> Cysts <input type="checkbox"/> Thyroid conditions |
| THORACIC SPINE | | |
| T1 | Arms from the elbows down, including hands, wrists and fingers, esophagus and trachea. | Asthma <input type="checkbox"/> Cough <input type="checkbox"/> Difficult breathing <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Pain in lower arm and hands |
| T2 | Heart, including its valves and covering, coronary arteries. | Functional heart conditions and certain chest conditions |
| T3 | Lungs, bronchial tubes, sinuses, chest, breast. | Bronchitis <input type="checkbox"/> Pleurisy <input type="checkbox"/> Pneumonia <input type="checkbox"/> Congestion <input type="checkbox"/> Influenza |
| T4 | Gallbladder, common duct. | Gallbladder conditions <input type="checkbox"/> Jaundice <input type="checkbox"/> Shingles |
| T5 | Liver, solar plexus, circulation (general). | Liver conditions <input type="checkbox"/> Fever <input type="checkbox"/> Blood pressure problems <input type="checkbox"/> Poor circulation <input type="checkbox"/> Arthritis |
| T6 | Stomach. | Indigestion <input type="checkbox"/> Heartburn <input type="checkbox"/> Dyspepsia |
| T7 | Pancreas, duodenum. | Diabetes <input type="checkbox"/> Gallitis |
| T8 | Gallbladder. | Diabetes <input type="checkbox"/> Gallitis |
| T9 | Adrenal and suprarenal glands. | Allergies <input type="checkbox"/> HIVes |
| T10 | Kidneys. | Kidney troubles <input type="checkbox"/> Hardening of the arteries <input type="checkbox"/> Chronic bronchitis <input type="checkbox"/> Hypertension <input type="checkbox"/> Pyelitis |
| T11 | Kidneys, ureter. | Stomach troubles such as acid <input type="checkbox"/> Peptic ulcers <input type="checkbox"/> Eczema <input type="checkbox"/> Bells |
| T12 | Small intestine, lymph circulation. | Rheumatism <input type="checkbox"/> Gas pains <input type="checkbox"/> Certain types of sterility |
| L1 | Large intestine, inguinal rings. | Constipation <input type="checkbox"/> Colitis <input type="checkbox"/> Dysentery <input type="checkbox"/> Diarrhea <input type="checkbox"/> Some cystitis or hernias |
| L2 | Appendix, abdomen, upper leg. | Cramps <input type="checkbox"/> Difficult breathing <input type="checkbox"/> Minor varicose veins |
| L3 | Sex organs, uterus, bladder, knees. | Bladder troubles <input type="checkbox"/> Menstrual troubles such as painful or irregular periods <input type="checkbox"/> Miscarriages <input type="checkbox"/> Bed wetting <input type="checkbox"/> Impotence <input type="checkbox"/> Change of the vagina <input type="checkbox"/> Men's knee pains |
| L4 | Prostatic gland, muscles of the lower back, sciatic nerve. | Sciatica <input type="checkbox"/> Lumbar <input type="checkbox"/> Difficult, painful or too frequent urination <input type="checkbox"/> Backaches |
| L5 | Lower leg, ankle, foot. | Foot conditions such as ingrown toenails <input type="checkbox"/> Swollen ankles <input type="checkbox"/> Walk ankle and arches <input type="checkbox"/> Cold feet <input type="checkbox"/> Weakness in the leg <input type="checkbox"/> Leg cramps |
| SACRUM & COCCYX | | |
| SACRUM | Hip bones, buttocks. | Sacroiliac conditions <input type="checkbox"/> Spinal curvatures |
| COCCYX | Rectum, anus. | Hemorrhoids (piles) <input type="checkbox"/> Proctitis (itching) <input type="checkbox"/> Pain at the end of spine on sitting |



Chiropractic care is about much more than just neck or back pain. It is all about **power to organs**. Through day to day activities, or injuries, vertebrae can cause **pressure or inflammation** to these nerves.

When this happens, the signals from your brain to those organs, or the information trying to get back to the brain from downstream, can be affected. Think of an adjustable LED light, or a dimmer switch. Rarely is nerve power completely shut off, but it may be dialed down and receiving less energy than it should.

Adjustments to the spine ensure that they are receiving the maximum amount of energy and signal. That's why chiropractic care is able to **improve sleep, digestion, energy levels, athletic or work performance, and more!**

If your life has been improved by chiropractic care, we encourage you to share that with others! Your friends, family members, neighbors, and co-workers will genuinely thank you for it.

In addition to telling others about what we do here, feel free to leave us a google review here:

Leave us a 5 Star Google review (:

- Everyone can get their spine checked! Dr. Courtney and Dr. Ruston have worked on patients from just a few days old to 99 years old!
- Maintenance is always easier than waiting until something is wrong. Think of it like teeth cleanings, oil changes on your car, or regular maintenance on your house. We want 100% nerve flow, 100% of the time, for your entire life!

- If you have sustained an injury or are facing life altering prescriptions or surgery, there are other options out there!



contact@topsailchiro.com
(910) 319-0596
7230 US HWY 17
Suite 108
Rampstead NC 28443



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