



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!

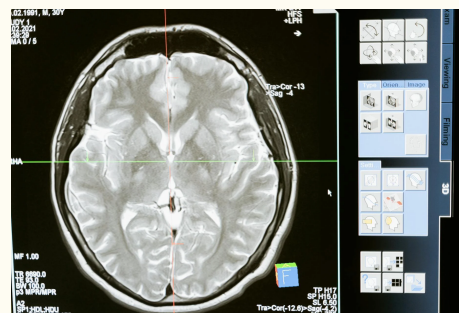
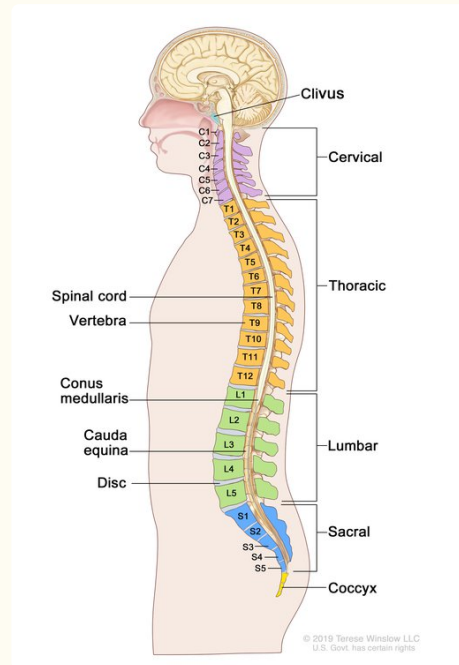
1. Fuel/Food
2. Sleep/Recovery
3. Exercise/Movement
4. Positive Mental Attitude
5. **Sound Nervous System**



No. 5: Sound Nervous System

First off, let's 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.



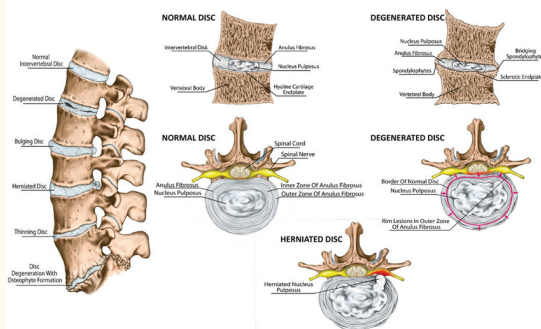
Thankfully, most of us will not experience a spinal cord injury or a nervous system disease. However, that does mean we can be lulled into a false sense of security and not take our nervous system health as seriously. Thoughts, traumas (referring to physical injury or degeneration) and toxins affect 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, 28th 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			
1st THORACIC	C1	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system.	Headaches, Nausea, High blood pressure, Migraine, Nervous breakdowns, Allergies, Chronic Headaches, Dizziness
	C2	Brain, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead.	Sinus trouble, Allergies, Pain around the eyelids, Ears, Fainting spells, Certain cases of blindness, Crooked eyes, Deafness
	C3	Throat, outer ear, face bones, teeth, larynx, trachea.	Neuralgia, Neuritis, Acne or pimples, Eczema
	C4	Nose, lips, mouth, esophagus, tube.	Hay fever, Runny nose, Hoarseness, Adenoids
	C5	Vocal cords, neck glands, pharynx.	Laryngitis, Hoarseness, Throat conditions such as sore throat or larynx
	C6	Neck muscles, shoulders, trachea.	Stiff neck, Pain in upper arm, Tinnitus, 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 arm 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	Cardiovascular system, ducts.	Cardiovascular conditions, Jaundice, Shingles
	T5	Liver, solar plexus, circulation (general).	Liver conditions, Fever, Blood pressure problems, Poor circulation, Arteries
	T6	Stomach.	Stomach troubles including, Nervous stomach, Indigestion, Heartburn, Dyspepsia
	T7	Pancreas, duodenum.	Diabetes, Gallbladder
	T8	Adrenal and suprarenal glands.	Allergies, Flu, Rheumatism
	T9	Kidneys.	Kidney troubles, Hardening of the arteries, Chronic Headaches, Hypertension, Prolapse
	T10	Kidneys, ureter.	Stomach troubles such as ulcers, Piles, Eczema, Blisters
	T11	Small intestines, lymph circulation.	Rheumatism, Gas pains, Certain types of sterility
	L1	Large intestines, inguinal rings.	Constipation, Colds, Polymyositis, Disturbances, Some cystitis or hernias
	L2	Appendix, abdomen, upper leg.	Croup, Difficult breathing, Minor varicose veins
	L3	Sex organs, uterus, bladder, knees.	Bladder troubles, Menstrual troubles such as painful or irregular periods, Miscarriages, Bed wetting, Impotence, Change of the symptoms, Menstrual pain
	L4	Prostate gland, muscles of the lower back, sciatic nerve.	Scoliosis, Lumbar, Difficult, painful or see frequent urination, Backaches
	L5	Lower legs, ankles, feet.	Pain radiating to the legs, Swollen ankles, Weak ankles and arches, Cold feet, Weakness in the legs, Leg cramps
SACRUM & COCCYX			
		Hip bones, buttocks.	Sacroileal conditions, Spinal curvatures
		Rectum, anus.	Hemorrhoids (piles), Piles (bleeding), 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!



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