

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



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Ask The  
**Experts**®

on Chiropractic Care

**Dr. Wallace Jans**

### WHAT HAPPENS IF YOU DON'T GET YOUR SPINE ADJUSTED?

The human spine takes a lot of stress and strain. Besides traumatic injuries, there are repeated strains from lifting, twisting and poor posture. Emotional and chemical stresses also affect the spine negatively.

Sometimes these stresses and strains can cause pain if there is enough soft tissue injury and inflammation to affect the pain portion of spinal nerves. More often however, the injuries are small and little or no pain is felt. Like it to dental caries; the tooth is gradually injured and overtime bacteria slowly eat away at the tooth. It isn't until there is significant damage done that pain is finally felt.

In the spine, repeated small injuries result in the soft tissues (muscles, ligaments, cartilage, and discs) being weakened. Scar tissue eventually replaces the normal tissue and the area becomes increasingly weaker. The area is ever more susceptible to further injury. These small areas of injury become bigger and, like tooth problems, worse over time if they are not looked after. Eventually the body replaces the injured tissues with calcium, which is essentially new bone. This is called bone

spur formation. The bone spurs do not function at all like the original tissue did. Accurately called spinal decay, spinal degeneration, or osteoarthritis, this process results in loss of motion in the area with stiffness and pain. Perhaps even more significantly, the spinal nerves are affected, reducing their ability to transmit information to the various organs, muscles and tissues of the body. That's serious! So not only will a person experience problems with their spine but the entire body will be less healthy.

If a dental problem is detected early, it can be easily corrected before there is even any pain. The same is true of spinal problems. If the spine is adjusted, problems can be corrected before any permanent damage occurs. Brushing, flossing and eating well will prevent dental problems. Exercise, rest, good posture, healthy diet, and stress management will help prevent spinal problems. We can't however brush and floss our spines which are inside the body. Regular chiropractic adjustments can assure that the spine is working optimally so little problems don't become big problems.

There can also be traumatic injuries from accidents, falls, and improper lifting. The same sequence of spinal decay occurs, only the entire process is ac-

celerated. Any injury that is not properly cared for can lead to significant spinal problems as a person ages, regardless of whether the person is feeling pain or not.

Have your spine checked and if necessary, adjusted to make sure little spinal problems don't become big spinal problems. Don't ignore injuries to the spine. Ignoring them will increase the likelihood of spinal decay in the future.

**HEADACHES?  
NECK PAIN?  
BACK PAIN?**

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can help you.**

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