

The Chiro-Times

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The Vertebral Subluxation

A subluxation simply means a bone that is slightly out of place and fixated (stuck). Chiropractors find them and adjust them back into the proper position. When a bone in your spinal column is out of place, usually due to trauma or stress, it causes the nerves around it to be irritated. Vertebral bones that are subluxated cause interference in your nervous system. Whatever organ or tissue those irritated nerves go to will be affected. Restoring the function of your nervous system is what chiropractors do.

WHY SHOULD I SEE A CHIROPRACTOR?

Chiropractors locate and correct vertebral subluxations in your spine. Visit your chiropractor for regular spinal checkups, just as you see your dentist for dental checkups. You should especially see your chiropractor if you are:

- **Ill or in any discomfort or pain**— Symptoms are a sign that your body is struggling to maintain its balance or homeostasis. You need a healthy spinal-nerve relationship more than ever.
- **In any accident or trauma**— Car accidents or simple falls can cause severe spinal stress and result in numerous subluxations. A fall even as a toddler or young child can cause or contribute to health problems later in life.
- **Competing in sports**— Chiropractic gives you an edge. Many Olympic and professional athletes wouldn't dream of entering competition without first seeing their chiropractor.
- **Pregnant**— Pregnancy is a time of hormonal changes that "loosen" your ligaments, preparing for birth. This loosening, however, can weaken your spine. Breech presentations have been observed to correct themselves under chiropractic care.
- **A new mother**— The birth process can be very traumatic for the mother's spine.
- **A baby**— The birth process can be very traumatic for the baby and create spinal distortions; subluxations may be created which can affect the baby's health.
- **A child**— Chiropractic can have a positive influence on brain function. All children, especially those with problems such as hyperactivity, attention deficit disorder, asthma, concentration problems, reading or math problems, vision problems, ear infections, bed-wetting, and many other conditions, can benefit from chiropractic care.
- **Walking with one or both feet pointing out or in; toe walking** (usually seen in children).
- **Have one jaw muscle tighter** (more sensitive to pressure) than the other. (Feel muscle between jaw and ear)
- **Under a lot of stress**— Physical, emotional, and chemical (medications, tobacco, poor diet) stresses are tough on your spine-nerve system.
- **Alive and have a spine** and want to improve and maintain your health naturally, from the inside out, without drugs or surgery.

Share this with someone you care about!

Our Unusual, And Very Affordable, Fee System

Our mission is to bring chiropractic to as many people as possible, and to help improve the quality of their lives as a result. In order to make it possible for people to afford to be checked on a regular basis, we have decided not to have a set fee for our service. Sierra Chiropractic works on a donation basis. This means that when you come in for your regular visits, you

go to a box and anonymously put in whatever you feel you can pay. This payment is strictly between you and your conscience. Doing things this way allows us to be able to tell our patients the truth about how often they should be seen and adjusted without the fear that it will be too much of a financial burden for them. After all, if we know it is right for ourselves and our family to be checked for

subluxations on a regular basis, how can we in good conscience tell our patients anything different? Please call and come in for a consultation at no cost and we will answer any questions you may have.

Condition of the Month: Ear Infections (Otitis Media)

Drug of the Month: Antibiotics

Childhood ear infections are a common problem this time of the year. So, what should a concerned parent do for their child who is obviously uncomfortable and possibly in a fair amount of pain?

The standard response is to whisk them off to their medical doctor and get them started on a regimen of antibiotics.

Well, taking your child to a medical doctor is never a bad idea if you feel there is a problem, but here is some interesting information on ear infections (also known as otitis media) and antibiotic use. In a 1997 article from the British Medical Journal, researchers found that 60% of children with an ear infection treated with a placebo (sugar pill) were pain free within 24 hours. 86% were pain free within 48 hours. The remaining children were given antibiotics and only a few were helped. Out of all the children in the study, only 5.6% were actually helped by the use of antibiotics, and they had no lasting benefit with regard to sub-

sequent ear infections.

There are also some side effects of antibiotics to worry about, such as a near doubling of the risk of



vomiting, diarrhea, and rashes. This is not to mention the very real problem of antibiotic resistance. The overuse of antibiotics has caused, and is still causing, super-resistant strains of bacteria that cannot be treated by any antibiotic medication known to man! This is scary stuff! These super-bacteria are killing people! Should we continue to create them, or should we look for other possibilities?

One of these other possibilities, and I think the only one that will stand the test of time, is to be

more proactive toward our health and to look for natural solutions whenever possible. This includes having a properly functioning nervous system that is free from interference. It is felt by many that a misalignment or fixation (subluxation to chiropractors) in the neck may cause nerve irritation sufficient enough to cause overly contracted neck muscles, and that this can restrict lymph drainage from the entire head, including the middle ear (see *The Journal of Clinical Chiropractic Pediatrics*; 1(2): 66-78). Chiropractic can have a significant effect on this problem. After all, chiropractors correct subluxations. No other profession does that. In addition, a 1996 study in *The Journal of Manipulative and Physiological Therapeutics*, came to the conclusion that limitation of medical intervention (antibiotics and tympanostomy tubes) and the addition of chiropractic care may decrease the symptoms of ear infection in young child

Should My Insurance Company Buy My Toothpaste?

Well, let's think about it. My health insurance is supposed to pay for my health, right? Aren't good teeth a part of good health? My insurance pays for drugs when I get sick. It pays for visits to the doctor. It pays for dental check-ups. It pays for surgery when I need it. Why shouldn't it pay for toothpaste too? For that matter, why shouldn't it pay for my vitamins and other things that help to keep me healthy?

Here's why. The very nature of any kind of insurance is that many people pay a little so that a few people can receive a lot. The reason you pay your premium is that you never know if you will be one of the few who needs these benefits in order to keep you from winding up on the street due to some catastrophe that bankrupts you. Insurance was designed to cover this kind of catastrophic event. It was never meant to pay for measures that you decide to take in order to lead a healthier life.

You have a choice to make. You must decide to take responsibility for your own health, or to expect some outside entity to take care of you. Nobody, including your

"That's capitalism, it's the way America works, and I would want nothing different."

insurance company, is responsible for your health except for you. Your health insurance company will never make a decision based on what's best for you. Every decision they make is based on what's best for them. After

all, they are running a business, and if they can't make a profit, they can't pay for anyone's benefits, including yours. That's capitalism, it's the way America works, and I would want nothing different.

Personally, I choose to be responsible for my own health. There is no logical reason to expect someone else to pay for the things I do to live a healthy lifestyle. That includes vitamins, fresh fruits and vegetables, bottled water, running shoes, a gym membership, massage, acupuncture, toothpaste, and yes, even chiropractic. If you think about it the whole idea is absurd! To do that would be asking all the other people on your insurance plan to pay your way through life. It just can't work that way.

Chiropractic was never intended to become something that people only use after an injury or some kind of pain. Chiropractic is so much more than that. It is important to be checked regularly for subluxations and adjusted as necessary for the sole purpose of removing interference from your nervous system, allowing the innate intelligence of your body to fully express itself. The result of this must be better health.

Your body knows how to be healthy. It's obvious. When you cut yourself, your body knows how to heal itself without any assistance. Your body knew how to bring you from one cell to the trillions of highly organized cells that make up your body today. How could anyone not believe that your body is more intelligent than any doctor, including chiropractors, when it comes to knowing how to be healthy?

That's why chiropractic doesn't claim to cure anything! All chiropractors do is remove the interference from your nervous system. It's that simple.

"That's why chiropractic doesn't claim to cure anything!"

Your body's innate intelligence expresses itself through your nervous system, so it must be as free as possible from interference. When it is, you can express your full potential for health and for all aspects of your life! So, ask yourself again. Should my insurance company pay for my toothpaste? Should my insurance company pay for my gym membership? Should my insurance company pay for my chiropractic care? I say no! Absolutely not! We must all accept responsibility for our own health. Part of that decision should be to see a chiropractor on a regular basis. I don't care who you see.

Part of my mission as a doctor of chiropractic, is to help as many people as possible to understand how having a nervous system functioning free from interference can make a difference in their lives. In order to do this, I make regular care in my office very affordable (see article entitled "Our Unusual, And Very Affordable, Fee System"), but I do not accept insurance, and, after reading this article, I think you know why.

Trivia Contest

The first person to call or come by the office with the answer to this question will win a prize. Prizes may vary from month to month. Examples include a free or discounted massage, movie tickets, dinner out at a local restaurant, etc. You will not know the prize for the month until you win it.

This month's question has 3 parts: 1. Where do the Griswold's live? 2. What is Ellen's nickname for her husband? 3. What happens to cousin Eddie when his wife turns on the microwave?

Hint: Watch "National Lampoon's Christmas Vacation."

Sierra Chiropractic Mission Statement

To serve our community by providing regular chiropractic care to as many people as possible, in a way that they can afford, for the express purpose of restoring 100% of their potential for health.

Steve & Jen's best Movies of 2001

Jen and I like to go to the movies, and we thought we'd include some fun things in our newsletter, like this and the trivia contest above. These may remain as regular features, or they may change from time to time. Who knows?

Dr. Steve:

1. Lord of the Rings (Sooooo good)
2. Bandits (gotta love Bruce and Billy Bob)
3. The Others (I love it when a movie surprises me)
4. Pearl Harbor (historical movies are great)
5. Monsters Inc. (Disney's Pixar movies - always good)
6. Vanilla Sky (Huh?)
7. Ocean's 11 (Why is Brad Pitt always eating?)
8. Shrek (not just for kids)
9. Saving Silverman (lots of funny moments)
10. Swordfish (John Travolta is a great bad guy)

Jen:

1. Monsters Inc. (I want to see it again and again)
2. Lord of the Rings (can't wait for the next one)
3. The Others (great twist)
4. Pearl Harbor (awesome effects)
5. Shrek (funny, funny)
6. Saving Silverman (too funny, ohhh, I'm a mime)
7. Rock Star
8. Spy Game
9. Behind Enemy Lines
10. Gone in 60 Seconds
(was this one in 2001? Who cares, I liked it)

Ear Infections (continued from p. 2)

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The bottom line is that when your child gets an ear infection, question the use of antibiotics. Ask your doctor if you might try a natural approach first. And, regardless of the answer, have your child checked by a chiropractor. Whether you decide to put your child on antibiotics or not is your decision, but make it an informed decision. Of course, the best solution would be to have your child under regular chiropractic care before any of this happens. Anyone under regular chiropractic care is far less likely to get sick than if they weren't getting adjusted. When you get adjusted, your nervous system functions better, and when your nervous system functions better, your immune system functions better, and when your immune system functions better, you get sick less often. I had an instructor while I was in school that would tell us about how his 13 year old daughter, who had never even been vaccinated, had not been sick in her entire life. Not even a sniffle. He attributed this to his daughter's regular chiropractic care, which began at birth.