



May is an exciting month for health! This month is both Family Wellness Month and Osteoporosis Awareness & Prevention Month. In this newsletter, we talk about these two very important topics, and what you can do to address these issues in your life. In addition, our feature article on bad posture is important for everyone to read! Finally, we have some exciting news here at Barron Chiropractic, so don't miss that!

*Happy Mother's Day to all the wonderful Mothers and Grandmothers!*

**Yours in health,  
Dr. Barron**

## Bad Posture Equals Bad Health

*Naturalnews.com*

Bad posture is a modern day health epidemic that is much worse than most people naturally assume. Posture is the window into your spine. The spine has a powerful relationship with the brain, spinal cord, and overall organ function. This intimate connection means that poor posture and spinal health will lead to an overall decrease in brain and organ function.

Nobel Prize recipient Dr. Roger Sperry says that the spine is the motor that drives the brain. According to his research "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." Only 10% of our brain's energy goes into thinking, metabolism, immunity, and healing. Sperry demonstrated that 90% of brain energy goes into processing and maintaining the body's relationship with gravity.

One of the worst types of health problems people experience is a loss of the natural curves of their spine. Ideally, we should have a 40-45 degree curve in our neck that many chiropractors and neurosurgeons refer to as "the arc of life." This curve helps to protect the brain stem and the spinal canal for the spinal cord and nerves that travel to every region of our body.

Subluxation is the term for misalignments of the spine that cause compression and irritation of nerve pathways affecting organ systems of the body. Subluxations can manifest as pain, but since only a small portion of spinal nerves transmit pain sensations they are often unnoticeable by the individual. Losing the arc of life in the neck, forward head posture, and scoliosis are three of the most dangerous forms of subluxation.

Subluxation patterns such as forward head posture and loss of the neck curve are most often created by trauma and/or poor posture. Examples of trauma include the birth process (especially with forceps delivery), falls, car accidents, & sporting activities. The typical individual in our society today spends at least 3-4 hours a day slumped in front of a television, computer, and texting cell phone. These behaviors cause the head to shift forward and create a lasting posture pattern called forward head posture.

This 'forward head posture' can add up to 30 pounds of abnormal leverage pulling the entire spine out of alignment and may result in the loss of 30% of vital lung capacity," says University of California's director of physical medicine and rehabilitation, Rene Cailliet.

As forward head posture decreases lung capacity it affects the body from effectively oxygenating cells. This can lead to asthmatic conditions, blood vessel problems and heart disease. The oxygen deficit affects the entire gastrointestinal system leading to altered nutrient absorption and peristaltic activity. Lowered oxygen states also decrease endorphin production turning the perception of non-painful sensation into pain experiences.

Some chiropractors specialize in corrective care techniques that reduce or eliminate forward head posture and restore the natural curves of the body. This is done through gentle & specific adjustments that take pressure off of the brain stem and nerve pathways and enhance function to the body. Corrective rehabilitative exercises are prescribed to address postural abnormalities and create lasting objective postural and x-ray changes. Specialized chiropractors are able to demonstrate these changes to the individual with pre-post x-rays, nerve scans, postural pictures and other technology.

Studies have shown that corrective based chiropractic care effectively reduces forward head posture and enhances the arc of life. A 2009 study by Morningstar and Jockers showed that this corrective process dramatically enhanced lung function. As the respiration process improves more oxygen gets into the body. This improves blood flow into every organ system of the body dramatically improving overall function.

## Barron Chiropractic



As our office continues to grow, we are always thinking of ways to improve our patient's experience. In the coming months, you will start to see some changes and additions to Barron Chiropractic. We are implementing a new computer system that will better organize and synchronize our systems, which will in turn provide a better experience for you. We also have some other exciting changes we are planning that we will announce in the coming months! If you have any suggestions as to how we can better your visit to Barron Chiropractic, please let us know!

In other news, we are excited to announce that Dr. Barron and his wife, Tarah, are expecting twins at the end of September! In addition, our massage therapist, Diana, and her husband, James, are also expecting a baby in early November! Don't worry; it's still safe to drink the water!

**BARRON**   
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## DID YOU KNOW?

“98% of the atoms in your body were not there a year ago.”

Deepak Chopra M.D.

## May is Family Wellness Month

Barron Chiropractic is a family wellness office. This means that even though we help people with pain, we feel that it is just as important to focus on overall wellness rather than just being pain free. As you may have already read in our “Bad Posture Equals Bad Health” article on the front page of this newsletter, only a small portion of our nervous system transmits pain signals. This is why being pain-free does not equate to good health. Regular Chiropractic check-ups, and adjustments, can greatly benefit people of all ages. By removing subluxations from the body, and clearing out the nervous system, your body will function at a much more optimal level....allowing you to live your life to the fullest.

*How chiropractic can benefit you or a loved one:*

- Improve concentration....leading to improved efficiency at work or improvement in school work in children
- Improve athletic performance as well as decreasing the chance of injury
- Less school days missed because of a strong immune system
- Regular Chiropractic will greatly decrease the chances of your body limiting you from the things you love to do (working out, gardening, traveling, playing with your children or grandchildren, etc.)

A family living healthy and limitless lives together is what we strive to see at Barron Chiropractic. So for the month of May, we want to extend an offer to help your family get on a healthier path together. From now until May 31<sup>st</sup>, all immediate family members of current patients will receive a complimentary Chiropractic evaluation with Dr. Barron. Call us at (314) 909-0404 to schedule appointments for your loved ones.



## IMPORTANT DATES

### May

5/7- Walk, Run, & Roll booth

5/8- Happy Mother's Day!

5/17- \*additional hours\*- 8am-11am, 3pm-6pm

5/19-5/20- OFFICE CLOSED!

5/30- OFFICE CLOSED!

5/31- \*additional hours\*- 8am-11am, 3pm-6pm

## Bone Health

### May is National Osteoporosis Awareness and Prevention Month

**Osteoporosis** –the thinning of bone tissue and loss of bone density over time.

Currently 34 million Americans are at risk for osteoporosis. This is a disease that puts one at risk for painful bone problems and fractures. Each year 1.8 million people suffer fractures due to osteoporosis.

Researchers agree that osteoporosis is largely preventable with nutrition and lifestyle. In 2007 a research study on osteoporosis was performed using two whole food supplements. The supplements used were Calcifood and Vitamin D. What the researchers found was that after using these whole food supplements for just 3 months, there was a decrease in bone loss by 18% percent. With that 18% decrease in bone loss the body was able to start building bone again.

**Calcifood** contains live bone that is much more readily absorbed by the body than any other calcium sources. It also has the co-factors (vitamins, minerals, enzymes, and amino acids) that are necessary to utilize calcium to its fullest potential.

**Vitamin D** enhances calcium absorption. It is also used by the body to enhance the immune system as well as the nervous system.

### Risk Factors

- **Age** (your risk increases with age)
- **Gender** (females are more at risk than males)
- **Race** (Caucasian and Asian people carry a higher risk)
- **Menopause** (postmenopausal women are higher risk)
- **Medication** (medications for RA and digestive disorders may increase risk)



### Prevention

- Diet high in Calcium and Vitamin D
- Weight bearing and resistance exercises
- A healthy lifestyle with no smoking or excess alcohol intake

## Quote of the Month

To keep the body in good health is a duty; otherwise we shall not be able to keep our mind strong and clear.

- Gautama the Buddha, 563 BC