

Montgomery Chiropractic Spinal Workshop Notes

Welcome to Chiropractic! For several of you, this is a new venture into preventative health care and as a result, there are certain terms which should be defined for your complete understanding.

Chiropractic (Steadman's Medical Dictionary, 24th Edition):

The science which utilizes the recuperative power of the body and the relationship between the musculoskeletal structures and functions of the body, particularly of the spinal column and the nervous system, in the restoration and maintenance of health.

Chiropractors (One who is licensed and certified to practice Chiropractic) treat many different conditions, while specializing in conditions of the spine. While Chiropractors utilize therapeutic modalities, nutrition, exercise, and education to help restore function to a patient's body, the backbone of Chiropractic is the "adjusting" or spinal manipulation of the Vertebral Subluxation Complex (VSC).

Vertebral Subluxation Complex (VSC)

When two vertebra become misaligned, causing interference with the normal flow of nerve energy from the brain to cells .

Health defined: (Webster's Dictionary)

"Health is a condition of wholeness in which all the organs of the body are functioning fully all of the time."

Mathematically health could be expressed as:

100% Wholeness

+

100% Time

+

100% Function

Health

If you have had tonsils, appendix, gall bladder, adenoids or other bodily parts removed, you are no longer WHOLE. Therefore, when considering the definition of health and function, one can never truly be healthy once a body part has been removed.

To date, there are only two recorded instances of TIME being stopped and neither has happened recently. Therefore, the only factor of health left to address, according to the definition provided above, is **FUNCTION**.

Function defined is:

“The normal and specific contribution of a bodily part to the economy of a living organism.”

There are 7 ways to improve the body’s function and these are the keys to regaining optimal health, while avoiding disease.

As a point of reference, the definitions of Medicine and disease are given.

Medicine is defined as:

The science and art dealing with the maintenance of health and the prevention, alleviation, or cure of disease b: the branch of medicine concerned with nonsurgical treatment of disease

Disease is defined as:

A condition of the living plant of animal body or one of it’s parts that impairs normal functioning.

When one knows what true health looks like, disease is easy to spot!

These 7 ways to improve the body's function are to improve:

1. Food
2. Sleep
3. Positive Mental Attitude
4. Exercises
5. Faith
6. Posture
7. Sound Nervous System

Food/Nutrition

Our one essential rule in nutrition is to "KEEP IT NATURAL". The more natural your diet the better. If you cannot read the name under "ingredients", it probably is not natural.

Drs. Montgomery's Nutritional Corollary is

"The less man is involved in your food, the better it is for you."

What does this mean? It means, Fresh is better than frozen, Frozen is better than canned! The more man is involved in your food, the higher the potential it has for not being the food you were intended to eat.

Drs. Montgomery are advocates of the Atkin's eating plan. This is not a diet, although if you are overweight, you will lose weight until you reach the desired weight level. Dr. Atkins wanted to present a proper eating plan for the public to help them regain their health. Man was created with teeth called "incisors" and as a result was designed to survive on a diet consisting mainly of protein. Today, due to preservation methods, we can have fruits and vegetables all year around, however, this is not natural. Our forefathers only had fruits and vegetables in

their diet for a limited number of months per year. With no way to preserve these foods, they looked forward to spring and the harvest of many of their foods, such as grains and fruit. They harvested another whole set of foods in the fall. Winter brought a diet of saved nuts and protein from animals. There were no fast food restaurants and as a result many diseases such as diabetes and cancer were a rarity before 1900. The preservation of carbohydrate foods (grains and fruit) are a major contributor to the growth of cancer and diabetes in our culture. Read the book "Wheat Bellies" by Dr. William Davis for more information and another great plan for weight loss.

Also, before 1800, the majority of the world's population lived within 20 miles of the ocean. This meant fish was a major source of protein in their diet. Everyone knows the benefit of eating fish, with Omega 3 & Omega 6 vitamins as well as many other beneficial nutritional ingredients. It is recommended that fish be consumed at least 3 times per week, although the more inland we live, the more difficult it is to get fresh fish. Children particularly should consume fish and the natural fats help with many hormonal issues in adults. However, eating "fish sticks" which are battered and then fried, is a poor solution for children! (see how man is becoming more involved in this natural food?) In this case, frozen fish is better than having no fish at all. Typically tuna, mixed with mayonnaise, pickles, apples, and nuts is accepted by children as long as the experience is made fun the first few times it is served.

For your additional information, turkey is an excellent choice in meat. It is higher in protein, lower in fat, and typically the least expensive of all other meats. It deserves to be in our diet much more than only at Christmas and Thanksgiving holidays. Chicken and beef are also acceptable, however typically these two meats have the greatest number of hormones and antibiotic therapy in feed lots. If you have a friend or relative that raises livestock, it is best to butcher one of their animals that is "range feed" for a period of at least 3 months before harvest.

Please avoid sugar. Sugar is contained in almost all canned food and desserts or foods wrapped in cellophane. Sugar may be the deadliest processed food in the world. Not only is sugar involved in diabetes and hypoglycemia, but also sugar has

been shown to have a weakening effect on the immune system, muscles, and a short-circuiting effect on the nervous system. Since the muscles are what hold your vertebra in place, you can see how sugar can slow down your progress in our office. However, the potential for disease may be primarily attributed to sugar content in food. Many people say, "I eat very little sugar," yet they drink three to four colas a day. A 12-ounce can of cola contains $8 \frac{2}{3}$ teaspoons of sugar. Those that know to avoid soft drinks think they are doing themselves a favor by having a two glasses of orange juice in the morning, yet a glass of orange juice may contain the juice from 6-10 oranges. We were never meant to consume 6-10 oranges at one sitting and as a result, consuming juices often brings with it a high amount of sugar that will not only cause the above problems, but also hinder weight loss.

Please avoid sugar.

Perhaps the only thing more dangerous than sugar are artificial sweeteners.

Look into the many ways you can utilize honey to improve your health and utilize as a sweetener, remembering with honey, as well as other recommendations, "too much a good thing, becomes a bad thing".

If you have any further questions in regards to nutrition, please buy the book, "**Sugarbusters**" by Leighton Stewart, Morrison Bethea, M.D., Sam Andrews, M.D., Luis Balart, M.D. is an excellent reference.

If you desire another resource on natural weight management, download the book "**Why Can't I Lose Weight?**" by Lorrie Medford, C.N.

Sleep:

Most individuals need between six and ten hours of sleep each night. You know the amount of sleep you need to wake up feeling refreshed and "ready to go" the next morning. However, when you are healing and recovering, there is a greater importance to getting the proper amount of rest. Rest is nature's way of healing the body. All creatures, including humans, sleep more when they are injured or hurt.

Instinct governs animals and tells them the right things to do for their health. Humans however, have the ability to reason and “keep pushing”, often utilizing harmful medications, even when they don’t feel like it. This of course, complicates the problems. To stay well, we also need the proper amount of rest. Proper rest heals many of the aches, pains, bumps, and bruises we suffer during a typical day.

The proper amount of sleep is also very important to your spine. Do you realize that you are approximately $\frac{1}{4}$ to $\frac{3}{4}$ of an inch taller in the morning than you are at night? This is because lying down takes the pressure off of the spine, and the disc “re-hydrate”, meaning they fill up with water. Since the disc comprise 25% of the length of your spine, this daily re-hydration is critical for spinal health. The disc become compressed by the effect of gravity, during the day, however, lying down relieves this compressive stress. This also explains why a person with disc degeneration always feel better after they lie down.

If we were to live to be 75 years old and slept 8 hours per night, that would mean we would spend 25 years in bed during our lifetime. THE ONE ACTIVITY WE DO THE MOST IN OUR LIFE IS SLEEP!!! As a result, it is imperative that you have a great mattress. Our mattress recommendations are as follows:

The best mattress available, in our opinion is:

1. ChiroSlumber – (chiroslumber.com – 888-958-2008) is the latest high performance mattress in the nation. Chiroslumber was independently tested against the Tempura-pedic mattress and beat Tempura-Pedic in 17 out of 18 categories tested. It is also approximately half the price of Tempura-Pedic, which represents excellent value. The Chiroslumber company will also ship your mattress to you FREE and if you do not like the mattress, will PAY for you to ship it back, while refunding all your investment. Additionally, it comes in four various thicknesses, as well as a “COOLMAX” and “POLAR” Series. These products solve the most common complaint with the Tempura-Pedic mattress, which is the bed sleeps “hot”. BTW, this is the bed Dr. Montgomery utilizes.

2. The “Select Comfort” mattress, also known as the “sleep number bed”. This mattress is filled with air and has a 20 year warrantee. Typical inner spring mattresses rarely have a warrantee over one year. This Select Comfort can be viewed online at www.selectcomfort.com. The Select Comfort allows two totally different size people to have the correct mattress for their spines. **HOWEVER, there is a downside!** Please note, if you and your significant other are “spooners” and sleep close together you will not like the Select Comfort mattress. The person with the higher sleep number (more air pressure in their side of the mattress) will invariably roll into the other person’s side of the bed. On the other hand, if you and your significant other sleep on opposite sides of the mattress, you will love this mattress and be glad you paid a little bit extra for the experience and significantly longer warrantee.
3. Tempura-pedic or Chiropractic Impressions type mattress. The mattress is comprised of 3 different firmness of memory foams. These mattresses typically give you three different options, but if two are sleeping on the mattress, they must agree on the firmness used. These beds are bulky (although the Chiropractic Impressions model advertises it can be stored easier, due to its design) and expensive, but the patients which find they fit their spines, usually will never have to buy another mattress, as they too last a long, long time. They can be seen at www.tempurapedic.com and www.chiropracticimpressionsusa.com. Each often advertise a 90 day trial period, and I suggest that you take advantage of this to determine if it is the best mattress for your spine. Obviously, it is cheaper to try and return than to be stuck with an improper mattress.
4. Lastly, the inner spring mattress is available. They are becoming much less expensive, mainly due to the competition of the above mattress. I recommend a firm (under 200lbs.) or extra-firm (over 200lbs.) mattress for most people.

Positive Mental Attitude (PMA)

Study after study indicate one's mental attitude have a profound effect on one's health. One of the reasons for this set of notes, is for you to be informed of many ways you can contribute to the restoration and maintenance of your health. Having a positive attitude is critical to your response.

Maintaining a PMA can be accomplished by the following:

1. Making a decision to be "positive".
2. Beginning your morning reading positive, affirmative information and saving the newspaper for the evening. Continue to guard your heart and mind with more affirmations during the day.
3. View life as a journey, not a destination (reaching a destination, means "it's over")
4. View situations as challenges instead of problems.
5. Write down three things each day you are grateful for. If you get stuck, be grateful for being able to read this information or grasping a pen to write.
6. Avoid negative people. Fault finders and negative people are to be avoided, particularly while your body is trying to heal. As yourself, "If I couldn't even warm up to this person if I was cremated with them, do I want them as a personal friend?" If this is your spouse, remove this step from your list. 😊

Faith

I know it seems odd to see faith mentioned as a way to improve the function of your body. However, here is what research performed by Florida State University and the University of Texas, says about practicing your faith.

1. People who attend more than one church service per week average living 7 years longer than those that do not attend services!

2. Patients who pray with their doctor during a treatment program have a better result 93% of the time. Therefore, if you would like for any of our doctors to pray with you at any time during your care, please speak up!

Therefore, to not mention this research to you for your evaluation would be omission on my part.

To learn more about the over 100 research projects which have been completed, please see the book, “Healing Words” by Larry Dossey, M.D.

Exercise

Specific exercises have been given to each patient for their particular spinal condition, however, EVERY PATIENT should set as a goal to walk a minimum of 30-40 minutes 4-7 times per week. A handout on the proper way to institute a walking program is included with your packet.

If you desire to return to workouts in a gym, please clear the exercises with Drs. Montgomery. BEFORE YOU ASK, Drs. Montgomery does not recommend “squats” or “military press” for any of his patients. There are many benefits to a gym membership, particularly if you have a workout team that will hold you accountable to your workout schedule. If gym membership is not a financial expenditure that you want to make or if you just do not like the idea of others watching you work out, you can exercise most major muscles in the body with four simple exercises. They are:

1. Pushups
2. Pull ups
3. Sit ups
4. Walking progressing to jogging progressing to running

All should be done properly with emphasis on exercise form and not the number of repetition you can accomplish by doing them improperly. It is better to do 5 pushups with proper form than 15 in a manner that can cause additional injury.

Sound Nervous System:

Although a person can have the best food, plenty of rest, a great positive mental attitude, excellent faith, great posture, and get plenty of exercise; they will still have health problems if they do not have a sound nervous system. A sound nervous system: one, which operates at its full capacity, is the single most important factor in good health.

This is covered in depth during our health care class.

Please refer to our web-site, www.montgomerychiropractic.com for more health related information.