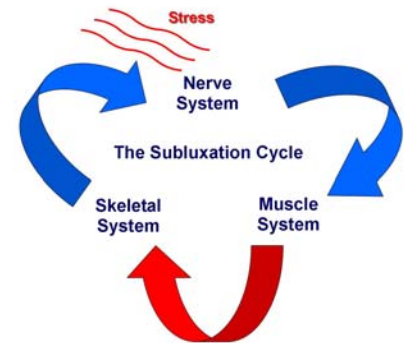


What do you think caused your subluxation(s)?

Basic Concepts

In a word, the cause of all subluxation is STRESS. Note the diagram to the right. It illustrates the three structures involved in subluxation, the nerve, the spinal muscles, and the spinal bones. When overall stress is greater than your nervous system can cope with, your nerves become irritated. Irritated spinal nerves cause unbalanced muscle contractions which can pull a spinal bone out of normal alignment and narrow the nerve opening. This further irritates the nerve which causes the cycle to repeat itself. This is called the Subluxation Cycle.



What are the three types of stress?

Physical trauma is often what patients blame for their subluxations. "I slept wrong." "I fell." "I lifted something too heavy." There are many causes of physical stress to our bodies throughout our life, from the birth process, learning to walk, learning how to ride a bike, slips and falls, car accidents, sports injuries, hobbies, and work injuries. Serious physical traumas can misalign the spinal bones and start the process of subluxation. Subluxations can also result from the accumulation of repetitive smaller traumas such as not getting enough sleep, poor sleeping habits, bad posture, continuous lifting and bending, poor phone and computer practices, or improper work habits.



Chemical toxins are often overlooked as a cause of our subluxation. Chemicals are a direct poison to our nervous system. Chemicals can interfere with and disturb the functions of our nervous system directly, in effect scrambling the nerve signal. What many of us don't realize is just how many chemical toxins we expose ourselves to on a daily basis. It is estimated that Americans are exposed to an average of 200 chemical toxins every day. The list includes: food dyes, sweeteners, preservatives, chemicals in our air and water, hormones in the meats, processed foods, caffeine, nicotine, prescription and over the counter drugs, antiperspirants (aluminum), toothpaste (formaldehyde), hair color, cleaning chemicals, perfumes, hair spray, detergents... and the list goes on and on. We are a chemically dependent society and these chemicals can poison our nervous system resulting in chronic subluxation.



Mental and emotional stress is the most common cause of subluxations in the world today. Our nervous system filters and processes stress on a moment to moment basis. When our nervous system is overwhelmed by the constant or chronic stress that we endure on a daily basis it causes abnormal stress in our muscular system, starting the process of subluxation. When we are worried, fearful or stressed, when we experience relationship, money or job problems, when life just doesn't seem to go our way it takes a toll on our body. Stress is inescapable in our society and a frequent subluxation producer.



Do you think it's possible to go through life and avoid all stress?

The goal in our office is to remove your subluxations and turn the direction of your health around. As nervous system interference is reduced your range of adaptability to stress increases. You can't avoid all stress, it is part of life. So when you consider all the stresses that you are exposed to each and every day, how often do you think you should be checked for subluxations?

Edison Chiropractic
Wellness Center
Dr. Sean T. Edison
105 S. Pearl Street
Tecumseh, MI 49286
423-WELL

Subluxation is caused by stress.
Stress can be mental/emotional, chemical or physical.