



Back Column

Pinnacle Physical Medicine & Rehab
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March 2005

What is Chiropractic?

Many people have a misconception about chiropractic and the critical role it plays in health and well-being. That misconception is that chiropractic care is limited to treating back and neck pain. Although many people have experienced relief from back and neck pain through chiropractic services, the foundation, intent and vision of chiropractic is far beyond simply helping to reduce symptoms.

Chiropractic is the largest licensed, non-medical health-care profession in North America. Chiropractors are doctors. They earn a Doctor of Chiropractic degree after completing three to four years of undergraduate study, and a four-year professional course. In order to be licensed Doctors of Chiropractic must pass four boards plus a state licensing board.

Dr. Showalter graduated in 1992 from Southern Adventist University with an A.S. Degree in Nursing, and graduated in 1998 from Parker College of Chiropractic in Dallas, TX with a Doctor of Chiropractic degree. He has six and a half years Emergency Room nursing practice and has had an active chiropractic practice since February 8, 1999. Prior to having his own chiropractic practice,

he interned with Dr. Don Duff. Dr. Showalter has had numerous Post Graduate courses including Torque Release Technique and Spinal Decompression Technique. He is a member of both the American Chiropractic Association and the Tennessee Chiropractic Association.

Why should you try chiropractic? Chiropractic is based on the philosophy that the body is a self-healing, self-regulating and self-developing organism and that your nervous system is the master system and controller of your body. If you cut your finger, it heals. You don't have to take anything or do anything to make that happen. You live your life through your nervous system. Right now your heart is beating, kidneys are working, liver is functioning, brain chemicals are flowing all without you having to think about it. This is because your nervous system is coordinating it all and making it happen. What would happen if there was an interference with the function of your nervous system? It would interfere with your body's ability to heal and regulate.

An important term and concept that every person should know and understand is **vertebral**

subluxation, or **subluxation** for short. Subluxation refers to a mechanical problem in the spine that relates to nerve interference. When a person is subluxated, it reduces their ability to heal, regulate, and express well-being. Like cavities in teeth, subluxations are very common in our culture. It is Dr. Showalter's primary goal to detect and correct subluxations so that you can improve healing, regulation, and general well-being.

A limited nervous system means limited wellness. If we want to optimally create higher levels of wellness, we then need to remove nervous system interference as part of the process. Dr. Showalter is uniquely trained to do this. People of all ages, from infancy to over 100 years old, can benefit from chiropractic adjustments.

Along with chiropractic, we also offer physical medicine and rehab. Many times back pain can be helped by seeing a board certified physical medicine and rehab specialist. Dr. Deborah Barton is a board certified physical medicine and rehab specialist at our office that helps people regain function (rehabilitate) and also works with people with issues such as pain control or regaining strength. If your pain can

be helped by physical therapy, Dr. Barton can prescribe a course of treatment specially tailored to your needs to get you feeling better and back in shape. Specific exercises may be all you need to ease your back pain—even if something like a gym workout or sports injury is what caused your problem in the first place. Our physical therapist can help you with a therapy, exercise, and rehab regimen again that is specifically tailored to your injury or problem.

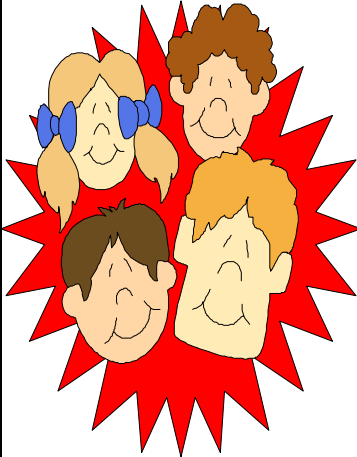
By addressing vertebral subluxations, and the physical, biochemical, and emotional distress that cause such subluxations, a person seeking wellness care enhances their life experience. Call Dr. Showalter's and Dr. Barton's office today to make an appointment and get on the right path to health and wellness!

Source: www.mercola.com





Welcome New Patients



Here are the new patients that became members of our practice recently! We'd like to welcome you publicly and wish you all the best!

Misty Lane (referred by Darlene Smeltzer...thanks!)

Melinda Becker (referred by Kevin Becker...thanks!)

**Maurice Garner
Edith Lozano**

Rachel Davis (referred by Chad Nash...thanks!)

Christe' Crook (referred by Chad Nash...thanks!)

Thanks to all of our friends who referred patients to us. We want to say "thank you" in a special way. For each person you refer that becomes a patient, we give a "referral reward". Ask Diane how you can receive an extra bonus for sharing the good news about chiropractic.

Stop Smoking—for Good!

Every year, millions of people try to quit smoking. Every year, millions fail. In order to quit, smokers try nicotine patches, nicotine gum, sprays, potions and lotions. Some try hypnosis or go it alone...cold turkey.

Medical authorities contend that cigarette smoking is the single most important source of preventable death. The annual death toll from diseases attributed to smoking is over 350,000. It is estimated that about 25 percent of adults are smokers. Although more than four in five smokers say they want to quit, less than 3 percent are successful each year.

We offer Auriculotherapy at Optimum Health Clinic that can help people with compulsive disorders such as ADD/ADHD, as well as addictions such as alcohol, smoking, drugs, food, sex, and gambling to kick the habit...**for good**. Here's how auriculotherapy works:

There are over two hundred acupuncture points in the cartilage of your outer ear (the auricle) that correspond to other parts of your body. Treatment of these points is called auriculotherapy (pronounced aw-rick-u-low-ther-a-py). Research at UCLA Pain Management Center has demonstrated that gentle, needle-less, micro current treatment of these points can be more effective than acupuncture needles. Auriculotherapy is efficient, often treating multiple problems simultaneously and taking less treatment time than traditional acupuncture. Auriculotherapy uses stimulation of points in the ear through electrical impulses. This type of stimulation helps alleviate the imbalances that lead to addictive behavior. Auriculotherapy serves two purposes for helping people overcome addictions. First, it can reduce some of the symptoms of withdrawal, taking the edge off and, second, it helps return the body to a state of balance by stimulating different body systems. By facilitating a balancing of energy throughout the body's macrosystems or by correcting pathological reflex centers in the brain, stimulation of the auricular acupuncture microsystem can lead to a homeostatic state whereby any form of stress or pain is lessened. Stimulation of the specific ear reflex points that correspond to a particular area of the body leads to either a reduction of excess stimulation or an enhancement of diminished under activity of the affected region. The overall effect of auriculotherapy is to create a more balanced condition throughout the body. Call today to schedule a consultation with Dr. Showalter and get on the right path to quit smoking for good!



Sources: www.acudoc.com/needles%20optional and www.auriculotherapy.com



Lauren's Recipe Corner

Low-Fat Blueberry Bran Muffins

Ingredients:

1 1/2 c. wheat bran	2/3 c. brown sugar	1 tsp. baking soda
1 c. almond milk	1/2 tsp. vanilla extract	1 tsp. baking powder
1/2 c. unsweetened applesauce	1/2 c. unbleached all-purpose flour	1/2 tsp. sea salt
1 egg	1/2 c. whole wheat flour	1 c. blueberries

Directions:

1. Preheat oven to 375°F. Grease muffin cups or use paper muffin liners. Mix together wheat bran and almond milk, let stand for 10 minutes.
2. In a large bowl, mix together applesauce, egg, brown sugar, and vanilla. Beat in bran mixture. Sift together unbleached all-purpose flour, whole wheat flour, baking soda, baking powder and sea salt. Stir into bran mixture until just blended. Fold in blueberries. Scoop into muffin cups.
3. Bake in preheated oven for 15 to 20 minutes, or until tops spring back when lightly tapped. Enjoy!



Quotable Quotes

Reflect upon your present blessings—of which every man has many—not on your past misfortunes, of which all men have some. **Charles Dickens**

You won't be happy with more until you're happy with what you've got. **Viki King**

Source: *Family Circle*, 11/30/04

Question of the Month:

An important term that every person should know is:

- A. Neck pain
- B. Rehab
- C. Vertebral subluxation
- D. Physical medicine

The first patient to call with the correct answer will win a FREE T-shirt. (once per patient, please). The answer to last month's question was: B. Less than 1%. **Bill Douglas** answered the question right. Our **Patient of the**

Month for February is **Gildardo Chavez**. Congratulations! **Gildardo** will receive a free 30 minute massage. A random number is picked each month so everyone has a chance to win!!

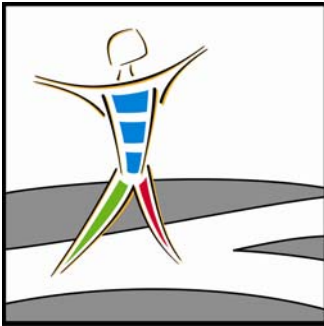
Chlorella—the Natural Wonder Food

As foods go, chlorella is among the elite few that reside in the "Near Perfect" category. For a simple single cell algae plant coming from fresh water, chlorella's range of benefits is astounding. Chlorella will help you:

- **Build your immune system**
- **Detoxify the heavy metals and other pesticides in your body**
- **Improve your digestive system, including decreasing constipation**
- **Focus more clearly and for greater duration**
- **Improve your energy level**
- **Balance your body's pH**
- **Normalize your blood sugar and blood pressure**
- **Eliminate bad breath**

As a whole-food, chlorella provides the body with a stunning amount of nutrients that are naturally balanced and won't accumulate in your body and become toxic -- yet another reason they are superior to any man-made vitamin supplement. We carry Chlorella through our Optimum Health Clinic. Ask Dr. Showalter today about how Chlorella can help you!

Source: www.mercola.com



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We're on the web!

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Contact us today to subscribe to our free monthly
newsletter!

*The articles in this newsletter are not meant to be or replace medical advice; they were written for information purposes only. Before doing anything seek the advice of your Medical Doctor or talk with Dr. Showalter.

Register to Win During

March Madness!

To celebrate March Madness, we are drawing a winner at the end of each week for a **FREE** adjustment or **FREE** massage. Put your name in during each visit to increase your chances. Refer a new patient and not only will you receive your referral reward, you can put your name in twice.

Good Luck !!

