

May 12, 2008; Here come the COWS!

How to prevent more pain...

There are 24 bones in the spine. Between them are the intervertebral discs. These discs act as a spacer and shock absorber. The space they provide allows the nerve, which is a continuation of the spinal cord and ultimately the brain, to exit the spinal cord and enter the body. These discs have little to no blood supply, they get all their hydration and nutrients from the joints moving and squeezing the disc like a sponge. The discs have basically 2 components, much like a jelly doughnut-an outer portion and a jelly like inner part. As the forces of life affect our spine, the joints stop moving so well, which means less sponge squeezing, which in turn causes the disc to dry out. As the disc breaks down, it creates an inflammatory reaction that may result in back pain. As the disc further deteriorates, the outside part rips and tears; allowing the inside to spill out. This is called a herniated disc, aka slipped disc, disc protrusion, or blown disc. Symptoms include back pain, sciatica, numbness and tingling and loss of strength. Herniated discs actually respond very well to chiropractic therapy, despite what you might have heard; we just have to do things a little slower and different than typical chiropractic care. Now, the best thing to do, is to get it taken care of before it gets that far. Being seen and treated at the first instance of pain and not waiting till you can't get out of bed and regular chiropractic visits, if you are in pain or not, keep the joints moving, allowing the discs to stay healthy, helping prevent a herniation. Just like brushing your teeth helps prevent cavities.



Be sure to check out
our C.O.W. coupon

Condition of the week!

If you think you or a friend are needlessly
suffering from back pain or have symptoms of
hormonal dysfunction

Give us a call today and use this coupon for a
complimentary consultation with Dr. Lee to-
day!



Many of you have may have heard of DHEA. How it may be the fountain of youth in a pill, helps you loose weight, restores emotional, psychological and sexual wellbeing and so on. Well, it may just be true. Most of our bodily functions are controlled by hormones. As we go through life, our hormone use and production can become compromised, thus leading to less than optimal function. This dysfunction may manifest itself in many ways, such as uncontrolled weight gain, sexual dysfunction, depression, tiredness, weakness, lack of energy and a host of other issues. Where DHEA helps is that it is precursory hormone. As it enters the body, it is synthesized into the needed hormone(s) alleviating the deficiency and thus dysfunction. For more on how DHEA may help you, give us a call.