



Suburban Chiropractic Center

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Why Chiropractic Continues to Thrive

Effective. Because the nervous system controls every cell, tissue, organ and system of your body, and the primary focus of chiropractic care is the restoration of nervous system integrity, chiropractic care can be helpful for a wide range of health care problems.

Natural. Simply put, chiropractic care doesn't add chemicals or foreign substances to your body. And chiropractic care doesn't remove parts or take things out. Instead, chiropractic care seeks to restore proper control and regulation of your body so health can return, naturally.

There are many community resources available for patients to receive additional, health-promoting care according to Hung.

Safe. Chiropractic care is safe. So safe, even newborns get adjusted to correct the spinal trauma from the birth process. Chiropractic care is tailored specifically to each patient's problem and health goals.

No side effects. There are no warning labels required for chiropractic care. In fact, the only side effects of chiropractic care are considered positive effects, such as better balance, more energy, increased vitality, extended endurance and improved coordination.

Smart choice. It makes sense to correct the underlying cause (loss of proper nervous system control of the body) rather than numb the body with drugs. Research shows that those who are more highly educated choose chiropractic care.

Suburban Chiropractic Center

Our office and staff are privileged to serve so many wonderful families throughout Morris, Essex, Somerset Union and Surrounding Counties.

Our focus is on improving the quality of life for you and your family. Let us know how we can be of service.



Continuing Your Care

How long do you intend to brush your teeth? Probably the rest of your life, right? How come that after brushing your teeth yesterday, you'll likely brush your teeth today, tomorrow and next week?

Is it because your teeth hurt? Because you have a cavity? Will you brush your teeth because the accumulated plaque is inflaming your gums?

Probably not.

It's a habit you've developed. One of the good, healthy habits. Maybe you like how your mouth feels after brushing. Or you want to avoid painful visits to your dentist. Or you want to prevent the social stigma of bad breath.

Even with this daily maintenance and prevention you'll probably visit your dentist from time to time. Yet, no one ever observes, "Once you go to a dentist, you have to go for the rest of your life." This issue is often raised by those who don't understand the preventive nature of chiropractic.

Chiropractors are committed to detecting and reducing the effects of physical, emotional and chemical stresses to your spine and nervous system. For as long as you experience them. Which for most of us, will be for the rest of our lives!

Five Ways to Benefit

There's a lot of talk about Wellness Care these days. But what is it? It's easier to see the appeal of this growing cultural trend when you compare it with other types of care:



Relief Care

Many people begin here. Their ache, pain or other symptom is often what prompts them to begin chiropractic care. Careful! If you stop care as soon as you feel better, you'll invite a relapse. Muscles and soft tissues heal *after* symptoms disappear.

Corrective Care

With the most obvious symptoms reduced, many of our patients opt to continue their care. This helps stabilize and strengthen their spine. Rehabilitative care builds on the investment used to get relief and helps make changes longer lasting. Some insurance companies recognize the value of corrective care, but many do not.

Maintenance Care

Regular chiropractic care can help maintain your progress and avoid a relapse. The intention is to help you preserve your progress so far. Your visit schedule varies based on your age, condition and the stresses in your life. Preserving your progress is valuable, but there are still more possibilities.

Preventive Care

Beyond preservation, is the realm of prevention. Periodic chiropractic checkups can help catch new problems early. This can minimize the severity of flare-ups. Those who value their health often take

this proactive approach. Early detection, while worthwhile, is a defensive approach to one's health.

Wellness Care

Simply put, we experience life through our nervous system. That's why optimizing our spine and nervous system is the key to becoming all that we can be. Your nervous system learns. Chiropractic care and other healthy habits, create new possibilities to grow, develop and take our lives to ever-higher levels.

How far will you choose to take your chiropractic care?

Toddlers Observe Others for Behavior Cues

A University of Washington study found toddlers engage in what is described as "emotional eavesdropping" -- observing adults to shape their own behavior. The findings in the journal *Child Development* indicate infants understand other people's emotional states at a very young age. Betty Repacholi and Andrew Meltzoff of the University of Washington Institute for Learning and Brain Sciences say the study shows children have their emotional antenna up at all times.

"The fascinating result of this study is how sensitive toddlers are to the emotional dynamics of the interactions around them," Meltzoff said in a statement. "They don't need to try out a behavior of their own and get rewarded or punished, they can watch what an older brother or sister does and then learn from what happens to them."

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Thin Models Make Women Feel Badly

The rail-thin, boyish figures of models on magazine covers make all women feel bad about their own bodies, according to a U.S. study. Previous research had suggested heavier women felt worse than thinner women after viewing some of ultra-thin models in the mass media, University of Missouri-Columbia researchers said. The study of 81 women, published in the journal *Sex Roles: A Journal of Research*, found no matter what their height or weight, after viewing the svelte models, women reported a drop in their level of satisfaction with their own bodies. "Surprisingly, we found that weight was not a factor. Viewing these pictures was just bad for everyone," Laurie Mintz of the University of Missouri-Columbia College of Education said in a statement.

"These unrealistic images of women, who are often airbrushed or partially computer-generated, have a detrimental impact on women and how they feel about themselves," she said.

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Tired Female Athletes Up Knee Risk Injury

Fatigued women and men athletes make different movements, which may explain why female athletes are at greater risk of knee injury, a U.S. study says.

Researchers at the Cleveland Clinic found that female athletes tend to land from a jump with a more flexed ankle -- the foot rolls outward with an elevated arch -- and more knee abduction and knee internal rotation compared with male athletes. When fatigued, these differences were even larger, according to the study published in the journal *Medicine and Science in Sports and Exercise*.

National Collegiate Athletic Association research shows that female athletes are at least twice as likely to suffer an anterior cruciate ligament injury as male athletes, and in some cases up to eight times more likely. In addition, 10 percent of female athletes will experience an ACL injury at some point in their careers, according to the NCAA.

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Exercise Cuts Young Adult Blood Pressure

U.S. young adults who exercised five times a week reduced their risk of hypertension by 17 percent. Lead author David Jacobs Jr., an epidemiologist at the University of Minnesota in Minneapolis, tracked the physical-activity levels and blood-pressure measurements of almost 4,000 black and white men and women ages 18 to 30 over a 15-year period. Each participant burned 300 calories per exercise session. Overall, 634 adults developed hypertension, defined as systolic pressure of at least 140 mm Hg; diastolic pressure of at least 90 mm Hg; or the need to take blood-pressure medications, according to the study published in the April issue of the *American Journal of Public Health*. The study also found participants who increased their total physical activity from the start of the study decreased their risk of high blood pressure by 11 percent for every 1,500 calories they burned weekly.

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Survey: Parents Lax with Teen Driving

Although U.S. parents know the top killer of teens is automobile accidents, most don't understand the reasons for the crashes, a survey found. Nearly 50 percent of parents polled think crashes involving teens result from drunk driving. In reality, the majority of crashes are caused by driver error, speeding and driving with distractions, according to the survey conducted by The Allstate Foundation. The national survey of more than 1,000 parents of teens ages 15 to 17 also found many parents allow their teens to drive in dangerous situations within the first few months after getting a license, increasing the likelihood of a deadly crash. Ninety percent of the respondents permit their teens to drive after dark, even though teens are twice as likely to crash after 9 p.m. as during the day. Seventy-seven percent of parents allow their teens to drive with friends, even though studies show the chance of crashing increases in proportion to the number of teen passengers in a car. And 69 percent of parents surveyed allow their teens to drive in bad weather.

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