

Dr Murphy's December 2008 Healthwatch eNewsletter



Suburban Chiropractic Center

301 Main St., Chatham, N.J.
www.drmurphy.com 973-635-0036

Dr. Joseph J. Murphy

Does Chiropractic Treat Disease?

When chiropractors observe that chiropractic care has helped people with virtually every type of health problem known to man, some mistakenly think that means that we treat disease.

Nothing could be further from the truth.

The fact is, we locate and reduce nervous system disturbances (usually along the spine) that interfere with your ability to be fully you. Being fully you includes everything from turning, bending, walking and sleeping to breathing, fighting infection, digesting food and healing a cut.

When the integrity of your nervous system is restored, your body is more likely to work as it was designed. Sometimes that capacity returns quickly. For others whose healing ability is limited by stress, poor nutrition, negative emotions or other factors, it comes more slowly. And for a few who have neglected their health for years, progress can be so incremental as to appear ineffective.

Please don't blame chiropractic when results come slowly. Likewise, don't credit chiropractic when success comes quickly. It's your body that does the healing. What you *bring* to the table is actually more important than what we do *on* the table!

Suburban Chiropractic

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

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



The Curse of the Tuba Player

Your brain and your nervous system is the conductor that orchestrates the workings of your entire body. With clear communication between your brain and all the pieces of the orchestra that make up your body, the beautiful music we know as "life" is produced.

But many people have a problem with their tuba player!

For some it could be their thyroid. Or their gall bladder. Or their stomach. Or their lower back. Or whatever.

Their tuba player can't see the conductor or even hear what the rest of the orchestra is playing! That often causes one of two things. Either the tuba player just sits quietly doing little, or goes overboard with scales and riffs totally inappropriate with what the rest of the orchestra is playing.

The medical approach would be to surgically remove the tuba player or chemically suppress the off-key notes. The chiropractic approach is to restore the connection between the tuba player and the conductor. Naturally, that involves locating and correcting interference to the controlling commands that travel the nervous system.

Chiropractic care can bring organization, coordination and harmony to whatever kind of music you love.

Are You Normal or Average?

You weigh yourself on the scales. You take the temperature of your child. A doctor takes your pulse and measures your blood pressure. Perhaps a blood sample is drawn.

These measurements are compared with hundreds of other people from which averages are obtained. Which begs the question, is average necessarily normal?



Averages have a place, but they can distort reality and treat us as if we were mere mechanisms, like a watch that's running too slow or too fast. It's great when our wristwatch remains accurate. But most watches don't know when you've changed time zones. Or that daylight savings time has ended. Or when leap year day has occurred. In other words, your wristwatch doesn't have the intelligence to adapt to the environment.

But your body does.

That's why we don't see fevers, elevated blood pressure or other such findings as the problem. They're just signs that the body is adapting to something. While it's tempting to artificially lower the temperature or decrease the pressure, not so fast! What's really going on? Is this a recent problem? A lifestyle issue? The result of a new stress in your life?

Chiropractors are interested in *you*, not just your symptoms. Because what's normal for you may not be normal for others. Speak with Dr. Murphy!

Survey: Seniors Take Health Over Bucks

Health is a bigger priority for seniors than other concerns like wealth, according to a new survey. Nearly 70% of seniors polled said they were concerned about their health and well-being, compared to 52% who expressed concern about personal finance, according to a national poll of individuals ages 63 to 80 by United Health Group's Senior Security Study. As a result, more seniors are being proactive in staying informed about their healthcare, the survey found. Eighty percent of seniors reported that they keep up-to-date on the latest health news, 43% from doctors and 25 percent from the Internet. Nearly six out of 10 seniors are concerned about staying mentally sharp, but less than half say they are concerned about maintaining social relationships.

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Sunlight Helps Fight Disease, Bone Loss

Bright sunshine does more than lift your spirits; it also stimulates your body to produce huge amounts of vitamin D, say U.S. experts. Often called the "sunshine vitamin," vitamin D is not really a vitamin at all, but rather a versatile hormone produced by the body in response to sunlight. When a person is exposed to the sun, a cascade of chemical reactions begins in the skin and converts vitamin D produced in the skin into the active form of vitamin D through further modification in the liver and kidneys, according to Roswell Park Cancer Institute researchers Dr. Donald Trump and Candace Johnson. Researchers have known for a long time that vitamin D helps the body absorb calcium to build strong bones and teeth, but it also helps to strengthen the immune system and seems to protect against some types of cancers and as well as other diseases. Some studies indicate that vitamin D may help prevent cancer of the breast, colon, ovaries and prostate. A recent report indicated those individuals with higher levels of vitamin D in the blood had as much as a 50 percent lower cancer risk of many types for cancer.