

## Time to Talk Tummy!

### Spines and Stomachs

How is your spine connected to your stomach? Through your spinal cord of course! The gut has so many nerve cells contained in the tissue lining of the esophagus, stomach, small intestine and colon, it is often referred to as the second brain or "abdominal brain". In fact there are over one million nerve cells in the small intestine, a number equaling the number of nerve cells in the spinal cord. If we add the nerve cells of the esophagus, stomach and large intestine, there are more nerve cells in the gut than there are in the entire remainder of the peripheral nervous system. Nearly every chemical that appears in the brain has been identified in the gut, including hormones and neurotransmitters.



The brain communicates with the "abdominal brain" like the interactive communication between networked computers. Sensory nerves in the gut carry information through the spine to the brain. Information is transmitted from the brain back to the gut over this same pathway. Interference with these control signals is often caused by misalignment of the

vertebrae that house and protect these delicate nerves.

Nervous system interference, subluxation, is caused by physical, emotional and chemical stress to the body. Correcting the underlying interference with chiropractic adjustments can restore proper communication between the brain and the gut, and may reduce or eliminate many gastrointestinal problems.

Most common stomach and digestive problems helped by chiropractic:

- Acid Reflux
- Crohn's Disease
- Poor Digestion
- Diarrhea
- Constipation
- Bloating
- Irritable Bowel Syndrome (IBS)
- Abdominal Cramping

Information provided by <http://www.yourspine.com/Chiropractor/Health/Digestive+Disorders.aspx>

### Toxins and Subluxations

Chemical stress is most often the result of high body toxicity. Toxins are around us at every corner. They are in the air we breathe, the water we drink, the food we eat, in our medicine cabinets and even our own bodies. Toxins are a part of life, and there is nothing we can do to avoid all toxins. But there are ways that we can control the amount that we take in on a daily basis. We can curb the toxin intake by reducing the chemicals we knowingly add to our bodies, like nicotine, prescription drugs, and food additives.

Food in our society is not what it once was. Grocery store shelves are lined with foods with ingredient lists only chemists can understand. Ingredients like **monosodium glutamate (MSG)**, **phenylketonuronic** aka **phenylalanine** aka **aspartame**, **L-cysteine**, **high fructose corn syrup**, **red #40**, and **yellow #5** frequent all sorts of packaged goods such as Hamburger Helper, diet sodas, whole wheat bread, frozen microwaveable dinners, most cereals, and more. These things, which do not occur in nature or our bodies, and can cause disturbances not only in the digestive track but also interference in the nervous system.



For example, MSG was originally derived from seaweed as a salty additive to foods. But now, it is mass-manufactured by the tons through an industrialized fermentation process of starch, sugar beets, sugar cane, or molasses. MSG is the single salt form of glutamate, an amino acid found in protein rich foods, as well as in your body. It is an **excitotoxic** substance that can raise your blood glutamate levels up to 20 times the normal limit. MSG is also commonly disguised as yeast extract, hydrolyzed vegetable protein, and textured protein.

But even if you avoid the aisles in the grocery stores, the produce can be just as bad. **Pesticides** are used generously on fruits and vegetables grown around the world. Even generous washing can't wash off or wash out all the pesticides. Certain produce contains more pesticides than others. The top twelve, the "**Dirty Dozen**" are listed below.

- |                 |             |
|-----------------|-------------|
| 1. Peaches      | 7. Cherries |
| 2. Apples       | 8. Kale     |
| 3. Bell peppers | 9. Lettuce  |
| 4. Celery       | 10. Grapes  |
| 5. Nectarines   | 11. Carrots |
| 6. Strawberries | 12. Pears   |



#### What Can You Do?

Buy organic. Read the ingredient list. Educate yourself. Many grocery stores offer organic produce and specific aisles designated to foods made using organic ingredients. If you can go to a farmer's market, great! Just make sure you trust the framers' growing practices. And even better, if you can, **grow your own produce** in garden patches where you can control what chemicals get added to your food. Continue to **check the ingredient lists** on the packaged foods you buy. Look for additives under disguised names. Spend some time to learn about where your food comes from and the effects of food additives and pesticides on your body. These are the simplest steps to reducing your toxicity levels from food.

Get regular **adjustments**. Even if you have taken care to do your homework on your food, stress and toxins from other sources can still cause subluxations in your nervous system. Your chiropractor can help give you the tune-up you need to make your conscious eating efforts more productive.

Information provided by <http://theatlasoflife.com/2010/04/01/trauma-thoughts-and-toxins-vertebral-subluxations-part-3-chemical-stress/>

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### Food: Friend or Foe?

*Your body may be trying to tell you something about your diet. Are you listening?*

Since the nervous system controls all functions of the body, including the immune system, chiropractic care can have a positive effect on food allergies.

Food allergies occur when the immune system overreacts to a food the body has mistaken as harmful. When this happens, the body creates specific antibodies to fight what it has determined to be threatening. Once the increased amounts of histamines and other chemicals are released, it may further trigger a cascade of allergic symptoms that can affect the respiratory system, gastrointestinal tract, skin or cardiovascular system.

A typical immune system reaction occurs when the body creates immunoglobulin E (IgE) antibodies to the food. When these antibodies react with the food, histamine and other chemicals cause hives, asthma or other symptoms of an allergic reaction.



Although it is possible to develop an allergy to anything, eight foods account for 90 percent of all food-induced allergic reactions: milk, eggs, peanuts, tree nuts (walnuts, cashews, etc.), seafood, shellfish, soy and wheat.



Since food allergies are caused by the immune system interpreting that certain foods are a harmful substance, the role of chiropractic is very important in ensuring the immune system is functioning at its full potential. When families participate in healthy lifestyle choices that includes wellness chiropractic care for their children, very few children manifest food allergies. The role of the family wellness chiropractor can be seen as facilitating a high quality of life in children and adults by improving whole-body function via the nervous system.

<http://www.dynamicchiropractic.com/mpa/cms/dc/article.php?id=52228>

### Special Offer!

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