



ASC. “I’ve seen infant ailments, such as colic, sleeplessness, gastric reflux or ear infections disappear when misalignments are corrected,” says Elster.

Concentration problems, scoliosis, chronic fatigue syndrome, numbness in extremities, cognitive changes or mood alterations may also indicate ASC. Conditions that were not complaints such as high blood pressure, have improved following treatment, notes Allen. “The body just works better.”

**HOW CHIROPRACTIC CAN HELP**

“Research has proven that chiropractic works phenomenally well with people that are suffering from headaches. According to the ACA 14% of the public who see chiropractors presently go for headaches,” stated Dr. Denise D’Angelo, of Belleville, NJ-based D’Angelo Family Chiropractic Wellness Center.

Prior to any treatment a chiropractor will take a patient’s full history to determine an action plan, which may

include treatment or referral. First, “we rule out red flags such as the sudden onset of headaches, pain that is aggravated when the body is in certain positions, focal neurological signs,

the overlapping definitions of headache symptoms, and the core causes of the headaches.

“In eight years of practice, I can say without hesitation that 100% of the

**“Remember that the brain controls, monitors and regulates all bodily functions. Upper cervical interference can affect any area from the top of the head to the bottom of the feet.” Dr. Matthew Allen, Stillwater, OK.**

sensory changes focused in one spot, memory loss, confusion or blank spells, and headaches that get progressively worse,” explained Dr. George McClelland, Christiansburg, VA.

“From a chiropractic standpoint we need to find out if there is something going on in the neck,” he said. Is there reduced joint movement or a decreased range of motion?

A headache indicates the body is not functioning properly. “My job is to remove the interference to healthy function in the body, which I do by correcting spinal misalignments – vertebral subluxations (which means when one or more of the bones of the spine move out of position causing pressure or irritation),” said D’Angelo.

**BACK TO NORMAL**

Realigning the Atlas allows whatever organs, limbs or tissues that have been affected to resume normal functioning. After two years of exhaustive visits to specialists a woman came to McClelland with an undiagnosed muscle weakness. She needed a walker. After he adjusted her upper cervical subluxation, she began walking again without fatigue.

**CAN CHIROPRACTIC CARE WORK FOR ALL HEADACHES?**

Cervicogenic headaches – which based on research from the International Headache Society account for 1.5 million of the headaches people experience – have been extremely responsive to chiropractic care. There has also been evidence that chiropractic care may help in a much wider range of cases than was originally thought due to

chronic headache sufferers who have benefited from chiropractic care at my office have come here as a last result after undergoing sometimes years of state-of-the-art medical interventions and drug therapies,” commented D’Angelo.

**ONGOING CARE**

Chiropractors agree that without adjustment, problems worsen. Disruption of the spinal canal at the top impairs nerve transmission, leading to muscular changes, pain syndromes and other problems.

**“Regular follow-up visits are important to keep the body in balance,”** says Elster.

“If the subluxation has weakened muscles and soft tissue, there may not be adequate support following the correction to maintain the adjustment. The neck can misalign a bit during healing.” Ongoing care includes learning behavioral changes such as exercise, proper lifting technique, correct sleep positions and stress management.

Individuals can help their bodies stay in balance by sitting without crossing legs and maintaining good posture. “It’s like breaking a bad habit,” says Allen. “Periodic check-ups help avoid a relapse.”

