



# Dr. Stan Talks

Chiropractic Lecture Series

**SPINECARE**  
CHIROPRACTIC  
Dr. Stan Marcus D.C.

## Improving Your Health Naturally

### LESSON 4 –

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## Spinal Subluxations

In Lesson 3 we discussed the definition of a **SUBLUXATION** – What it is and how detrimental it can be to our health. Remember, subluxations, or spinal bones that are slightly misaligned, decrease important Nerve signals throughout the body, thereby slowing down the body’s ability to adapt to it’s environment. This, invariably, leads to ill-health and disease.

In this Lesson, I would like to briefly (I hope) discuss the implications of correcting and **NOT** correcting spinal subluxations. First, let’s have a quick anatomy review.

Your spine is composed of 24 bones called vertebrae. These bones are hollow, and down the center is where your spinal cord is located. This spinal cord is the main “cable” of nerves that allows for communication between your brain and the rest of your body!! So your vertebrae serve to protect your spinal cord. This, my Friends, is vital to your survival!

Between each vertebra is what is known as a “disc”. A disk is sponge-like material that acts as a shock absorber and prevents the vertebrae from rubbing up against each other. They are also crucial in maintaining a small amount of space between vertebra. This space is where the nerves that “feed” all your body parts, exit from the spinal cord. So it is imperative that there is adequate space between the bones. This, as we will discuss, is where “pinched nerves” occur.

Sorry I don’t have a diagram to show this, but if you open any anatomy text or go on-line, or ask me when you’re in the office, you’ll be able to visualize this better. OK, so now you’re an anatomy expert, let’s discuss how subluxations create problems.

Following some form of physical, chemical or emotional trauma, muscle imbalances occur in the spine. As a result, the tighter muscles may pull a vertebra slightly out of its normal alignment. This just has to be a very tiny amount to have a dramatic effect!

Once the vertebra has shifted, the nerves exiting the spinal cord, between the vertebrae, may become slightly “pinched” or in other words, have increased pressure put on them. This, subsequently results in a decreased flow of electrical/chemical signals through the nerves. This is NOT good!!



A good analogy, is parking your car on top of your garden hose. This will result in less water getting through the hose, and, if left too long, less water on your plants and eventually the plant will suffer. So you can keep replacing you plants and soil, but ultimately, the best solution would be to simply move your car OFF the hose! Sounds simple. And this is the approach that Chiropractors take with your body and your health care. If we can find out which vertebrae are “parked on your hoses” then we can make simple corrections to get the “water flowing again” and watch your body heal itself back to normal.

I know this sounds like a silly analogy, but it works, if you can envision your spinal bones putting slight pressure on your spinal nerves.

That’s what Chiropractic adjustments are all about. It’s not about making “Popping” noises or providing quick pain relief, but rather about restoring proper nerve signals throughout your body. It’s so much easier approach to health than most people are aware of!

So what happens if we don’t find and correct spinal misalignments? What happens if everyone just takes the “well, I’ll just wait and see” or “well, the pain is gone now” approach?? (and this is about 90% of the population!)

If left untreated, subluxations may lead to early “wear and tear” of the spinal joints and of the spinal discs. Most people develop arthritis in their spine as a result of vertebral misalignments that were never adjusted or repaired. This is no different than having the front-end alignment on your car being out of alignment. As the mechanic will tell you – if you don’t correct the problem, eventually your tires will wear out, axles and tie rods break down, etc. And for the most part, people will spend whatever it takes to get their car repaired, but won’t do the same for their spine, despite the outcome! Very frustrating!

And what about those spinal nerves that are being “Pinched” for years and years? Well, eventually, they also, will begin to function improperly and as a result, less nerve signals are sent to your muscles and ,organs, and other parts, so they eventually break down.

For people who have sudden heart attacks, blood pressure problems, high cholesterol, or other organ “meltdowns”, these issues did not just develop overnight. These results occur due to long-standing problems with that body part, again, as a result of decreased nerve signals from the brain. Yet, because we don’t feel symptoms, we think that we’re OK and healthy. Boy, don’t we get a big surprise when that organ finally starts to give us symptoms!

In other words, ongoing checkups are important. Especially for your spine. I don’t want Subluxations in my spine, or my family’s spine. And neither should you!



To conclude, I just want to tell you a short story to help emphasize how just a tiny spinal misalignment can have a drastic affect on someone's life.

Ms X came into my office (back in '91) suffering from severe headaches for several years. She looked terrible as a result of years of pain and stress that had resulted in the end of her marriage, her job and her life, as she knew it. All because of her headaches. She stated (and this is no lie!) that she was at her whit's end and was ready to commit suicide and that Chiropractic was her last hope. She had tried every medical approach (Drugs!!) had all the tests, and they couldn't find any problems with her.

So I told her that I would check her for subluxated spinal bones in her neck that may be pinching a nerve and changing the amount of blood flow, therefore oxygen and blood sugar to her brain. This is the cause of probably 90% of headaches I see in my office.

After a thorough exam and neck x-rays, I could only find one slight misalignment in her neck. So we started adjusting just that one bone. After a week or 2 she was still in great discomfort. I told her to be patient as a problem several years old could take a bit of time to repair. Sure enough, a few days later she came in for her appointment and for the first time, I saw her smile. I didn't even know she had teeth!! Until that time she had a permanent frown from all her pain. She hugged me and told me she was headache-free that day, for the first time in several years.

We shed a few tears together, but I had to worn her that we still had some work to do.

After a 6 weeks of care, Ms X was a new women. No headaches!!!! From then on she came for checkups every 2 weeks, never missing an appointment. She never wanted to go back to those headache days again. Who Would!!!!????

This was a great example of how one slight spinal misalignment could have drastic consequences to one's life. It doesn't take much pressure on a nerve to change a life! So have regular spinal checkups and get those children checked as well.

Congratulations on getting through another wordy lesson.

Stay well and Stay Happy!

*Dr. Stan*

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