

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



The Experts® on Chiropractic Care:



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Ask The
Experts®

on Chiropractic Care

Dr. April Ruzycski

YOUR CORE SCORE

Last month Dr. Jans introduced the new COREscore technology in our office; this technology gives you, the patient, a COREscore number. This number is on a scale from 0-100; a higher number indicates efficient body functioning and the ability to respond to the three types of stress, a lower number indicates an inefficiency of the body in one or more ways to respond to stress. The COREscore revolves around the “communication core” of your body – the communication core connects your brain to the rest of the body and the COREscore measures how efficiently your body is doing this job.

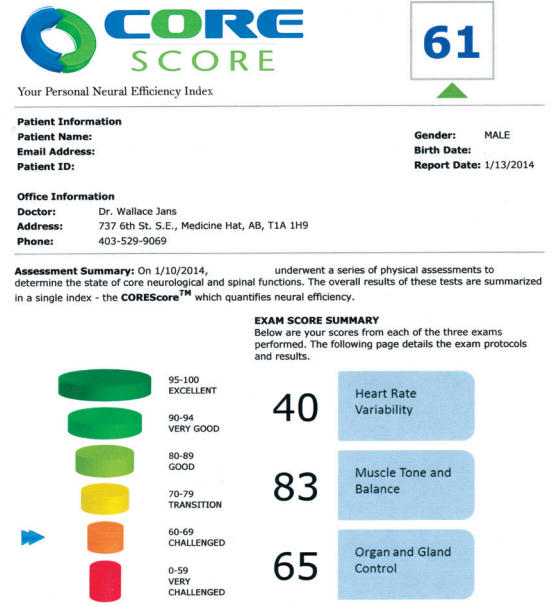
The three types of stress include physical – how a person moves and stays physically active, biochemical – what an individual puts in their bodies... essentially what they consume through drinking and eating, and psychological – the amount of stress and the ability a person has to handle this stress in their everyday activities. All of these stresses affect how your organs and glands function, how the muscles fire and how the heart rate changes in response to internal stress. This internal stress is a combination of sympathetic stress (*flight or fight*

response) and parasympathetic stress (*rest and digest response*); the heart rate variability demonstrates whether there is a healthy balance.

Stress can slowly creep up and accumulate in our bodies which often negatively affects a person's health. On the outside, the outcome we can see is a change of an individual's posture; this is a consequence of the muscles tightening and the fascia around them becoming fibrotic which fundamentally dampens the ability of the muscles response to movement and tension; as a result, the joints of the spine and extremities can misalign and become jammed. On the inside, the misalignment of the joints of the spine cause inflammation and swelling which then affects the nerves that connect the brain to the rest of the body, this effectively disrupts the “communication core” of the body. This is when symptoms such as headaches, constipation, numbness and tingling begin to surface.

Our patients are now being scanned with the COREscore giving us a baseline in their health status as they begin care in our office. Chiropractic care will help to work on their muscle tone and balance as well as the organ and gland control as we assess and adjust the spinal joints. Additional therapies such as

massage therapy, physiotherapy or low level laser therapy may be recommended. The patient's responsibility is to assess the stress in their life, create and initialize a plan to take steps to decrease their stress and positively deal with the stress that is unavoidable. After a period of time we will re-scan the patients to assess their progress.



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