

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

# Powers & Jans Centre

The Experts® on Chiropractic Care:



Dr. Rick Powers



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Ask The **Experts**®

on Chiropractic Care

**Dr. Sheldon Chemiak**

## Inflammation Holding You Back?

Is inflammation good or bad? In an acute situation, it is part of the healing process and necessary. An example is with a sprained ankle causing an acute inflammatory response. The ankle swells up. Part of the swelling is a surge of white blood cells, activated by your immune system, to repair the damaged cells. Once the damage is repaired, the inflammation subsides. A healthy response.

But what about in the case of chronic inflammation? This is when the swelling sticks around long term. When this happens, the opposite effect results where the healing process is not allowed progress. There are various causes to this process and let's begin by saying that inflammation itself is not the cause. A SYMPTOM CAN NEVER BE THE ROOT CAUSE. Prescribing an anti-inflammatory alone will not address the real issue. We need to look at what is causing the continuous inflammation in the first place.

Causes of chronic inflammation can include: prolonged emotional stress, repetitive physical stress, poor diet, food allergies/sensitivities, and toxic environmental exposure. Signs that "stress overload" is causing chronic inflammation are constant pain, chronic fatigue, depression, and digestive problems. Sound familiar?

As chiropractors, we deal with these issues daily. Stress overload, from physical, chemical and emotional origin, creates both chronic inflammation and an unbalanced spine and nervous system. Chiropractors are specialists in rebalancing the spine and nervous system with specific adjustments. If the patient is chronically inflamed and continues to subject themselves to the root causes, their body will remain unstable. The same symptoms will continue to persist. If a sprained ankle remains swollen, it will remain unstable and painful. This is true for the entire framework of the body.

So the chiropractor and the patient have to both take responsibility and work together as a team. The chiropractor needs to realign the patient's framework and nervous system to provide the best foundation for healing. The patient needs to address the root causes of inflammation with a wellness lifestyle. Opti-

mal healing and wellness will not be achieved unless both parties take responsibility and do their part.

Stay tuned for my next article on combating chronic inflammation. Give our office a call. It would be an honour to work with you, as a team, in achieving wellness.

## Can chiropractic help you to heal better?



**CALL 529-9069 TODAY FOR A FREE CONSULTATION**



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