

## Look at 'The Big Picture' and Take Care of Your Spine

Doctor means "teacher", and one of the roles I enjoy most as a chiropractic doctor is to help teach people about their spine and its relationship to health and well-being. This I call *The Big Picture*'. Seeing *The Big Picture* begins with understanding some basic concepts of health.

Doctors of chiropractic undergo a minimum of seven years of training in subjects ranging from anatomy and physiology to neurology, biochemistry, pathology, diagnosis, and many more. Armed with this knowledge, chiropractic doctors believe a healthy body begins with a healthy spine. This is how it works: the spinal column is made up of moveable vertebrae that encase and protect the spinal cord, the key communication pathway between the brain and every cell, tissue and organ in the body. When the spine is not aligned or moving correctly, this vital nervous system pathway can become compromised. Chiropractic doctors call this *vertebral subluxation*. Because spinal alignment and function can effect the nervous system, and since the nervous system directly communicates with the body's other systems, including the immune response, the health of the spine can play a significant role in the ability of the body to be healthy.

As a chiropractor, I have witnessed profound health changes in patients who choose to try to correct abnormal alignment and function of their spines. Chiropractors call this Chiropractic Corrective Care. It involves a program of precise spinal adjustments combined with specific spinal rehabilitative exercises. The goal is to improve the actual structure of the spine through 'remolding' its alignment and shape to as close to normal as possible, and re-educating joints, muscles and other soft tissues to work correctly. The result of Chiropractic Corrective Care is the body is now provided an opportunity to regain a more optimum level of health. As proper spinal function is restored, patients may experience improvement in many areas of their health: not just headaches, neck and back pain, but digestive problems, energy, poor sleep, chronic colds and flu and so on. The effect this can have on their lives is enormous. Their work performance improves, they can get back to doing the things they love doing, and they are happy again and excited about life.

If you are interested in learning more about *The Big Picture* and about corrective chiropractic, ask your chiropractor!

Dr. Sharon Wagener DeWolf is the owner of Redmond Back & Neck Pain Clinic. For more information, contact (425)885-9950.

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Michael D. Lax, D.C.**