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**Spelling Error**  
 Help us with our spelling... tell us about the spelling error and your name will be entered for a \$5 gift certificate drawing. You are welcome to leave a message on our voice mail if your call is after hours. Thanks to all of you who participate!

Congratulations to this month's Winners!  
**Melissa**

"You are the sky.  
 Everything else - it's just  
 the weather."



Quote to ponder...

This month's Care to Share winner is  
**Jane**

A **BIG** thank you to this month's winner for referring friends and family to us for care.



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# SPINE TIME

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## Mark Your Calendar



Help us celebrate our 21st anniversary. Please join us in our month long festivity.



### Life's Little Adjustments



## Health HACK



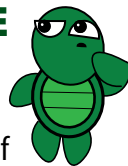
### LEPRECHAUN DIP:

Make an edamame dip that is not only green, but also contains protein, vitamins and minerals:

Puree steamed and shelled edamame with olive oil, lime juice and cilantro. Serve with crisp green vegetables, such as cucumber slices, green bell pepper or snap peas.

Source: <https://www.eatright.org/food/cultural-cuisines-and-traditions/holidays-and-celebrations/have-a-healthy-st-patricks-day-party>

## CHIROPRACTIC INFLUENCE ON HEALTH, OXIDATIVE STRESS, AND DNA REPAIR



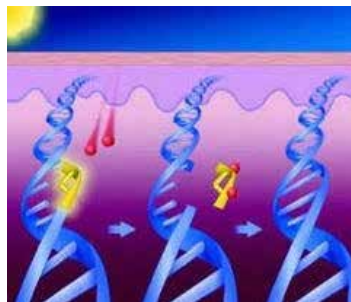
There is a growing body of evidence that wellness care provided by doctors of chiropractic reduces healthcare costs, improves health behaviors, and enhances a patient's quality of life. Until recently, though, little was known about how chiropractic adjustments affected the chemistry of biological processes on a cellular level. Recently I was asked about my position on vertebral subluxation; removing vertebral subluxations is the essence of what we do as chiropractors.

The importance of the vertebral subluxation complex (VSC) is known and should be a part of your health regime. In a landmark study published in the Journal of Vertebral Subluxation Research, chiropractors collaborating with researchers at the University of Lund found that chiropractic care could influence basic physiological processes, affecting oxidative stress and DNA repair. These findings offer a scientific explanation for the positive health benefits reported by patients receiving chiropractic care.



There are five components of a subluxation.

### The Five Components



Basic to this integrative review of the components of the vertebral subluxation complex is the component nomenclature involved in the model:

- Component #1 - Spinal Kinesiopathology: Spinal pathomechanics, including alignment and motion irregularities.
- Component #2 - Neuropathophysiology/Neuropathology: Compressed or facilitated nerve tissue.

- Component #3 - Myopathology: Muscle spasm, muscle weakness/atrophy.
- Component #4 - Histopathology: Inflammation, edema, and swelling of tissue, usually local to the traumatized area.
- Component #5 - Pathophysiology/Pathology: Pathophysiologic and pathoanatomical changes because of the previous four components, usually seen locally as degeneration, fibrous tissue, or erosion locally and peripherally as a loss of global homeostasis.

I stand by my paradigm that chiropractic is a science first, an art second, and a philosophy third. We need to note that there are five components of the subluxation complex, and the chiropractic adjustment treats all five. By treating the subluxation first, we can affect the nerves, muscles, and all the systems and organs in the body. Now we are seeing how the chiropractic adjustment can help improve and establish better immunity and improve the DNA sequence by removing the subluxation.

Source: Eric Kaplan, DC, FIAMA, Perry Bard DC, Jason Kaplan DC - [www.TheAmericanChiropractor.com](http://www.TheAmericanChiropractor.com)

