

WORDS OF WELLNESS

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What is Spinal Decompression Therapy

By Dr. Ryan Larson

Intermittent motorized spinal traction, better known as **spinal decompression**, is a non-surgical, non-invasive procedure that was developed for the treatment of lower back and neck pain caused by disc herniation and degenerative disc disease.

The process has been effective for relieving low back and neck pain by reversing high intradiscal pressures through the application of negative pressures. The negative pressures assist in the reduction of disc herniations, increasing intradiscal space and improving disc metabolism and restoration.



There are benefits to motorized traction over gravity or manual traction. During gravity or manually applied traction the muscles of the lower back and neck tend to contract, thus working against the distractive effect. The force in motorized traction can be delivered in a fashion that is constant and for a pre-selected timeframe, therefore minimizing the tendency of the muscles to contract and allowing a greater distraction effect.

The spinal decompression unit we will be employing at the Goldsworthy Wellness and Chiropractic Centre is the Axiom Worldwide DRX9000™ and DRX9000C™. Please follow the link below to learn about specific product details: <https://axiomworldwide.com>. The technology is used to gradually relieve neuron-compression. It continuously monitors tension forces and adjusts to proper spine angles to affect specific vertebral segments.

Potential candidates for this type of intervention are people who have a disc herniation and/or degeneration disc disease. Most candidates have already exhausted conservative therapies such as chiropractic, physiotherapy, acupuncture and massage with little success. They may have been advised that their next step is the possibility of spinal surgery. Patient satisfaction and outcomes for the spinal decompression tend to be very high, typically stated between 70% and 87%.

Our clinics operations of the spinal decompression therapy will begin in early December. If you think yourself, a family member or a friend may benefit from this therapy, or if you have further questions, please contact us at (519) 886-4814 to book a consultation. www.lowbackclinic.com

References

1. Daniel DM. Non-surgical spinal decompression therapy: does the scientific literature support efficacy claims made in the advertising media? *Chiropractic & Osteopathy*. 2007: 15:7.
2. Macario A, Pergolizzi JV. Systematic Literature Review of Spinal Decompression Via Motorized Traction for Chronic Discogenic Low Back Pain; *Pain Practice*. 2006: 6(3): 171–178.
3. Gupta RC, Ramarao SV. Epidurography in reduction of lumbar disc prolapse by traction. *Arch Phys Med Rehabil*. 1978: 9:322–327.
4. Onel D, Tuzlaci M, Sari H, Demir K. Computed tomographic investigation of the effect of traction on lumbar disc herniations. *Spine*. 1989:14:82–90.
5. Ramos G, Martin W. Effects of vertebral axial decompression on intradiscal pressure. *J Neurosurg*. 1994: 81:350–353.

WELLNESS CENTRE NEWS

Our office continues to be very busy and appointments are very much in demand for all our practitioners. Please remember it is important that if you cannot make your scheduled appointment, you give our office 24 hours notice so we may fill your spot with someone on our waiting list. Also, if you have trouble remembering your reserved time, please make the front desk aware and we will provide you with a **courtesy** reminder call the day before. **Missed appointments are subject to a missed visit fee.**

MONTHLY FEATURES

Throughout the month of **December**, Goldsworthy Wellness Centre will continue to accept outdoor clothing donations, both new and used, to be donated to the Salvation Army and Welcome Home. We will also be collecting new toys for the Santa's Anonymous toy drive through 570 News up until Christmas. Please bring a new unwrapped toy in on your next appointment for the Christmas box. On December 9th Dr. Jeff will be stepping up the campaign by giving \$10.00 off to each patient he treats that day who brings in a toy for the Christmas box. Our clinic is also participating in the Angel Tree through Creek Side Church. Come into the clinic and choose a tag from our Christmas tree for an individual in need. Please return the gift specified on the tag by December 14th to our office. We will also be collecting donations that will be used to fulfil the needs of any unselected tags.

In **January** we will be collecting new and used books and magazines to help support Family Literacy month. All literature collected will be donated throughout our community. We will also be having our annual ergonomic snow shovel draw. Come into our office and put your name in the draw for a chance to win.

Throughout **February** we will be collecting donations for the Heart and Stroke Foundation. It is also Love your Pet Month. Bring in a picture of your beloved family member and have your name entered in our draw for a pet gift basket.

THANKS FOR THE REFERRALS!

Katie Lee, Lisa Brennan, Erin Robbins, Thomas Ostapchuk, Sue Reinhardt, Robbyn Hermitage, Chris Edwards, Debra Westacott, Jon Rohr, John Griffin, Maggie Birch, Justin Robbins, Mike Stankowisch, Julie Cook, Debbie Willis, Nicole Coelho, Lois Raats, Lee Deitrich, Jonathan Spike, Alina Greavu, Frank Schatz, Ursula DeAbreu, Kelly Cooper, Natasha Krivokapic, Karen Barsness, Chris Snyder, Vicky McFarlane, Karen West, Kelly Wheldon, Todd Cook, Erin Robbins, Stephen Gawne, Peri Makres, Johnny Forte, Dennis Cullen

Congratulations to:

Karin McLean for winning the Homeopathic First Aid Kit.

Brad Hergott for winning our September draw for Naturopathic Arthritic Relief Remedies.

Roxann Demmans and Luanne Curtis for winning our Thanksgiving Turkey Draw. Both ladies won a \$25.00 gift certificate to Zehrs.

The Stork Has Landed!

Congratulations to:

Dr. Karen Barsness and her husband Brian on the arrival of Paige Lillian. Paige arrived September 5th and weighed in at 7lbs 11ozs.

Tracy Miller on the arrival of her son Owen Amos on September 19th. Grandpa Barry, Grandma Cathy, Aunt Kelly Uncle Brian and cousin Copper are thrilled about his 4lb 15oz. arrival.

Kristan and Steve Arthur on the arrival of their little girl Lauren. Lauren arrived November 12th and weighed 8lbs 3ozs.

ASK A PRACTITIONER

Q: I have thick dark wax in my ear, what does that mean?

A: Ears produce a small amount of wax which act as a sticky adherent material to protect your ear canal from dirt, dust and debris. Most of the time, the ears are capable of self cleaning this material to prevent build up. However, ear wax can become a problem when it blocks the ear canal preventing sound waves from reaching the ear drum and causing hearing loss.

The common reaction to wax build up is to constantly clean the ears. While there is no harm in cleaning the opening of the ear canal, deeper swabbing can cause potential risks. With deep swabbing, you run the risk of packing the wax down, as well as potentially damaging the ear drum and the canal. If the swabbing isn't working to clean the ears, many people seek medical treatment. The most common treatment is a process called irrigation which involves removing the wax using high pressured water shot through a syringe. While this will remove the current wax build up, it doesn't address the underlying cause as to why the build up keeps occurring.

Often times the accumulation of ear wax is due to an essential fatty acid deficiency or EFA. EFAs are called essential because our body doesn't produce them and they must be obtained from the diet. There are two types of essential fats, omega 6 which is found in foods such as evening primrose and borage oil, and omega 3 which is mainly found in fish and flax. For the most part the North American diet is plentiful in omega 6's and deficient in omega 3's. Omega 3's have been found to be important for heart health, to help lower "bad" cholesterol, decrease inflammation, improve insulin resistance and help in cases of depression and ADD.

Easy ways to incorporate omega 3 oils into your diet is to eat fish, snack on nuts and avocados, add ground flax seeds to salads or oatmeal or take a high quality fish oil supplement that has been tested for heavy metals.

Oils have a positive effect on many aspects of health, and even if you are not expressing overt deficiency signs such as ear wax, they are an important component of a healthy diet. In order to learn more about essential oils, contact a Naturopathic Doctor or other health care practitioner in your area.

WELLNESS NOTES

Two weeks ago, I was going through a very stressful period with life, work etc... I was suffering from headaches, general overall irritability and insomnia. Finally, one night (or morning rather) at about 3am, I decided I would try some yoga. It usually has a calming effect and tires me out, so it was worth a try. About half way through the routine I moved my neck a certain way. I heard a pop and felt a lightening bolt of pain shoot into my head and neck. I screamed in pain, froze, then slowly lowered myself to the floor and remained there motionless until morning.

After a hot shower (which helped), I called the Clinic to see if anyone could help me. Sandy took pity on me, did some schedule juggling and got me into see Kyle that afternoon. I explained what happened to Kyle and after laughing at me and rolling his eyes (he knows me well!). He explained what he would do to help. He only worked on my muscles for about thirty minutes because he was worried any longer would be too hard on me. After the treatment, we talked about some stretching he wanted me to try. Also, he had me go into see Dr. Jeff who was able to adjust my neck on the spot. The rest of the day, I was about 70-75% better. I returned for a repeat performance two days later and walked out pain free and with full range of motion.

Kyle and Dr. Jeff both explained the importance of daily stretches. They talked about workplace ergonomics and the importance of ensuring to take many breaks during the day to stretch, do some deep breathing and just give myself a mental break (even if just for three minutes). I have stuck to this advice since and I must say my ability to handle stress, my headaches and overall well being has greatly improved!

Thanks Guys!

CENTRE PRACTITIONERS

Chiropractor

Dr. Jeff Goldsworthy, HBSc. D.C.

Dr. Ryan Larson, BSc. D.C.

Massage Therapy

Kyle Devitt, R.M.T.

Pam Gingrich, R.M.T.

Shiatsu Therapist and Acupuncture

Tara Blain, CST, Ac.

Naturopathic Doctor

Robin Walsh, BAsC. (Nutrition) N.D.

Kinesiologist

Betty Ann Schnurr, C.K., RRP

Ion Cleanse

Christa Hanes