

The staff of Crosby Chiropractic & Acupuncture Centre



Chiropractic and acupuncture have always given relief but not necessarily the same techniques of adjustments or listings for the adjustments, and the acupuncture points have changed over time also. Treatment is always tailored to the needs of the body in that moment.

Other factors have become very apparent to me in dealing with my own chronic pain issues and they include:

Dehydration – if you want to feel pain, stay dehydrated. Up to 70% of Americans are dehydrated. They either don't consume enough water, or they consume too much caffeine, salt and sugar that the water they consume isn't enough.

Sugar – the more you eat, the more you challenge your body. To get rid of excess sugar your body has to go into overdrive to remove the extra sugar from your bloodstream. This form of damage control leaves your body with less basic metabolic energy for heal-

ing and repair. Ask any diabetic how they feel overall when their sugar is high. They ache all over and they heal more slowly.

Caffeine – is a diuretic and as such will leave you dehydrated, elevating your pain levels. Caffeine is also a stimulant and will raise pain levels much as kerosene thrown on a fire will make the flames bigger and hotter. Want to hurt worse? Use caffeine (the only exceptions here would be certain types of headaches.) I personally love it when I ask how much

caffeine a chronic pain patient consumes and hear about the 18 oz coffee and the 32 oz big gulp of caffeinated soda. By eliminating the caffeine altogether we often see a remarkable drop in pain levels. These patients generally have a really bad headache for a day or two as they come off of the drug we call caffeine. Many who have high blood pressure will see it drop as a result of removing caffeine from their diet.

Inflammatory foods – American's love foods that are fully loaded with

omega 6 fatty acids. These acids create an inflammatory response making it difficult for pain to resolve. Nutritional counseling, the addition of omega 3 fatty acids, and time for it all to register with the body, make this an important pain management tool for many patients.

Taking care of these four things and being evaluated for manual medicine should be alternatives to living with chronic pain that every American with chronic pain should consider.

Crosby Chiropractic & Acupuncture Centre

331 Jungermann Rd. St Peters, MO 63376
(636)928-5588
www.crosbychiropractic.com