

The Kinetic Column

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Health

What is health? Can anyone answer this question anymore? I know some who can. The definition is much distorted and most people are confused about what it truly means.

The only group of doctors that I know of that continually educates people on the meaning of health are chiropractors. The funny thing is they teach the definition found in most medical text books. Yet, even today chiropractors are ridiculed. One often quoted text reference defines health as: a state in which all functions of the body and mind are normally active. The World Health Organization defines it as: a state of complete physical, mental, or social well being (function) and not merely the absence of disease or

infirmity (symptoms).

I completely agree with these definitions. Health is not a lack of symptoms it is function, but someone needs to remind the medical profession.

Chiropractors have been operating from these definitions of health for over 115 years and god willing will continue for many, many more.



Stress

As it applies to engineering it is a force. If we apply it to the human body it is the same thing, but we tend to get more descriptive.

Chiropractors would define stress as any physical, chemical, or emotional force placed upon the body from the environment. Ok, so why the heck does that matter? Well your body has to respond in some fashion or another to the stresses that are placed upon it. How your body does (or does not) respond to stress is one of the major

factors contributing to your health.

Your ability to respond and recover from stress is controlled and coordinated by one system of the body. This system has the ability to change and adapt more than any other system.

The Nervous System is responsible for the body's ability to adapt and recover to its surroundings. While it possesses an incredible ability to adapt it does have limitations if the stresses are too severe in quality, quantity, and duration.



Your Nervous System

Anatomically speaking, your nervous system consists of the brain, spinal cord, and spinal nerves. The divisions are as follows: The Central Nervous System consists of the brain and spinal cord. The Peripheral Nervous System starts at the spinal nerve and continues to all respective body tissue. The Enteric Nervous System deserves mention, it is the part of the nervous system that controls and

coordinates digestion. It is said that there are just as many neurons in the enteric system as the brain.

With regards to physiology the nervous system is divided as well. The Central Nervous System (brain and spinal cord) are responsible for the control and coordination of all bodily tissues and function. Now when I say everything that's exactly what I mean. There is not a single cell in the body that does not have a nervous system supply.

The Autonomic system controls the body's physiology. It is divided into two parts. The Sympathetic division aka fight or flight system provides the stress response and certain physiological processes occur when it is active. The other side is the Parasympathetic division aka rest and digest certain physiological processes occur when it is active. The later is in charge of healing. It is most important for you to have the ability to go from one to the other when it is appropriate.

Payment Considerations

Do you take insurance? This question is asked often. And the answer is yes we do. It

is more of a matter of if the policy covers the care you receive. Being a licensed chiropractor gives us the ability to bill appropriate charges to insurance companies. We will do this when it is appropriate.

At our office we offer very affordable cash options for those who don't have insurance coverage. We have made it our mission to provide chiropractic care to any person that is interested in receiving it. We cannot help unless we know there is an issue, so if you are in need feel free to ask any questions.

For the cash options we take cash, credit, debit, H.S.A.'s, and checks.

We never want finances to get in the way of you receiving care, so come and talk to us and we can work something out.



SRE (Stress Response Evaluation)

The NeuroInfiniti Stress Response Evaluation is a very effective and accurate method of measuring your physiological stress response

It is a 12-15 minute computerized, totally non-invasive exam using an instrument found in research facilities around the world. Sensors are attached to your skin in areas such as your shoulder muscles, top of your head, and your hands. There are no needles or any form of skin penetration. From this computerized interactive test, we can compare your neurological response and recovery to three different types of stress challenges.

This simple test gives us a detailed picture of how your nervous system is functioning. It looks at 7 different nervous system activities and what happens to them during stress. It also tells us if or how well the activities recover after a stressful situation, which gives us information regarding the type of care you need. There is also the opportunity to actually see

the changes in your neurological function at the end of care, no matter what type of care you receive. The equipment and its results are of research quality and pass all government approval standards.



Brain Wave

101

Beta Waves

Beta Brainwaves

Introduction

The mental activity normally associated with Beta waves is the active awareness state that we experience from day to day at work and play. There are many external chemicals that can be induced into the brain to produce this state and they are known generally as stimulants. Some of those stimulants are small amounts of alcohol, the nicotine in cigarettes, caffeine in coffee and tea, diet pills, and amphetamines (which are illegal).

-Brain Activity

Too Much Beta

"Beta Brainwaves kick in when we think logically, solve problems, and confront external stimuli. Beta often

raises and brings panic at times. Used too often, you run the risk of thinking deeply about little, and tiring yourself out about much...Beta has its place but must be helped to slow down at times and reflect."

-Brainwaves That Talk Back (PDF, 1.3 MB)

"However, too much Beta can cause significant problems for the individual by increasing muscle tension, raising blood pressure, and creating a state of anxiety for the individual. While it is possible to teach the highest level cognitive processing and complex artistic expression, attention must also be paid to assist the individual in achieving a degree of physical relaxation." -'EEG Biofeedback-New Interventions' by Dr. Marshall D. Voris

Special Offer:

KINETIC CHIROPRACTIC HEALTH CERTIFICATE

This certificate entitles

_____ to a

Chiropractic consultation, examination, and report of findings at Kinetic Chiropractic (normally \$255) for only \$ \$49.00.