

# THE Spinal COLUMN

Life is better when you're aligned!



## DIGESTIVE HEALTH: UNDERSTANDING & MANAGING DIGESTIVE DISORDERS



We seldom pay attention to our digestive system when it's working correctly. It's only when discomfort arises that we take notice. A significant number of people, many in the United States and Canada, face various digestive disorders. These conditions range from minor inconveniences like colic and acid reflux to more complex issues such as irritable bowel syndrome (IBS) and Crohn's disease. A key issue common to these disorders is a nervous system that is not functioning properly, leading to a host of uncomfortable and sometimes debilitating symptoms.

### WHAT'S GOING WRONG WITH DIGESTION?

The process of digestion is more complex than it seems. It's not just about the stomach and intestines; the brain plays a crucial role too. The brainstem, connected to the digestive system by the vagus nerve, acts as a command center. When this system malfunctions, it can throw off the delicate balance of digestion, leading to the disorders we see. Research and clinical observations suggest that many digestive issues can be traced back to problems with the nervous system.

### COMMON APPROACHES TO TREATMENT

The usual first step for those suffering is to try over-the-counter medications. These can provide temporary relief but often do not address the underlying cause. If symptoms persist, doctors might prescribe stronger medications or steroids. Unfortunately, these solutions can come with significant side effects and may even worsen digestive health over time. In severe cases, surgery might be recommended to repair or remove damaged parts of the digestive tract. This, however, is typically seen as a last resort.



## DID YOU KNOW?

**The Stomach's Acid Can Dissolve Metal:** The hydrochloric acid in your stomach is strong enough to dissolve many metals. Luckily, the stomach lining regenerates quickly, preventing the acid from digesting your stomach itself.

## THE MISUNDERSTOOD POTENTIAL OF UPPER CERVICAL CARE

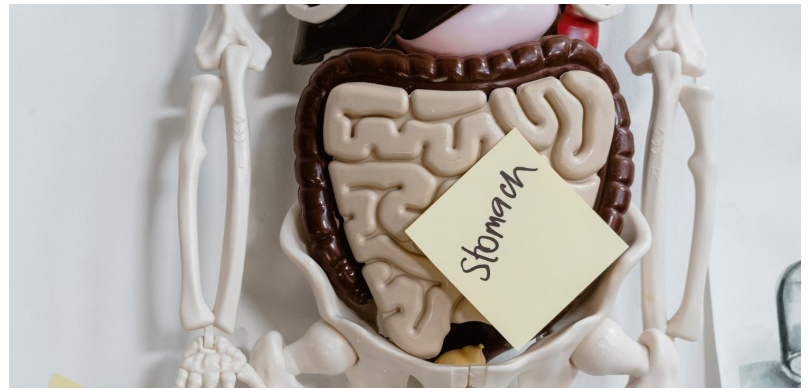
Many people associate chiropractic care with treatments for back and neck pain. While chiropractors are indeed experts in addressing these issues, the scope of their care often extends much further. Upper Cervical care, a specialized form of chiropractic practice, has shown promise in helping patients with a variety of conditions, including those related to digestive health.

The philosophy of Upper Cervical care is rooted in the universal law of cause and effect. Simply put, for every health issue (effect), there is an underlying cause. Upper Cervical practitioners focus on the belief that the body has an innate ability to heal itself. This self-healing is controlled by the central nervous system, which is housed within the skull and spine. If there is any interference with the nervous system, it can lead to health problems, including digestive disorders.

## HOW DOES UPPER CERVICAL CARE WORK?

Upper Cervical doctors use precise and gentle techniques to identify and correct misalignments in the upper cervical spine. These misalignments can disrupt the normal flow of nerve signals from the brain to the rest of the body, including the digestive system. By restoring proper alignment, they aim to remove the interference and allow the body to regain its natural ability to heal and regulate itself.

This type of care emphasizes a drug-free and non-invasive approach, steering clear of the potential complications associated with medications and surgeries. It's a holistic approach that looks at the body as a whole, interconnected system, rather than just treating individual symptoms.



## SEEKING UPPER CERVICAL CARE

For those living with digestive disorders and interested in exploring this avenue of care, it's essential to consult with a trained Upper Cervical chiropractor. They can perform a thorough examination and determine if Upper Cervical care is a suitable option. It's worth noting that every individual's condition is unique, and the results can vary. However, many patients have reported improvements in their digestive health following Upper Cervical care.

## MAKING THE CHOICE FOR HEALTH

Choosing the right course of treatment for digestive disorders can be challenging, with the myriad of options and opinions available. It's crucial to gather as much information as possible and consider all potential treatments. Upper Cervical care presents an alternative for those seeking a non-invasive, drug-free approach to managing their digestive health.

In conclusion, if digestive problems are affecting your quality of life, remember that there are options beyond traditional medications and surgeries. Upper Cervical care might be the key to not just managing symptoms but potentially restoring your digestive system to its natural, healthy state. If you're considering this treatment, reach out to an Upper Cervical chiropractor to discuss your specific needs and take a step towards better digestive health.



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