

Stop Pain – Get Healthy

Dr. D's Newsletter for Self-Help, Tips, News, Research and Alternative Care

Issue 3 – 2005 * DrDhealth.com

Dr. John DiVelbiss, D.C. - Chiropractic, Acupuncture (w/o needles), and Nutritional Therapy

Do Muscles PINCH NERVES?

Often I talk to patients who are experiencing symptoms that seem to be coming from pinched nerves. Maybe you have had pain in your neck or back with pain going into your arms or legs, or numbness/tingling, weakness or even burning feeling in your limbs. When these symptoms are examined, the tests for pinched nerves can be negative. Very likely there is a specific place in a muscle that triggers your pain and causes the pain or symptom to travel into your arm or leg.

These muscle spots are called **Trigger Points or myofascial dysfunction**. They consist of muscle fibers stuck in the shortened phase of the muscle contraction/relaxation cycle. When they get too tight the blood flow cannot bring the energy in to feed the cells to pump themselves loose again so they stay short and can cause a variety of symptoms, like a pinched nerve sensation. In fact I have treated quite a few patients in the past 22+ years that were scheduled for disc surgery because their leg and back pain was severe and the MRI imaging showed discs were damaged, but as it turned out, the disc was not the cause! So the planned surgery would have been unnecessary and unsuccessful!

I treat the muscle trigger points with ultrasound and muscle work, give homework and adjust any joints that are restricted. Amazingly, the back pain and leg symptoms disappear. They are walking, sitting, standing, working and living with little to no symptoms and they avoid the surgery. With rehab of the core muscles and doing home care, these patients reduce or prevent the reoccurrence of the problems.

Many cases of headache, arm pain and carpal tunnel syndrome have also been found to actually be from trigger points in the body upstream from the symptoms! When we examine you, we test to see if the problem you present to us is needing our help, medical help, or even a combination of both. Any time your condition requires medical care, we will tell you and try to work with your medical doctor or specialist. This way you will get the best of both of us. Often we can help you get even better care from your M.D.!

If you are or have received medical or physical therapy recently and have not had your symptoms resolve, consider asking us to evaluate you. You can qualify for a FREE Consultation to determine whether your problem can respond to chiropractic care. If you are a good candidate for our care, we will do an exam and begin helping you. If you have recent X-rays, bring them to your visit. If you need X-rays, we will order them from a local X-ray lab and they will be read by a medical radiologist and I will see them as well.

But back to my question, do muscles PINCH nerves? YES, they can! And this is pinching or squeezing of a nerve by a muscle, unlike the trigger points mentioned earlier in this article.

When nerves run through or under a muscle, they can be pinched if the muscle is too tight from trigger points, shortness, scarring, spasm or swelling. So when I test you, the nerve pinch tests can be positive.

Common muscle locations that can do this are the anterior neck/thoracic outlet, the elbow/forearm (both these first two simulate **carpal tunnel**), the buttock piriformis muscle with **sciatica**, the lateral calf with a **drop foot**, and the sole/heel area to cause a **tarsal tunnel/ foot** pinch with pain or burning or numbness.

Questions? Call Us Now! Check the Web Site In our Members Only Area at drdhealth.com for more health info.

In this Issue	Page
Do Muscles Pinch Nerves? -	1
Vitamin C	- 2
Stomach/Bowel Problems Helped by Meridian Therapy-	3
News & Updates	- 4

Vitamin C: Its Role in Your Body and How to Determine if You Get Enough!

Initial **QuikStat** tests and exam for your nutritional needs often find little or no Vitamin C reserve. The urine test is for a portion of the whole C complex found in plants, which is ascorbic acid.

If you do not get enough whole C in your diet, and most do not, you will suffer from free radicals, lowered immunity, poor tissue healing just to mention a few major effects.

You also will test low to no Vitamin C reserves if you take a lot of ascorbic acid which is what is commonly found in many C or multiple formulas. Without the whole C package the solo ascorbic acid will rob your body's store of needed nutrients to process the incomplete part of the whole C.

This will lead to the same deficiency as not eating enough!

We know that much of the fruits and vegetables we get are grown in nutrient deficient soils. This is true for citrus products like oranges, lemons and limes. What that means to you and me is that we might have to eat 6 of today's oranges to get the vitamin C and associated nutrients we should get daily! And we won't eat that much. But as I said, just taking poor quality vitamin C will not help! Worse, it can hurt you!!

Many people are confused about how much C to take. Knowing that whole or complete C is the only choice, you first do not need mega doses daily unless specific needs exist. I usually recommend to take one chewable C twice a day. One a day can be fine if your C test is good from a good diet. But if you take synthetic or incomplete C, you can easily be deficient.

The need for "C" to rebuild your connective tissues is well known.

A very common symptom or sign that you have low C stores is bleeding gums or loosening teeth. This is well known in history. Sailors that did not live on fresh foods during long sea voyages developed Scurvy...disease from lack of vitamin C. British sailors used limes on voyages...so they became known as "Limeys"!

Also, you need C to deal with some of the free radicals that your body makes or encounters. Vitamin C will not deactivate all free radicals, but it is needed for some of them. **So it is part of free radical defense plan or needed to recover if your Oxidata test is abnormal for free radicals.** Often when I see someone who takes a poor quality C, like ascorbic acid, they will have high free radicals and still seem as if they have enough ascorbic acid in the urine test.

Next major use of Vitamin C is for the immune functions of the body. Your body needs **whole C** to prevent or fight infection and toxins. It is important to all muscle contraction and nerve functions. However, as already mentioned, the wrong C is not only ineffective, but can actually hurt you.

In several medical research studies, the results of the use of poor quality C is more disease. One study tested it in lung cancer patients and they got worse, i.e., more cancer compared to the control group. In another study, there was actually an increase of hardening of the arteries and heart disease from synthetic vitamin C

The point is clear. You need to eat whole C in your diet. You need to supplement "some" with good C and do this regularly. How do you know?? Well, test the body and make sure. Call or email us if you have questions or want tested.

The Vitamin C level is part of the testing you can use to make sure you take the right nutrition.

Ready for HELP?

Call Dr D- Start QuikStat tests Now! 614-529-8171

QUIKSTAT TESTS:

They consists of the following 4 urine and several physical tests...

1. **INDICAN**- this tests for effectiveness of your digestion; it also tests for toxicity of the bowel
2. **Free Radicals**- "Oxidata"
3. **Vitamin C**- this tests the ascorbic acid part of whole vitamin C. **Got Enough? Taking the Right C?**
4. **Calcium** (urine and physical tests) Are you getting enough? Are you using it well?
5. **Adrenal Fatigue**- Are your adrenal glands OK? It may explain why you are tired or in pain!
6. **Urinary Dipstick**- 10 tests that you get at the MD's office as well.
7. **Nutritional Symptom Questionnaire**: This will reveal the burden your body is under and what are the highest priority issues.
8. Several in-office and home tests for acid-alkaline balance, mineral reserves, thyroid imbalance, stomach acidity levels, allergies, etc...
9. Blood and other special tests to help you rebuild your health if needed.

Can Acupuncture Or Meridian Therapy Help My Stomach & Bowel problems?

The internal organ system of the body is a complex balance of many tissues. The meridian system of the body will be disturbed by nutritional problems, emotions and toxins, stresses that we all encounter everyday.

When the energy, nerves and blood flow of the body are altered and dysfunctional, you can have symptoms in your internal organs. Acupuncture without needles can test and address many of these conditions. Problems like acid reflux, diarrhea, constipation, gall bladder and liver irritations, allergies, fatigue, trouble sleeping and more issues can be helped.

Meridian Therapy addresses the control systems to change the reactions to create balance in the body "ENERGETICS" which will change the blood and nerve flow to the areas, often resulting in relief and comfort, increase blood flow, and normalizing of function.

The exam that is used is called the EMI, Electro-Meridian Imaging. See website for info or prior newsletter issues that describe this. The EMI visceral exam is an electronic testing of acu-points and then the readings are entered into the special EMI software for evaluation. We will learn how best to rebalance the meridians to relieve or control the problem.

The human body's energy flow courses over twelve meridians or channels that are normally well balanced. If a disruption of energy flow exists, it can alter the entire

system, producing altered organ function, and then symptoms in the body.

The meridian testing and treatment is not a substitute for needed medical or surgical care. If you have reached a point where your own body cannot ever rebuild or there is not enough time to heal, you should seek and follow your medical doctor's advice. However, you may be in a place where you are under medical care to treat or manage a condition that could respond to Meridian Therapy. This is the time to ask Dr D for a FREE consultation for options that can include acupuncture without needles.

What Can You Do?

Get your body tested with EMI.

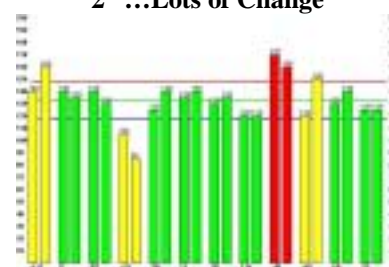
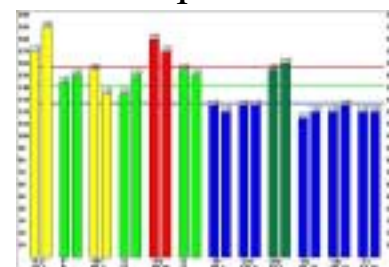
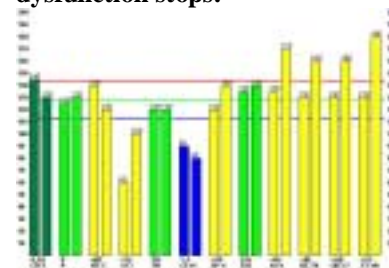
The EMI test is painless, quick and inexpensive. Many symptoms and problems inside the body can be helped by finding out the imbalance and fixing restoring the normal flow of the body's energies, nerves and blood flow.

Once the EMI results are graphed several acu-therapy treatments are done using low level laser light, electrical stimulation, heat, acupressure or other methods.

Additionally, the patient may also need to do home acu-therapy the assist or accelerate the progress and relief. An acupuncture treatment with needles is not done or needed for results.

The treatment is not billed to insurance as it is. Though some plans include acupuncture payment, our procedures are to enhance your body's health, not to treat disease.

Here is a series of EMI graphs for a typical patient with a problem like irritable bowel. Notice how the graphs balance over time as symptoms and dysfunction stops!



EMI uses a software program that takes the scans from the EMI testing device and graphs the meridian energies. The graphs are done and treatments are done within 2 weeks of each graph.

When the EMI testing emphasizes the Visceral system, you can get help for Stomach, Gall Bladder/Liver, Bowels and other similar chronic conditions. Because this testing is done to look more at the organs and internal functions of the body, the findings help you with a variety of complaints that are rooted "inside" you!

Knowing the balance of energy in the meridians gives us a "blueprint" to give the best treatment to balance your system. We use this tool along with others to accurately apply meridian therapy or acupuncture without needles to your needs. You may want to Call "DR D" for a consultation to discuss your concerns.

Check out more articles and helps online related to this month's newsletter articles.

Visit our web site at: <http://www.drdhealth.com>

We add fresh and helpful content regularly. For those of you who would rather read or get this newsletter online, you will be able to subscribe to our list which will always be private and your email is never shared. Go online to access the "Members Only" link for articles, free ebooks, e-courses, news, tips, downloads, research and more. These are only for **Members!**

Your first step is to gain access to the Dr D's Members Only Site. You will be kept informed as we grow! If you have feedback or **any specific requests** for topics or areas you would like covered in this newsletter or on the web site, email me at drdhealth@hotmail.com and tell me about it.

Dr. DiVelbiss invites you to **CALL** for a **FREE** Phone Consultation **concerning Muscles especially problems with Pain, Weakness or Numbness***. He will give his full attention and explain what the best way to help you might be. Dr. D is on many insurance networks and will bill your insurance for Chiropractic care. This can lower your cost for care!

Nutrition and Meridian Therapies (Acupuncture w/o needles) can be very effective in solving many problems that do not respond to medical or even chiropractic care. Get Your **FREE Nutrition or Meridian Therapy Consultation by phone**. These offers are good for **NEW and Returning** Patients. Get details...

CALL NOW: (614) 529-8171

3974-C Brown Park Dr., Hilliard, Ohio 43026