

Neck and spinal health linked to digestive problems

Irritable Bowel Syndrome helped through spinal care

Fifteen percent of the world's population copes with a devastating condition called Irritable Bowel Syndrome (IBS). Bloating, gas, loose stools, constipation, abdominal pain, and severe fatigue comprise some of the devastating symptoms associated with IBS. Embarrassment, shame, anger, and frustration represent psychological pains associated with a condition so significant, uncomfortable, and consuming.

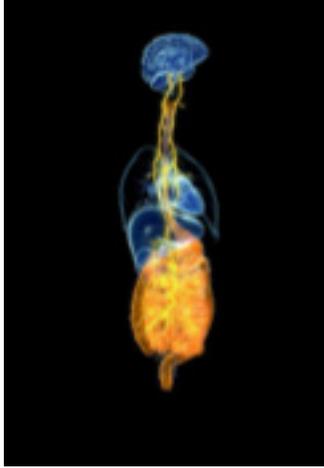
Irritable bowel disorder consists of abdominal pain or discomfort and altered bowel habits (chronic or recurrent diarrhea, constipation, or both). **IBS affects between 25- and 45-million people in the United States alone.** Females make up almost two in every three IBS sufferers. IBS affects people of all ages, including children. IBS represents the seventh most common diagnosis made by physicians and by far the most common diagnosis made by gastroenterologists.

IBS often leads to more progressive chronic inflammatory digestive conditions such as Crohn's Disease or ulcerative colitis. Conventional treatment of IBS varies based on a person's medical provider. Dietary changes, medications, supplements, psychological therapies, and other lifestyle modifications represent some of the treatment recommendations used to treat IBS. More potent medications or even surgical procedures come into play in severe cases of irritable bowel diseases.

One aspect of IBS often overlooked by almost all healthcare professionals begins with the relationship between spinal health, nervous system communication, and gut health. Most experts spend time researching offending chemicals and foods that contribute to inflammation and discomfort. Very few health scientists and medical professionals study the spinal-gut relationship.

Research from 2007 proved that a significant link exists between the structure and function of the neck and the health of the gastro-intestinal system.

Science backing this study shows that small and subtle misalignments or altered movement of neck bones interfere with the nervous system. This creates increased irritability in the central nervous system leading to many unwanted symptoms people suffer from today. Uncomfortable digestive health represents one of the consequences of altered nervous system function due to the spine's influence on digestion.



Chiropractors see tremendous results with patients suffering from digestive complaints by removing interference to the nervous system with specific gentle spinal adjustments and lifestyle recommendations. Digestive relief and improvements often take place following a chiropractic adjustment due to the power and influence of overall nervous system care on organs and systems within the body. Adjustments reduce stress within the nervous system so the body can heal as designed.

Incredible health care opportunities come from experiencing the benefits of chiropractic. Scientific research continues

to explain and educate the public about the significant improvements made to whole body health, including digestive and IBS benefits which stem from optimizing the nervous system's capacity to heal and improve performance. Chiropractic care combines with appropriate lifestyle modifications to offer a non-invasive opportunity to heal the body free from drugs and surgery. **The future of health care begins with Chiropractic.**

World Journal of Gastroenterology May 2007

"A Preliminary Study of Neck-Stomach Syndrome."

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