

How This Office Is Different From Others

Dear Patient:

The purpose of this letter is to let you know how this chiropractic office is different from other chiropractic offices. Recently I was surprised when a patient who had low back pain asked if I could do anything for people with headaches and later that day another patient who suffered from headaches wanted to know if I could do anything for people with allergies.

Because of our unique approach of looking at the whole person, (structural, chemical and mental) people with a great many conditions are handled and resolved in this office.

This approach, based on the three aspects of health and well being, is not utilized in 99.9% of the chiropractic offices in the area. These 3 aspects are explained in the following paragraphs.

The first deals with a **structural point of view**. A traditional chiropractor utilizes this aspect only. It is to check and make certain bones in the spine (vertebrae) are in correct alignment, which then allow nerve impulses to travel from the brain down the spinal cord and out to different parts of the body unaltered.

This is how chiropractic care helps people with headaches, neck, back, arm, leg pain and discomfort, etc. Obviously this is quite beneficial, however, there is more that can be done, and that is what I do. As stated, a regular chiropractor deals with the spine only; I also deal with the brain itself. This is a **functional neurological** area.

What if all the vertebrae are correctly aligned so that there is clear communication from the brain down, but there is no clear communication between the two halves of the brain itself? This would manifest itself in a variety of ways such as: attention deficit disorder (A.D.D.), dyslexia, transposition of numbers & words, clumsiness, frequent mistakes, quick to anger, inability to follow directions, frequently frustrated, frequent accidents, unable to mentally focus, scattered thoughts, etc...; these are some of the difficulties of a neurologic system not working correctly.

A second aspect of my practice has to do with **chemical imbalances**. These imbalances can come from a variety of sources. It is usually due to an organ of the body not functioning as well as it should. These organs (liver, gallbladder, adrenal, etc.) aren't in a disease state yet, however, they are not working at their ideal level either. This can result in a variety of conditions: headaches, tired, fatigue, indigestion, gas, dizziness, overall muscular achiness, constipation, diarrhea, allergies, congestion, sinus conditions, etc.

Another area for chemical imbalances may be due to chemical sensitivities (allergies). These sensitivities may be the result of intolerances to different foods that are eaten or the air that is breathed.

One of the most commonly found yet unaware chemical sensitivities comes from formaldehyde. This is a preservative that is used in carpets, sofas, couches, drywall, paint, cabinets, closets, etc. This type of sensitivity will result in the following: headaches, dizziness, "brain fog" inability to think clearly, emotional ups & downs, mood swings, feeling "spacey" or "unreal", feeling of being drained, poor memory, insomnia, drowsiness, irritability, unable to concentrate and many, many more symptoms that are explained away as being due to stress or just being a woman and/or "it's just in your head".

The third & final aspect deals with **emotions**. As you know, hormonal imbalances may affect a person's mental and emotional stability. Just be around someone who is experiencing PMS or going through menopausal changes. Hormone imbalances also affect men in an emotional way too: they may be quite irritable, quick to anger and short-tempered.

Hormonal imbalances may affect you in ways you never thought of such as:

- * Gradual and steady increase in weight
- * Lack of interest in life
- * Fatigue, lethargy, and feeling down (depression)
- * Cold intolerance
- * Hair falls out, course hair
- * Dry skin
- * Feeling of dullness and mental focus
- * Joint stiffness and arthritis
- * Fluid retention
- * Insomnia (difficulty sleeping through the night)

These hormonal effects can be handled without the use of drugs. This is done using a new technique called Body Restoration Technique (BRT). I have been personally trained and certified by the developer of this technique. If you wish to find out more about BRT, visit their website: www.bodyrt.com.

I realize this information may have been more than you expected, but it was the only way I could inform you of what I do. As you see, there are far more aspects to my chiropractic office than the now traditional musculoskeletal (neck/back) practice.

There is one more item I would like to address. If a person presents themselves with a condition that is either out of my scope of practice or with a condition I cannot help, I will refer that person to the appropriate health care provider. My number one concern is the health and well being of the patient and all else is secondary.

If you have any questions, please feel free to call.

Sincerely,

Jeffrey H. Horning, D.C.