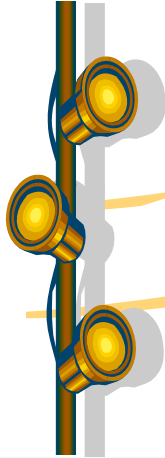


## of the Week...

SPOTLIGHT



### Medical "Science" Called Into Question

A new study in *Science Translational Medicine* creates doubt over the scientific validity of nearly all randomized, double-blind placebo controlled studies involving drugs used on humans.

Many drugs, it seems, only work because people expect them to, not because they have any "real" positive chemical effect on the body.

### The Nervous System and the 1<sup>st</sup> Thoracic Vertebra

While chiropractic is not involved with the chasing of symptoms per se, it is important to understand the nerve system origin for many health complaints. To raise your awareness of how the nervous system controls all function in the human body, we will present spinal level by spinal level information. This began in 2011 and will now continue:

The first spinal vertebra with a rib attachment, at the base of the neck, is called the first thoracic. There are 12 thoracic vertebrae all together and we'll consider them one at a time. 1T provides the primary nerve supply from the control centers in the brain to the *Heart* – It is commonly found to be an area that, when subluxated (misaligned producing abnormal nerve system transmission of information),

may lead to such common health issues as coronary artery disease, epigastric distress, difficulty swallowing, apprehensiveness, pain in the upper left shoulder, numbness in the left arm, pain in the upper left neck area and increased sensitivity to temperature changes.

1T subluxation can be caused by physical, chemical, emotional and/or environmental stress or a combination of these stressors beyond the body's ability to cope. Common stressors affecting this part of the spine and nervous system include smoking, a high fat diet, sedentary lifestyle, unexpressed sadness and type A personality.

Everything is inter-related and our expertise is in determining the causes of BOTH health problems and health itself.

### The Bottom Line...The Bottom Line...The Bottom Line...

One question I immediately asked myself when I read the study on the power of the mind in drug research when I learned that, in essence these drug trials were really reading just the placebo effect, was aren't they comparing the drug in study to a placebo? And, the answer is yes of course BUT...if you were in a drug study, wouldn't you hope the pill they gave you was the real deal instead of a sugar pill? Sure. Makes you truly wonder about the high cost of drugs.

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Sleigh Family Chiropractic: A Creating Wellness Center

Arlington Heights, IL