

# Vanderbilt FamilyChiropractic

40 Landover Pkwy, Suite 2  
Hawthorn Woods  
(847) 719-2225  
Sept./ Oct. 2007

## Vanderbilt Family Chiropractic



**Experience  
the Gonstead  
Difference!**

### Why is Omega-3 fatty acid important for your health??

Omega 3 reduces the risk of heart disease and Cancer, as well as lowering cholesterol.

### My Head is Throbbing!

Have you or anyone you have known had migraines that were intolerable? If yes, then there is something you should be letting them know. Chiropractic may be their answer.



Now you are probably asking yourself how does chiropractic help headaches?? Well, it is very simple. Your nervous system communicates with EVERY part of your body. When there is a misaligned vertebrae or subluxation this impairs your nervous systems ability to effectively communicate with your brain. Your nervous system communicates with the circulatory system, hormonal organs, muscles, and digestive system that could be associated with migraines.

As well as subluxations impacting your bodies ability to function properly there are other migraine "triggers" that need to be monitored including but not limited to diet, dehydration, stress, and fatigue.

### Make over my Period!

Many women and adolescent girls experience severe cases of headaches, vomiting, and cramping during their menstrual cycle. Often this leads to missed school days or work days leading to frustration and missed opportunities.

Why are my cramps so severe? There is a chemical in your body called prostaglandins that regulates the tone of smooth muscles or nonvoluntary muscles (i.e. blood vessels, uterus, and intestines). As menstruation approaches your levels of prostaglandins increases and causes muscle contractions leading to cramps and pain.

In essence, the uterus squeezes so hard that it compresses the uterine blood vessels and cuts off the blood supply. Additionally, prostaglandins are responsible for the headaches, dizziness, hot and cold flashes, diarrhea and nausea that can accompany painful periods.

There are medicinal approaches, but if you are looking for a natural treatment we can help. First, regular chiropractic adjustments (typically lumbar region) prior to menstruation will ensure proper nerve flow to the uterus. Secondly, increasing the amount of omega-3 fats will help block prostaglandin production. Thirdly, increase your fiber intake to assist with gastrointestinal symptoms.

Excellent forms of fiber include any fruit or vegetable. If you are interested in omega-3 supplements we have this available at our office as well. Finally, to minimize cramps that have started place a heat pack on your lower abdomen to promote blood flow to your muscles.



# Patient Appreciation Day



Vanderbilt Family Chiropractic is organizing a Patient Appreciation Day to say “**Thank you for your referrals and choosing us for your care!**” Patient Appreciation Day will be a terrific way to help support the Hawthorn Woods Women’s Club’s (HWWC) Love Fund while also taking care of your own health needs. The Love Fund is how the HWWC supports outstanding local organizations including the Lake County Haven, Staben House, A Safe Place, and Mt. St. Josephs who are always in need of toiletries and other consumables.

To participate in this event, make an appointment with Vanderbilt Family Chiropractic on **November 8<sup>th</sup>** and mention you are coming in for **Patient Appreciation Day**. Existing patients will only need to bring in \$10 worth of toiletry items to pay for chiropractic care. If you would like to refer a friend or family member, new patients will only need to bring \$10 worth of toiletry items and pay \$50 to receive an exam, x-rays, and chiropractic care.



All toiletry donations will be given to the HWWC for distribution to the Love Fund Organizations.

**Toiletry Item Wish List:** Diapers, baby wipes, shampoo, conditioner, soap, & cleaning supplies

Call **847-719-BACK** for scheduling or questions

**The best compliment you can give to our office is to refer your family and friends.**



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