

Healthy Living Chiropractic Newsletter

Petterson Chiropractic Clinic

825 Bahls Drive • Hastings, MN 55033 • 651-480-1128

www.pettersonchiropractic.com



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Dear patients and friends,

With Fall quickly approaching, we have a special newsletter which includes a few back to school tips, back to health tips, information about the nerve system, and also a very tasty recipe perfect for the upcoming cooler weather.

One of the questions I often hear from patients is, "Dr. Petterson, how did you get in to Chiropractic?" My grandfather was a radio operator on a B-17 airplane in World War II. The plane was shot down and although grandpa survived, he suffered with severe back pain as a result of the crash. He spent the next thirty years with back pain that never went away. He tried stretching, exercises, physical therapy, pain killers and even surgery. Nothing seemed to help. The pain killers gave him temporary relief, but the pain was always back when they wore off. In 1973, he walked in to his home town Chiropractor's office in Wheaton, Minnesota to try Chiropractic and it changed his life. He said it was the first time in thirty years that his back pain went away. About that time I was a little boy and I used to go with grandpa to watch him get his adjustments. Grandpa used to say, "Chad you should be a Chiropractor." I guess it really influenced me!



In the ten years that I have been a Chiropractor in Hastings, I have seen some amazing success stories just like my grandfather had experienced. The spine, with all the vertebrae and discs, is the shock absorber for the body. Sometimes people get pinched nerves from big trauma like my grandfather had. Other times it is little trauma like bending over a desk, looking at a computer screen all day or hammering in nails on a job site. Sometimes even stress can cause a pinched nerve. Regardless of the cause, Chiropractic can correct the pinched nerve and corresponding pain or symptom.

This month's newsletter profiles a specific pinched nerve, T6.

NERVE OF THE MONTH T6

T6 is the 6th vertebra down the spine from the base of the neck. It is directly between the shoulder blades. The T stands for thoracic. The thoracic vertebrae are medium sized compared to the smaller neck vertebrae (cervical) and the larger low back vertebrae (lumbar). They have two wings that come out each side called transverse processes that the ribs and back muscles attach to.

T6 resembles all nerves in that one third of the nerve feels pain and controls muscles and two thirds of the nerve is autonomic or controls organs, cells and tissues. The pain fiber of T6 is between the shoulder blades and if this part of the nerve is pinched you will have mid back pain or burning. The muscle fiber controls the rhomboid muscles (above the scapula or wing bones). If the muscle fiber of the T6 nerve is pinched you could experience knots in the muscles or weak back muscles. The autonomic fiber of T6 controls the blood flow to the stomach and controls the release of stomach acid. If the stomach acid fiber is pinched you can have acid reflux or heartburn as there will be an incorrect amount of stomach released when the stomach is digesting food. If the blood flow controlling fiber is pinched you can have high systolic blood pressure. This is because the stomach will not receive enough blood and the brain will



recognize this and through negative feedback raise the overall blood pressure in the body to get the stomach more blood.

The T6 vertebra can become misaligned and pinch the T6 nerve root by macro trauma (car accidents, falls, bigger injuries), and by micro trauma (repetitive small injuries like a carpenter hammering in nails all day or bad posture while working on the computer). Stress is the number one way T6 can get out of alignment and pinch a nerve. Many of the back muscles originate in the thoracic spine and when you are stressed out these muscles can tighten up and pull T6 out of alignment pinching the nerve.

A Chiropractic adjustment will re-align the misaligned T6, open the nerve channel and remove the nerve pressure. This can correct any of the above mentioned symptoms caused by a T6 subluxation (pinched nerve).

BACK TO SCHOOL TIPS



1. Book bags and backpacks should always be worn with both straps on the shoulders. They should not weigh more than 10 % of your child's body weight.
2. When a lot of reading is necessary prop the books up against a backrest so you are looking straight ahead at the books and not bending your neck down for an extended period.
3. When working on the computer screen make sure that you are looking straight ahead at the screen. A slight rotation of the neck to the left or right for an extended period can cause a pinched nerve in the neck.
4. Always eat breakfast (no, a diet coke does not count). The brain needs a minimum of 50 grams of carbohydrates to function and leaving home on an empty stomach does not supply enough nutrients for the brain to function properly.

RECIPE OF THE MONTH TACO HOTDISH

- 1 Lb hamburger.
- 1- 10.5 oz can of Hormel Chili (no beans).
- 1/2 cup onions (I use green).
- 1/2 cup green or red peppers.
- 1 can of refried beans (I use El Paso).
- 1 pkg Original McCormick Chili Seasoning Mix (I use hot).
- 1 pkg original crescent roll.
- 7 x 11 pan.

Brown hamburger meat. Add chili, onions, peppers, refried beans and chili seasoning in pan to warm and mix together. Spray pan and spread crescent roll out into pan up the sides. Pour hamburger mix into the crescent roll. Bake at 350 for 45 minutes. The last 10 to 15 minutes put 1 pkg of Mexican cheese on top of the meat.

Hope you enjoy!
Recipe from Mary Conant

We hope you have a great end of the summer!

Dr. Chad and Deanna