

DR. CORY'S WELLNESS NEWSLETTER

EXTRA! EXTRA! READ ALL ABOUT IT THE POWER THAT MADE THE BODY HEALS THE BODY

Volume 2 Issue 5

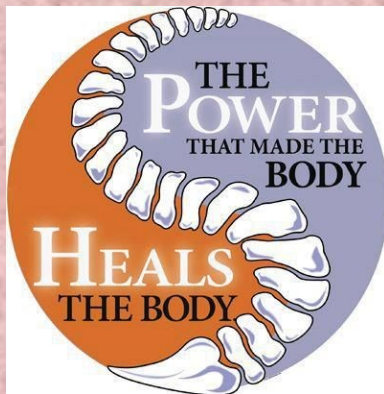
March 2020

THE MISSION

Our mission is to relieve unnecessary human suffering, disease, and early death, through the 5 essentials of maximized living.

Focusing on helping your body restore its own power and performance starts with optimal nerve supply. We believe this is achieved through core chiropractic care:

- Core Chiropractic
- Nutrition
- Mindset
- Oxygen & Exercise



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BRAIN BODY CONNECTION

A recent blog written by Dr. Dan Sullivan, DC, about the influence vertebral subluxation has on human physiology reveals the power behind a chiropractic adjustment, and the powerful impact that chiropractic care has on our overall health.

Dr. Sullivan explains that every chiropractic adjustment affects the health of all viscera in the body. "Every adjustment affects the hypothalamus via layer (laminae)7 of the spinal cord. And the spine is the only direct influence on the hypothalamus in the entire body! A bad spine negatively and directly affects all stress hormones in the body. This is torture for the human experience if it becomes chronic!... Stress hormones begin to be reduced which sets off a cascade of positive effects in the body."

The power and influence that the human brain has on the rest of our body is truly awesome. When the communication between the brain and spinal cord is free of obstruction, our body can function at peak performance.

COMMUNICATION IS THE KEY

Dr. Sullivan's blog continues to explain about a study that revealed "the changes made in brain patterns and activity was more in one session (adjustment) than multiple weeks of standard psychological treatment made to the brain. Brain-based neurophysiologists get their minds blown when they get to see the power of an adjustment on the brain!" Dr. Sullivan additionally explains that chiropractic adjustments were also shown to improve muscle strength, stability, and fatigue more in one session than 3 weeks of weight training.

Dr. Sullivan sites research and explains that the influence of chiropractic adjustments can affect positive changes in many conditions including:

Normalizing Blood Pressure • Mood and Attention improvement • Blood Glucose efficiency • Improvement and/or Reversal of neuro-degenerative brain physiology • Fertility and short & long term offspring physiology • Heart Disease improvement • Immune System improvement

We have reported that the brain is the "big boss," in charge of everything we do, all bodily processes have to come from the brain, go down the spine, then out to the nerves and pathways to our organs, and then back up to the brain. In order to achieve optimal health, we need to make sure the pathways are free of obstruction so that 100% of the communication can get through.

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Q: How do I become a new patient of Dr. Cory Hennessey, D.C.?

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KIDZ CORNER

An article in a Maxliving blog, April, 2019, discusses the effects of stress on children. Stress is not reserved just for adults. Children and adolescents have stress with academic schedules, peer pressure, sports, relationships, chores etc. that can become constant stressors or fixtures in their daily lives. Stress can be a physical, mental, and emotional strain or tension.

Stress can impact children at a very early age and shape a child's brain and body. The developing brain of a child has the ability to change and become healthier, even reversing the impact of the stressors. Children are constantly adapting to new circumstances with school, family, relationships etc. Not always being able to articulate their feelings, children's symptoms can manifest such as decreased appetite, headaches, sleep issues, stomach problems, anxiety, worry, inability to relax, among others. In last month's article about stress, we discussed what was revealed with a simple scientific experiment watching the brain live on MRI imaging; a simple chiropractic adjustment allowed the brain to properly adapt and deal with stress. The brain's response was remarkable.

Our central nervous system consists of the brain and spinal cord. Just like for an adult, the brain communicates with the spinal cord, then to the nerves, and out to every organ, gland, tissue, muscle, and cell in the body. Allowing the brain to fully communicate by removing obstacles with chiropractic care, can help our children more easily deal with normal stressors and assist the body to stay in a healing state instead of a dis-ease (disease) state. This can help to decrease inflammation caused by stress and allow the body to heal the effects of stressors.



IS THERE A SECRET TO REDUCING INFLAMMATION

The dictionary definition of inflammation is a localized physical condition in which part of the body becomes reddened, swollen, hot, and often painful, especially as a reaction to injury or infection.

Inflammation is the body's response to infection, injury or irritation. Two main types of inflammation are acute and chronic. Acute inflammation is a short-term response to an injury, usually occurring within minutes or hours of an event and is your body's attempt at preserving itself. This type of inflammation helps remove harmful irritants and pathogens so the healing process can begin. The healthy and beneficial swelling will dissipate with time and treatment.

Chronic inflammation is a slow, long-term inflammatory response typically lasting for prolonged periods of time, ranging from several months to several years. The extent and effects of chronic inflammation vary with the cause of the injury and the body's ability to repair and overcome the damage. The body generates an inflammatory response due to an imbalanced immune system or a condition that causes the immune system to attack healthy tissue. Several factors may affect the severity and longevity of the inflammation; certain foods, lack of sleep, and high stress, may increase the risk of chronic inflammation.

There are numerous conditions and diseases associated with chronic inflammation; a very short list would include, rheumatoid arthritis, multiple sclerosis, leaky gut syndrome, sinusitis, Crohn's disease, asthma, periodontitis, fatigue, stress, and weight gain. Chiropractic care can be very beneficial for these chronic inflammatory situations in the body.

How do chiropractic adjustments help reduce a chronic inflammatory response in the body? The primary mission of chiropractic care is to realign the vertebrae in your spine to reduce pressure on the nerves and promote a healthy nervous system. Accomplishing this allows the brain to communicate with the spine and help all bodily functions achieve peak performance. When the spine and other joints are properly aligned, allowing your nerves to function properly, your body's biomechanics return to normal. This will assist in halting the production of neuropeptides, which can help reduce inflammation. Chiropractic adjustments may also help reduce the production of cytokines which are proteins that regulate the cells of the immune system. When cytokines build up, they can cause a severe inflammatory response. Preliminary studies reveal that chiropractic care may help the affected areas as well as other parts of the body, promoting the assistance to combat inflammatory situations or conditions.

A balanced approach that includes chiropractic care, proper nutrition, exercise, and effective stress management can lead to homeostasis and a healthier, happier lifestyle.

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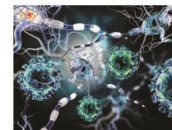
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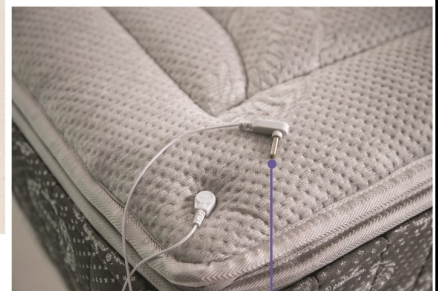


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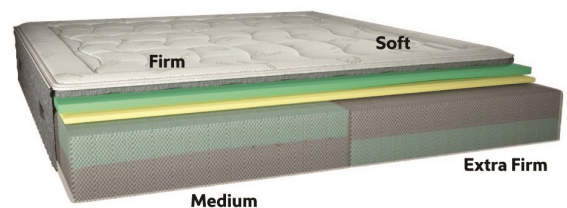
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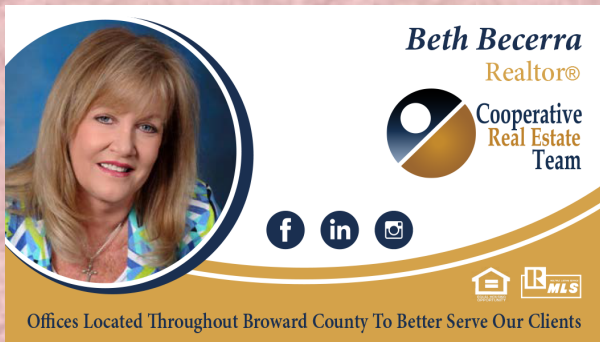
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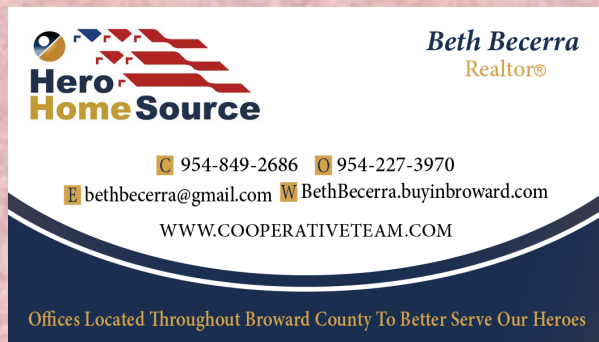
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THE MEN & WOMEN TO WHOM WE OWE OUR FREEDOM AND SAFETY

WHAT CAN THEY SHARE WITH US TO HELP KEEP US SAFE?

Our Heroes Corner focuses on men & women who have given so much to our country, and the knowledge and experiences that they can share with us, along with their daily sacrifices.

We honor and thank all of the heroes in our country and our community!

We thank all of the first responders, police, fire rescue, our military, and teachers for giving back to our country and our communities, keeping us safe and helping educate our children and shape the minds of our youth.

As the fifth edition in our series honoring the heroes in our community, this month we are taking the time to explain the reason and purpose for this column in our newsletter; shining a light on the heroes of our community so we can impart to the public the sacrifices that you and your families make. We have dedicated this column for the last few months to the heroes of our community with a different article each month telling stories about their jobs and life experiences. We are reaching out to others who have a story to tell and a message to send to our community; we look forward to honoring you and showcasing your experience and sacrifices in upcoming months.

These articles can help reveal to the community, information it might not have; a renewed respect for the sacrifice, tips on safety, helping to influence someone to give back and research a particular career field to contribute to society in a positive way, making a difference - to be a mentor via the written word.

The influence that one person has can be monumental. If we can all affect ONE life with our service, teaching, or mentoring, then we have made a DIFFERENCE in the world. Help us make that difference by contacting us and telling us your story so we can share it and help affect a life.

We would also like to thank the non-profits that we have interviewed in our *Silent Heroes'* column. The sacrifices and dedication of these organizations is uplifting, giving back to those in need.

We ask anybody in these fields to contact us so we can shine a light on your service and sacrifice and show you the respect and honor that you deserve by featuring your story in our *Heroes Corner* in the upcoming months.

We look forward to many more editions of our wellness newsletter and also ask for angels and benefactors to help us get this message out and increase our circulation. This newsletter itself is a non-profit newsletter designed to honor the community outreach program and affect as many lives as possible. Increasing the circulation will help this agenda. All vendors contribute toward cost only; no profit is made on the newsletter itself. Please contact us if you are interested in helping support costs associated with distribution to help reach more of our community with the community outreach initiative. To keep this newsletter alive and kicking we do need assistance towards costs in the coming months.

Please contact 954-991-1059 to set up a time for a brief interview to AFFECT A LIFE!

THANK YOU TO ALL OUR HEROES FOR THEIR SACRIFICE AND SERVICE!

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OUR LOCAL HEROES

SILENT HEROES

HOPE SOUTH FLORIDA

This month's article is fourth in our series illustrating a non-profit organization giving back to our community. We met with Dr. Ted Greer, Jr., Chief Executive Officer of Hope South Florida. Dr. Greer describes this organization as a ministry that aids the homeless population in several crucial ways. Hope South Florida is faith based with a "holistic approach to homelessness" through housing, financial and employment assistance, emergency shelter, free meals, along with additional resources designed to help return people to permanent housing. Helping women, children, and families with a strong emphasis on the veteran homeless population, Hope SF works closely with the VA helping to advise our Vets to utilize resources specifically for them.

Hope South Florida originated in 1995, with the vision of a local veterinarian, Dr. Fred Scarbrough, who witnessed a great need in the growing homeless population. Dr. Scarbrough saw a chance to make a difference in the lives of the local homeless population and founded The Shepherd's Way Ministry. Beginning with one family, and now growing into an incredibly far reaching non-profit organization, Hope South Florida works with churches, law enforcement, volunteers, and local businesses to help this population get back on their feet.

During the meeting with Dr. Greer, he recants a recent, touching success story that stood out with great impact on him and his staff. Hope SF was working with a homeless family (mother, veteran father, and two kids), that went from sleeping on the streets in their car, to now owning their own three-bedroom, two-bathroom house with a pool. This family's goal was to have their "own keys"; it was important to them to own their own home and Hope SF was able to help put them on that path to success.

There are three main points Dr. Greer would like to impart to the public. First, the crisis of homelessness lies in the unaffordability of housing in the area. Hope SF seeks property owners of apartment buildings, duplexes, etc. to partner with them to provide affordable housing to families and veterans in need. Second, Dr. Greer very passionately explains that the homeless population does not only consist of drug addicts, alcoholics, and individuals with mental health problems. Many of these families fell on hard times because of the loss of employment, medical conditions or surgery with too many out-of-pocket medical expenses. Dr. Greer wants the public to know that these men and women have talents and skills that businesses are always seeking. Lastly, he is asking employers that have openings in their businesses to give these skilled people an opportunity for employment.

If you are a business or individual looking to partner with Hope South Florida in any way, or are in need of assistance, please go to: <https://www.hopesouthflorida.org> or call their hotline: 954-563-4357.

HOPE
South Florida

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