



## Morris Family Chiropractic

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**Dr. Brian Morris**  
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## October 2011 Newsletter



### Watch Eating That Hard Candy This Month!

**Neck pain** is bad enough; throw in jaw pain and it's like adding insult to injury! **Neck and jaw pain** frequently appear together because the muscles from the neck run up into the lower jaw. Tightness in either area affects the other, so your jaw pain can literally become a **pain in the neck**.

The temporomandibular joints connect your moveable lower jaw to the stationary upper jaw just below your ears. Bones, ligaments, tendons, muscles, blood vessels and nerves make up these joints. There are two types of TMJ – one is muscle related, the other is joint related. If your **jaw pain** is combined with neck pain, you may have myogenous (muscle related) TMJ. This simply means that the muscles of the jaw joints have been overworked or stressed, which causes muscle tightness and nerve irritation that results in pain.

Actually, most jaw pain doesn't stem from temporomandibular joint problems; other **causes of neck and jaw pain** include:

- *Misaligned neck joint(s)*
- *Disc bulging or degeneration in the neck*
- *Bone spurs in the neck*
- *Stress*

Stress, whether emotional, physical or chemical, can cause the muscles of the neck to tighten involuntarily. This tension may be localized in the neck, or it may affect other connecting muscles, like those in the shoulders, back or jaw.

Chiropractic has had remarkable success with neck and jaw pain, without the use of drugs! Cervical adjustments of the neck relieve stress, pain, and realign your bones for maximum nerve flow!



## **Adjustments Can Lower Your Blood Pressure**



**Chiropractic adjustments work to harmonize the body's natural systems by realigning the spinal bones and removing pressure and congestion within the nervous system. This process decreases the physiological stress response and restores optimal function and healing to the body. Along with many other health issues, chiropractic care has shown to consistently achieve remarkable results in helping to stabilize blood pressure.**

**The nervous system is what allows our internal physiology to adapt to the stresses and demands of the external environment. The skull and spine surround and protect the nervous system and bear the consistent stress of gravity every day. When the external stressors become too great there is compromise in the spinal structure and resulting interference in the nervous system. This interference is termed subluxation. Subluxation causes the nervous system to move out of balance and towards sympathetic (fight or flight) dominance. This process increases stress hormone secretion, inflammatory processes, and blood vessel tone. For many individuals this results in higher blood pressure. Chiropractic adjustments remove subluxation and restore harmony to the nervous system allowing the body to stabilize and heal appropriately.**

**In 1988, a double blind study of 75 patients was performed to fully analyze the reports that chiropractic care could help stabilize blood pressure in patients. Within this study, one group of patients with elevated blood pressure received adjustments to the thoracic spine area. Another group received placebos (movements that seemed to be adjustments but were not), and a 3rd group received no treatment. The result was that the adjusted group experienced decreases in both systolic & diastolic blood pressure while no change was noted in either the control or placebo group.**



# Important News About You!



The whitecoats say you have allergies, asthma, sleep apnea, depression, chronic fatigue, GERD and fibromyalgia. They say you'll be on a dozen different medications for the rest of your life. But what does the doctor looking back at you in the mirror say?

The doctor in the mirror says you have an innate wisdom inside, capable of RE-CREATING a healthier version you. A 'you' without allergies, asthma, sleep apnea, depression, chronic fatigue, GERD or fibromyalgia. That doctor is just waiting for you to remove the roadblock.

Health is your birthright. Health is your natural state. Health is what you get when you have a clear nerve system. Don't be imprisoned by the whitecoat's diagnosis, it's merely a temporary state. Find a *Chiropractor* who works for the doctor inside of you and you'll leave sickness and dis-ease behind in the dust.



Today we are exposed to the greatest toxic load in the history of our planet and ongoing periodic detoxification is essential to maintain health and avoid disease. The IonCleanse, in combination with a healthy, low-stress lifestyle, provides a thorough and efficient way to maintain high energy levels and long term wellness.

We believe the IonCleanse detoxifies the body more effectively and faster than any herbal or fasting protocols, with little or no stress to the patient. Used properly, the IonCleanse provides a comfortable and relaxing way to rid the body of toxins without precipitating healing crises.

## Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud to give you the opportunity to let us get you closer to a happy and healthy life!

## Our Vision

*WE SERVE OUR PATIENTS WITH THE HIGHEST QUALITY OF CARE. WE RESPECT, HONOR, AND SERVE THEM IN THE CORRECTION OF SPINAL SUBLUXATION. WE ARE LOVING, POSITIVE AND FRIENDLY. WE LEAD THEM ON THE PATH TO LIFETIME HEALTH AND WELLNESS. WE LEAD THEM ON THE PATH TO LIFETIME HEALTH AND WELLNESS. WE ARE PROSPEROUS AND SUCCESSFUL. WE ARE BLESSED TO SERVE WITH LOVE AND RECEIVE ABUNDANCE.*

## Let's Wish Happy Birthday to the Following Patients!

Happy birthday to you... happy birthday to you... We'd like to give special recognition to all the patients who have an October birthday. We have a large patient population with a birthday in October, so unfortunately we can not list all of you. We hope each one of you enjoys your special day.

Follow us on:



<http://morriswellnesscenter.blogspot.com>

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The Staff at morris family chiropractic would like to wish everyone a happy and healthy Fall!



### Upcoming Events:



October 5<sup>th</sup> - Guest Speaking @ The Painesville Senior Center

October 7<sup>th</sup> - Girl's Night Out @ The Great Lakes Mall

October 19<sup>th</sup> - Altercare Health Fair

October 22<sup>nd</sup> - Painesville Fall Fest



October 31<sup>st</sup> -  
Happy Halloween!



### Office Hours

Drs. Brian and Misty Morris offer Chiropractic Services

#### Monday

8:00 - 10:00    3:00 - 6:00

#### Tuesday

8:00 - 10:00    3:00 - 6:00

#### Wednesday

Administrative Day

#### Thursday

8:00 - 10:00    3:00 - 6:00

#### Friday

by appointment only

#### Saturday

by appointment only

#### Sunday

Closed



### Verse of the Month

Lamentations 3:25- The LORD is good to those whose hope is in him, to the one who seeks him.

#### October 2011 Special Offer

New patient exam for just \$47.00  
includes: consultation, examination, and x-rays

