

Straight Talk

John G. Goodfellow III, DC

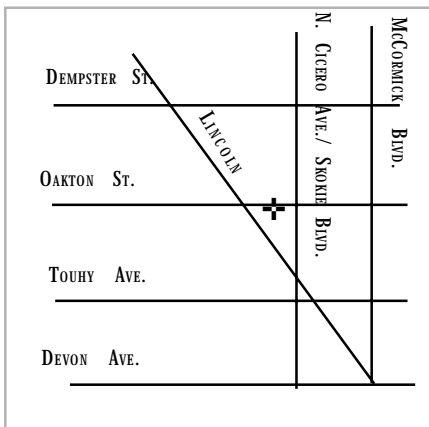
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5007 Oakton Street
Skokie, Illinois 60077-2907
(847) 626-1040



✦ Goodfellow Chiropractic

From the front page of the Nov. 11th, 1999 Wall Street Journal comes a great new surgical procedure for Chronic Fatigue, also known as fibromyalgia syndrome.

Symptoms include widespread muscle pain, sleeplessness, fatigue and depression. No one knows the cause except a few neurosurgeons who feel that the symptoms are caused by "A squeezing of the brain or spinal cord by a too-tight skull or spinal canal. For about \$30,000.00 a case, they are drilling and snipping away bone from the backs of people's skulls and spines to decompress their brains, spinal cords and central nervous systems."

So far hundreds of patients have had the surgery. Proponents say the patients have a congenital skull malformation called "posterior fossa compression" also known as Chiari malformation. "This is what they are operating for, surgeons say; they reject the notion that they use surgery to treat chronic fatigue syndrome or fibromyalgia."

-Releasing pressure below the skull is something done daily in our office. Should I charge \$30,000?!?

Palmer Specific Chiropractic Care - How is it different from other Chiropractic offices?

Many people in this area view all chiropractors as the same. This assumption could not be farther from the truth! Palmer Specific Chiropractic consists of one thing – Adjustment of the Vertebral Subluxation.

What is Palmer Specific Chiropractic?

Many of you say, "My Chiropractor uses the Palmer Method." Although this is a true statement, not all Palmer Graduates care for patients as I do. More specifically, I am an upper cervical specific chiropractor. This distinction focuses my practice of chiropractic to the first two bones beneath your skull or the first two bones in your neck.

You may ask yourself, "Why are these bones so important". In short, these two bones, the atlas and the axis, have the greatest amount of motion of all the other bones in your spine and provide the most likely place for problems. Can problems arise in other areas of your spine? –YES! But we are fortunate because if the first two bones are properly placed, the rest of the spine will correct itself and stay corrected much longer than if I attempt correction in those areas.



The Chiropractic Analogy. Nerve System = Fuse Box.

If a fuse blows, the electrical flow is stopped and anything that is fed by this energy stops working. If this energy were controlling the refrigerator or freezer, for instance, it would stop functioning, as it should. A slow thawing would begin. If you were to look at the freezer from the outside while going about your daily activities, you would probably not notice that the problem exists. Eventually, the contents of the freezer would become spoiled. An unattended freezer sends no signals to you to let you know of the perilous condition developing. No bells warn you. Soon, you start to notice an offensive odor. At last...a

symptom! Investigating, you open the freezer and find that no power is reaching it. Being logical you check the plug. Nope ... still in the wall. Tracing it to the fuse box you discover a problem. One of the fuses is blown! A simple flip of the breaker switch in the correct direction and the flow of electrical energy is restored. The freezer begins to work again. Now you shut the smelly food back inside and it will be as good as new, right? Of course not. Too much time had passed between the fuse box interfering and correcting the problem. Ideally, you should have a master electrician on duty 24 hours a day to monitor the fuse box. But that is impossible. Just checking the fuse box with regularity would be more sensible.

This is the role of Chiropractic. I check you and your loved ones on a regular basis, searching for signs of a "lost connection" before more serious problems – symptoms – have a chance to develop. Is it logical for you to wait for symptoms or should you have your spine checked regularly? Let me answer that by referring back to our refrigerator example. Once the food has rotted due to lack of power to the freezer, it's too late.

Palmer Specific Chiropractic Care - How is it different from other Chiropractic offices? (Cont.)

Specific Chiropractic looks to the cause of your problem, not a symptom or manifestation of the actual problem. If the first or second cervical vertebrae are out of alignment, then considerable changes to your body's ability to talk with itself and to adapt to the environment are hampered. There is a pressure produced below your skull if these bones are subluxated "misaligned" and decreasing the body's ability to communicate. I seek out that pressure and provide the proper force to allow your body to correct that subluxation. We must remember that your body does all the healing! I am simply a facilitator. But, remember, sometimes the body has difficulty and needs help. The body always provides indications about needing help. We usually associate this "need" with pain. Unfortunately, often this pain does not result until the body has unsuccessfully attempted to deal with the problem for a long time. (Also, other indications like chronic fatigue, asthma, children constantly crying, etc.) Therefore, continual checking for subluxation to the upper neck is imperative to prevent future problems, whether you associate certain things with a vertebral subluxation or not.

In Appreciation

I wish to extend my greatest thanks to Mrs. Julie Yusim. Without her consistent motivation and assistance, this office would not be where it is today.

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Mrs. Trisha Lopez, I thank you for giving me an insight into myself which I had no clue existed. This practice and those served by it will benefit by your words of encouragement and ability to see that which others overlook.

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I would be remiss if I did not mention the great woman behind a simple chiropractor. Thank you, Mary, for standing beside me in this incredible adventure. For those who have not met her, my fiancée makes it all happen. I Love You!

**I wish everyone
the happiest of
New Years.**

One of the many resolutions this year is – Seeing the Chiropractor once a month for continued health. *Dr. John*

Children and Chiropractic

I have heard of old Chiropractors scolding grandparents by saying: "I don't want to see you, you are too old, bring me the ones that I can help – Your Grandchildren"! Although this statement is untrue about the elder person, it is quite true about children. Often times we find ourselves putting things off until another day and then we expect some miracle, whether from your Chiropractor or ordinary doctor. We cannot control time. It will catch up to us. There are steps to assist us in growing older more gracefully. One step is assuring your ability to adapt to the environment, Thoughts – Traumas – Toxins! The formation of a child's bones and nervous system are greatly undervalued by many. The first five to ten years of life provide the greatest change in human anatomy and physiology. A properly functioning spine and nervous system is paramount to future development including learning, social skills, athletic ability, etc. The list is endless and the trip to the office is so brief in comparison to your child's long life. Take a moment at the very least, have your child's spine checked for vertebral subluxation. Parents will go to the end of the earth for their child, why not take thirty minutes and have that child's nervous system checked for problems. **Make that Appointment TODAY!**