

# THE Spinal COLUMN

Life is better when you're aligned!



## WE'RE SPRINGING INTO ALLERGY SEASON



### SEASONAL ALLERGIES

As winter turns to spring, nature reawakens to showcase its splendor of colors, sights, and sounds. The weather begins to warm, inviting us all back to the great outdoors. Buds and flowers begin to appear, making way for new growth. Birds begin chirping in the light breeze, as the outside reaches that perfect temperature. It all seems so picturesque, doesn't it?

While spring is a favorite season to many, it is a time of anxiety and pain for others. The warm weather and blossoms not only bring beautiful colors, but pollen. The seasonal change, warmth, and rain makes way for mold spores. Our beloved pets shed their winter coats, bask in the sun, and bring pollen and dander into our homes.

According to the American College of Allergy, Asthma, and Immunology, allergies are the 6th leading cause of chronic illness in the United States, with 50 million Americans impacted by some sort of allergy. The CDC records indicate that in 2018 7.7% of adults and 7.2% of children were diagnosed with hay fever alone.

For countless individuals across our nation, a tickle of the throat or nose can quickly turn into debilitating pressure. Pollen from grass, trees and mold spores are often a main culprit in the

seasonal havoc. Other triggers such as dust mites, cockroaches, and pet dander have allergy sufferers across the country heading to the pharmacy in droves.

### ALLERGIES & ASTHMA

Allergies and allergy symptoms are no stranger to many, but specifically to those also dealing with asthma. Unfortunately, these breathing issues are not only painful and strenuous to combat, it's also very taxing financially. It's estimated that 17 million Americans suffer from asthma at an annual cost of \$13 billion! Now combine that with the seemingly endless expenses of allergy relief and you'll see why this is a problem that is too costly to leave unresolved.



Breathing issues like asthma are not just costly financially, they also greatly impact individuals and society as a whole. Asthma accounts for more hospitalizations than any other childhood disease, and children suffering from asthma miss more than 10 million days of school every year! Those missed days can greatly inhibit learning, set a child back in their education, discourage educational, emotional, and social growth, and much more.

As the cause of asthma remains unknown, what is apparent is that we often find a disturbance of the respiratory center within the brainstem. One study even suggests that this may

## DID YOU KNOW?

You are about 1cm taller in the morning when you first get up than when you go to bed. This is because during the day the soft cartilage between your bones gets squashed and compressed.

be the common denominator in all variations of asthma. This disturbance is believed to cause the muscles of the airway to contract, thus restricting the flow of air in the lungs.

## A NATURAL DRUG-FREE SOLUTION

So, what can we do about asthma and allergies? Is there a solution that will last? Is there an option that doesn't include taking prescription or over-the-counter drugs that often involve dangerous and unwanted side effects? How can we promote better breathing for our children (and adults)?



## WE HAVE GOOD NEWS! THERE IS A NATURAL SOLUTION!

Disturbances in the brainstem may be caused, essentially, by "miscommunication" within the brainstem. The brainstem passes through the top two bones of the spine (the Axis and Atlas) as it transmits nerve impulses to the rest of the body. When these two bones become misaligned, even in the slightest, the brain cannot properly and efficiently communicate to the rest of the body. This can be the root cause for many health issues and illnesses that we experience.

Specifically with asthma, it is believed that the miscommunication of the brain and the body may cause the muscles of the airway to contract and restrict the flow of air to the lungs. By correcting

the alignment of these top two bones, communication is restored and the body is able to function as it was designed.

This correction takes place through Upper Cervical Chiropractic Care. Upper Cervical care specifically involves those top two bones of the neck. An upper cervical correction is gentle and requires no forceful pulling, twisting, or jerking motions of the neck. The correction is applied using a precise and controlled touch that allows the head, neck, and spine to return to their proper positions, restoring balance to the body and removing the interference. It's a natural and effective way to live pain-free, without the use of drugs or surgery, and it's safe for people of all ages.

## IS UPPER CERVICAL CARE RIGHT FOR ME?

If you suffer from a breathing issue or illness, Upper Cervical Chiropractic Care may be the solution you've been looking for. In fact, there are a number of testimonials from real upper cervical clients who have had their lives changed by this care on [Uppercervicalcare.com](http://Uppercervicalcare.com).

**We encourage you or your loved one suffering from allergies or asthma to discover the full benefits of Upper Cervical Care.**

[1] American College of Allergy, Asthma, and Immunology. (2018). Allergy Facts. <http://acaai.org/news/facts-statistics/allergies>

[2] Centers for Disease Control and Prevention. (2019). 2018 National Health Interview Survey data. U.S. Department of Health and Human Services. Retrieved from <https://www.cdc.gov/nchs/fastats/allergies.htm>



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