



BACK TO HEALTH

BIAMONTE CHIROPRACTIC CENTRE
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www.DrBiamonte.com

Why is Alignment Important for Overall Health?

The Body as a Machine

If you compare your body to a simple machine, you see that it has many similarities:

- Moving parts designed for locomotion (ie. joints, muscles and ligaments),
- A fuel-distribution system providing energy to the moving parts (circulation and digestion),
- An on-board computer to regulate all of these systems (brain),
- An electrical system to connect the computer to the rest of the body (nervous system).

When everything works properly, your human “machine” can be considered healthy.

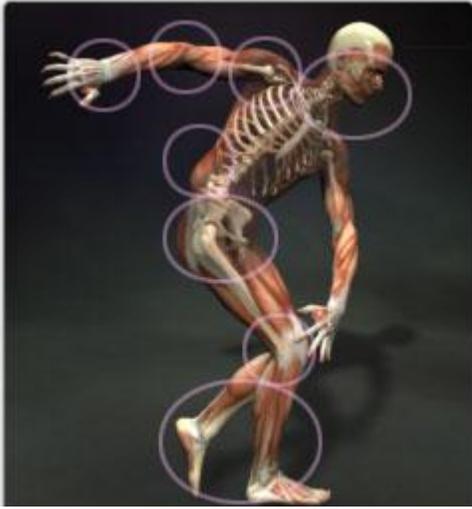
Alignment Helps movement

One of the most important components of your health is your alignment. This is because it influences your body’s movement, balance, stability, strength and flexibility.

Movement is essential to life. Without it, your blood would not circulate, your digestion would stop and you would find it impossible to breathe. Movement and alignment are as critical to your health as air and water. Where two different bones meet to form a joint, their alignment and construction determines the movements that are possible. Think about the difference between your elbow and your hip. The elbow is a simple hinge joint, while the hip is a ball-and-socket joint. Change your alignment and you alter the movements that are possible, including limiting the joint’s range of motion.

How easy it is to move a joint also depends on its alignment. Muscles are located around a joint in such a way so they move easily to their proper position. But when joints are not aligned properly, muscles can lose their flexibility.





The Importance of the Kinetic Chain

Your body is constructed with over 350 joints. Alignment and the stress faced by any joint will be affected by its relationship to the position and function of other joints. This relationship is known as the *kinetic chain*.

When you're faced with joint problems, it's important to consider this kinetic chain. Your Chiropractor understands this relationship and analyzes this chain to determine the root of your symptoms. Although experts in the spinal column, chiropractors are well educated regarding every joint in the human body.

Misalignment Causes Damage and Pain

When your joints lose their normal alignment, you're likely to suffer joint problems such as acute sprains and strains, and chronic postural misalignment. Most of us will suffer at least one of these harmful conditions at some point in our lives. Luckily, our body is self-repairing and can often correct for minor damage and misalignment. If your immune system works properly, you typically experience a bout of inflammation in the affected joints. This area will appear swollen, red and sore. Get enough proper rest and nutrition and the inflammation is short-lived – usually lasting 72 hours at most.

Chronic Misalignment and Strain Need Correction

When strain on a joint is too great or lasts too long, your body's self-repair system may get overwhelmed. If this happens you should visit your Chiropractor to help correct the problem.

Different factors influence the number of treatment sessions that you will require. These include the severity of your injury, how long ago your injury first happened, the cause of the misalignment and the number of tissues involved in your injury.

When you're looking for a body alignment specialist, look no further than your Chiropractor.



Children Addicted to TV Run Higher Risk of Spinal Problems

An article in the November 8, 2004 edition of the "Daily Record" from Glasgow in the United Kingdom, reports on a study showing that children who watch TV for large amounts of time are more likely to suffer spinal problems and pain.

The study conducted by the British Chiropractic Association, looked at 200 secondary school aged children. They found that boys spent an average of 41 hours in front of the TV (or video game) per week while girls spent only 21 hours. The article notes that one quarter of them are lying down with their heads up placing extra tension on the neck and upper back areas. The article also notes that heavy backpacks seem to additionally contribute to the problem.

The article explains that the additional time in a non-active posture does not permit the spine to strengthen during the years of development, which last up till around age 18. Dr. Chris Turner, a chiropractor in West London, said: "The major factors in children's back problems are a more sedentary way of life and lack of exercise." He continued, "This means their muscles do not work very well and leads to strains when they are used, especially for carrying relatively heavy weights, including school bags." The research also noted that 44% of children with school bags do not use both straps and instead carry the bags unevenly with only one strap. Dr. Scott Miller, the chiropractor who led the research, explained by saying: "Children's bones are soft up to the age of 18. Discs in the spine are stronger than the bones and so deform if you keep carrying weight on one side." He added, "Because many children lead sedentary lives, the bones aren't getting the exercise they need to get strong. Then they are subjected to the horrendous weight of school bags, so the spine distorts."

Office News



Good news for full-time Casino employees with extended health-care benefits. Our office can now bill and receive reimbursement from SunLife directly, for your Chiropractic treatments. This makes it even more convenient for you to keep on track with regular Chiropractic care.

And there's still more... Our office has put together a package that includes custom orthotics, custom compression socks/stockings and your choice of footwear, all at no cost above your insurance coverage. Call our office for details, or if you have any questions.



For all of our past, current and future patients from the Home Depot:

Stay tuned for details on another upcoming Christmas raffle.

Dr. Biamonte’s Fall/Winter Office Hours:

Monday	8-12, 2-6
Tuesday	12-7
Wednesday	8-2
Thursday	8-12, 2-6
Friday	9:30-2

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.”

- **Thomas Edison**

Pssst... people under chiropractic care use 53% less drugs than those not under care*
...pass it on!



*Sarnat RL, Winterstein J. Clinical and cost outcomes of an integrative medicine IPA, JMPT June 2004;27:336-347



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