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Chiropractic boosts brain-body coordination

The brain is the master control system for the entire body. It sends and receives a complicated frequency of signals with the body that dictate the function of the body. When there is interference in this neurological feedback loop, it alters the environment the brain perceives itself to be in; this consequently changes the adaptation process the brain orchestrates throughout the body. Chiropractic adjustments have been shown to enhance the sensorimotor integration of the brain with the body.

Many experts have hypothesized that increased stress cycles in the body produce the environment for dis-ease and eventually disease within the body. Stress can come from a variety of sources in the mental/emotional form, chemical form, and physical realm. When the body is under increased stress it responds by increasing its sympathetic tone. This means the body shunts itself into "fight or flight" survival based mode by altering cardiovascular & endocrine function to get itself ready for dynamic activity.

When the brain sends information to the organs, muscles, and tissues of the body, this is called efferent neurological flow. In return, the afferent flow of information includes all the messages sent to the brain

from skin, muscle, joint, and organ receptors. This afferent/efferent neurological loop is how the body is able to respond and adapt appropriately to its environment. The ramifications of increased stress hormones in the body include overworked adrenal glands, lowered immunity, decreased digestive functions, fatigue, & blood pressure disturbances. Increased cortisol levels also cause ligament laxity by stripping critical proteins from the tendon and ligament structures. This causes joint weakness throughout the body, including the spine and extremities, making them much more susceptible to injury. Subluxations are a physical stress on the body and therefore increase the sympathetic tone, so the body shunts its energy toward the fight or flight system. If the subluxation(s) are not corrected they continue to produce this increased stress response. This increases cortisol and causes greater joint & ligament laxity in the spine and extremities making them more susceptible to injury. Additionally, increased long-term stress on the body greatly accelerates the degenerative processes of the spine and joints leading to osteoarthritis.

Dr Terry Notaras

Chiropractor
Osteopath

Dr Terry Notaras is a Doctor of Chiropractic and Doctor of Osteopathy. He is registered as a Chiropractor and Osteopath with the Chiropractic Board of Australia and is a member of the Chiropractors Association of Australia. Dr Notaras is also an Associate Member of the Australasian College of Chiropractors.

Dr Terry Notaras has lived in the local area for 39 years and has been in private practice for 28 years. He has served on the Executive Committees of the Chiropractors Association of Australia.

Dr Notaras has looked after the health of some of the world's best professional Golf Tour. He has also looked after the Olympic Cycling Squad as well as many other elite athletes. This background allows the technique used at Southern Spinal Care to be the latest and the most effective in the world.

Suite 1
104 Railway Parade
Kogarah NSW 2217

T 9588 5504
F 95883042
E southernspinalcare@bigpond.com
W www.southernspinalcare.com