

SPINAL COLUMN “ Newsletter “ Issue 2, March. 2004

Brought to you by:

Dr. Issam Ayache “*Chiropractor*”



THE NERVOUS SYSTEM:

The Nervous system is a remarkable thing. At any given moment, it performs hundreds and thousands of individual functions, such as circulating and purifying blood, turning fuel into energy, maintaining proper internal temperature, taking in oxygen, and all the other operations which keep us alive and healthy.

Guided by the knowledge that our bodies are born with” Innate Intelligence”, every cell and organ sends and receives messages to and from the brain.

In fact, the brain acts like a central communication depot, processing millions of messages every second. These messages relayed as electrical impulses are sent out over nerves the way phone calls travel along telephone wires.

A thick braid formed by billions of these nerves is attached to the brain and extends down from the base of the skull. This is the spinal cord. Smaller braids branch off from the cord. These braids divide again and again into tiny nerve fibers and fill the entire body; going to each cell, organ and tissue. Every human being has an estimated 15 billion nerve cells. All send and receive messages as impulses through the spinal cord



THE VERTEBRAL COLUMN

The spinal column is made up of sections of vertebrae “Bones”, the Cervical “Neck”, the Thoracic “Mid Back”, and the Lumbar “Low Back”. The Sacrum and the Coccyx.

The cervical spine is called the neck. There are seven vertebrae here, labeled C1 through C7. The first, C1 is also known as the Atlas. The second C-2, is called the Axis.

The thoracic spine is located in the middle of the back, and is made up of 12 vertebrae. Just below the thoracic spine is the lumbar spine with its 5 vertebrae.

At the end of the spinal column there are two sets of fused vertebrae, called the sacrum and the coccyx or the tail bone.

The vertebrae are separated and cushioned by thin pads of tough, resilient fiber known as inter-vertebral discs. There is a small opening between each two vertebrae. Through this opening nerves branch off and travel to different parts of the body.

When the vertebrae are in their proper positions, the nerves pass through without a problem. Impulses race along the nerve fibers to and from the brain relaying information and instructions without interferences.

When a vertebra is jarred out of its proper alignment, the messages are distorted. The body can no longer function at 100% of its capacity. That’s where Chiropractic comes in.

Chiropractic is a branch of the healing arts specializing in the correction of biomechanical disorders of the joints of the spine and other joints of the body. Chiropractic teaches that health is not a commodity which can be purchased in a tablet or bottle; but it can only be obtained and maintained by allowing the natural recuperative powers of the body to function unimpaired. Locating minor spinal or joint deviations early and correcting them will greatly assist the body in remaining healthy. It is the job of the doctor of chiropractic to determine if there is any misalignment or pressure along the spine



Dr. Issam Ayache

Earned a doctor of chiropractic degree (D.C) from Texas Chiropractic College and (B.Sc) from Texas A&I University. In over 24 years of practice, he has completed postgraduate studies in sport injuries, nutrition, spine, joint manipulative techniques, acupuncture, rehabilitation and exercise

10 Healthy Tips

SPINAL HEALTH SPREADS OVER YOUR WHOLE BODY

1. **Lose weight if you need to.** Losing one kilo takes 10 kilos of stress off your low back.
2. **Quit Smoking.** Smoking cuts blood supply to the discs between the vertebrae, they degenerate faster.
3. **Avoid sleeping on your stomach.** It twists your neck
4. **Keep your wallet out of your pocket when sitting,** especially when driving.
5. **Eat Healthy.** Fresh fruits and vegetables, and at least 7 glasses of water a day.
6. **Take a walk after dinner.** It aids in digestion, weight loss, and could be pleasant leisure time spent with loved ones.
7. **Avoid unnecessary drugs,** or when taking prescribed medication know their many contraindications and side effects.
8. **Take time to relax,** meditate, pray, appreciate nature and engage in recreation every day.
9. **Finding fulfillment and creativity** in your work improves your health.
10. **Connect.** The more relationships and love in your life, the healthier, happier and longer you will live

Clinic Location:

Beirut Hamra, Abdul Aziz str.
HSBC, 4TH Floor
E mail: drayache@yahoo.com
iayache@hotmail.com

Tel: 01 / 747 165
Cell: 03 / 747 165