

Ask The Chiropractor

How do I know if I have spinal decay?

Your body adapts to uncorrected spinal stress by depositing calcium into affected joints. As if the body is trying to mend a broken bone, it attempts to "repair" the malfunctioning spinal joint by joining the two segments together! This slow, relentless, degenerative process is called "spinal decay". As with tooth decay, early detection of spinal decay can help avoid painful symptoms and permanent damage.

Spinal decay is a degenerative process that worsens with time. If neglected or simply ignored, this crippling condition quietly progresses, without obvious symptoms.

It starts with some type of uncorrected trauma to the spine. A slip or fall. A car accident. Learning to walk. Even the birth process may be responsible! The first "phase" of spinal decay is revealed as a loss of proper spinal curve or a reduced ability to turn and bend. Other areas of the spine often compensate, starting a chain reaction of



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health problems.

Left uncorrected, the body responds by depositing calcium onto the affected joint surfaces, ligaments and connective tissues. This second phase of decay is the result of the body's attempt to stabilize and "splint" the malfunctioning spinal joint. As with high blood pressure or cancer, pain or other obvious symptoms are absent. Unaware of the serious damage that is occurring, many allow their problem to worsen.

In the third phase of spinal decay, the integrity of the spine has become permanently compromised. The associated neurological damage can contribute to some of the chronic health

problems seen in the elderly. Years have passed since the original event that set this tragic, yet preventable process in motion.

The purpose of chiropractic care is to locate areas of the spine that are not working right and use specific "adjustments" to improve its function and structure. This simple but powerful intervention has helped millions avoid the crippling effects of spinal decay.

Because spinal decay is often (but not always) seen in the elderly, some people are misled into believing that it is merely part of the aging process. Not true. It seems clear that it is the result of long-standing, uncorrected spinal stress.

When spinal decay is detected at an early stage, chiropractic intervention can produce remarkable benefits. In Phase 1 cases, many patients see the restoration of spinal curves and improved mobility. Chiropractic care at later stages shows promise, but results vary from patient to patient

Happy Birthday Scouting!



In August 1907, Lord Baden Powell of England held his first Scout camp at Brownsea Island. The Beavers of Essex County celebrated this centennial with a sleepover at the Tilbury West Community Centre in Comber. Games, crafts, songs, bubbles and birthday cupcakes made up the activities, and a visit from the Sheriff of Comber told us about things from long ago. Everyone had a great time.

Marriage milestone to be celebrated 'Newlywed' style

Have you been married for 50 years or more, or know someone who has?

Well, don't you think they deserve a medal or certificate of acknowledgment?

The Canadian Cancer Society and the Centre for Seniors of Windsor think that this is a milestone that is worth celebrating and have joined forces to honour and congratulate those couples who have made it to their 50th wedding anniversary.

On Sunday, June 3 at 2 p.m., the Caboto Club in Windsor will be hosting the Celebration of Marriage to acknowledge and bring to the forefront all of those who reached this wonderful milestone.

Bob Eubanks, long time

host of the Newlywed Game, will be performing the Not So Newlywed Game Show. Joining Eubanks will be David Rogers, star of Phantom of the Opera, along with several cast members from that show to commemorate this exciting event. Several ministers of various denominations will also be on hand for all those attending who wish to renew their vows, which will all be done in unison.

There is also a chance for all couples that have been married 50 years or more to win the grand prize of a seven-day second honeymoon in the Muskokas, Ont. There are also several other prizes to be won for those in attendance.

Everyone is welcome, so

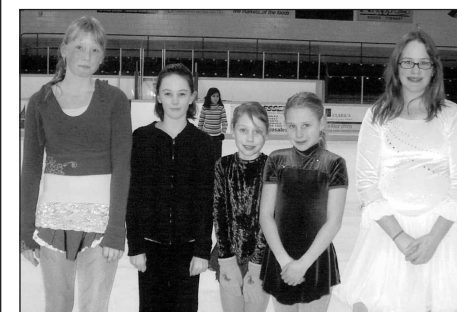
bring your family and friends along to enjoy this special event.

For more information about how to be a part of this event, call the Canadian Cancer Society, Essex County Unit at 519-254-5116, or the Centre for Seniors Windsor at 519-254-1108.

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Amherstburg Futures Competition (below) - Front row (l to r): Tamer Ouellette, Kiana Flood, Chelsea Salter, Ashley Moore. Back row: Casslyn Heil, Meghan Beutler, Ashley Brennan. Absent from photo: Samantha Friesen.



Skate Essex congratulates the skaters who recently represented their club in two local skating competitions.

South Windsor Competition (above) - Sydney MacPherson, Casslyn Heil, Kiana Flood, Chelsea Salter, Meghan Beutler.

Rose's Kitchen

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NOTICE TO MEMBERS

Please be advised that the Annual Members Meeting will be held on

Tuesday, March 27, 2007
commencing at 6:00 p.m.

at the Cottam United Church Auditorium
135 County Rd. 34 West
Cottam, ON

Paul Meanwell
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