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Holistic Health and Chiropractic

~Dr. Nancy Anne Schrauth, D.C. (USA)

I became interested in holistic health care many years ago when I was introduced to the concept of nutrition and supplements to improve my own health. From there I started exercising and getting massage. When I developed a back pain from my sitting position at work, I decided to try a chiropractor. Since then I have been on a journey acquiring skills as a health care professional, and more importantly toward my own personal wellness. As I have learned and tried various approaches I have come back to the basic and simple principals set down by ancient wisdom. These principals are guidelines for all the traditional healing arts and the basis for all the current holistic approaches. Our body has the inherent ability to heal and recover from injury and disease when it is functioning well. I believe this is the way health care should be, empowering people to maximize the ability of their own body to stay healthy.

In my chiropractic practice I emphasize the importance of a holistic approach to resolving back pain. Many factors contribute to back pain and it is important to address the problem with a multi-faceted approach. I treat each patient as an individual, asking many questions about their condition and lifestyle to eventually put together a treatment program that will resolve their problems once and for all. I treat the spine making sure all the joints are functioning well. This ensures the nervous system is able to access and relay the inherent life force and the ability for the body to heal. Then the ability to move beyond pain relief towards wellness depends on how much a person is willing to change. My job is similar to that of a coach, I can only do a small part of the work necessary for their full and complete recovery, after that each person must take full responsibility to modify some of their lifestyle habits to make sure they will remain in a state of health and radiant well-being.

Gentle Chiropractic manipulation: Chiropractic care is based on the premise that the body has an inherent ability to heal and recover from stresses and strain. An intelligence beyond the mind activates a process known as homeostasis to maintain all the necessary metabolic activity that helps the body run smoothly and efficiently. Stress and strain interfere with this process, resulting in pain and disease.

Poor posture, repetitive movements and injuries result in muscle tension and spinal misalignments. The joints of the spine become locked in the wrong position and can't move properly causing nerve irritation and pain. Chiropractic treatment helps relieve the acute pain that is caused by tight muscles and spinal misalignments, and restores the body's ability to recover and function without pain again. Chiropractic care is an important part of the long-term recovery, beyond pain relief, to make sure that the spine stays flexible and the joints move properly.

Svastha Yoga Therapy: Exercise is the key to strengthening the spine and making sure the chiropractic treatment has long lasting benefits. I always prescribe appropriate exercise for each individual. Many problems with posture and spinal misalignments are simply due to lack of exercise, or a result of doing the wrong exercise. Most types of exercises do not strengthen the muscles that support the spine. Many people sit at desks or travel for work and whenever they get a chance to exercise, play squash, golf, tennis or football. These are very strenuous forms of exercise that put a lot of strain and stress on the delicate joints of the spine. Tight, weak or over flexible spinal muscles don't support the spine adequately for these activities and will result in spinal sprains, strains or disc injuries.

In the course of treating the spine I will identify the key postural problems, areas of weakness, stiffness or over flexibility and then design a specific exercise program to correct these problems. The exercises are simple movements that are coordinated with breathing so as to maximize the benefit on the spine. 15 - 20 minutes a day can be a small effort that makes a big difference in the long run.

Ayurveda Dietetics: The ancient Science of Ayurveda, literally translated as “the Science of Life”, takes a deeper look into the meaning of health. Stress in the body can come about due to improper diet causing poor digestion. When food is not digested efficiently our body cannot extract the nutrients we need for it to function. The poorly digested food builds up, creating toxins that literally slowly poison our body. Science has discovered that this is actually the cause of all major illnesses associated with ageing.

Most people know that simple lifestyle habits such as exercise, diet, and attitude have a profound effect on our life. In fact, they are the primary tools we have to maintain our body in a state of health and wellness. With simple, gentle changes in the diet, the digestive system can be improved, resulting in efficient digestion, optimal assimilation of nutrients, and complete elimination of toxic waste products. Your body responds with less pain, mental alertness and energy to carry out your daily activities. When your body is healthy your mind is clear and focused on your life purpose.

Lightstreams Chiropractic Care offers a personalized wellness plan for each individual. When you take an active role in your treatment program the results are long term and will result in building confidence in you body’s ability to heal. You are empowered with the tools to live a long, healthy and productive life.