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**New Canaan Chiropractic Newsletter**  
"Experience the Difference"

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Consider the brain-body connection from the standpoint of the **brain-spine connection**. The four things the brain needs to stay alive and healthy are oxygen, glucose, neurotrophins (like amino acids, fats, electrolytes, hormones), and activation.

The first three come from what we put in and on the body. But the transfer portal is not directly from the blood when we are talking about brain tissue. There is a structure called the blood-brain barrier and it is extremely particular what it allows through it from the blood into the cerebrospinal fluid (CSF). It is the CSF (the "vascular system" of the central nervous system) that is responsible for getting all the nutrients to the brain and central nervous system.

Here's where the spine comes into the story. CSF has a flow pattern that is generated by movement ("pumping") of the spine, particularly the skull, neck and sacrum. There are whole techniques dedicated to treating the mind and body from this perspective. Some claim that a poor spine-brain connection has been the cause of the average brain beginning to atrophy (shrink and deteriorate) by the age of 25 years old.

The CSF system is a very delicate system, as anyone who has had a spinal tap or an epidural gone bad can tell you. Fluid pressure as well as movement of the nutrients to different parts of the brain and spinal cord is as essential as the three elements themselves. Dysfunctional move-

ment patterns, altered curves and changes in spinal tension will all reduce the quality and quantity of the nutrients to the brain.

From the other side of the picture we have altered brain function now misdirecting potentially every aspect of bodily function including behavior.

Every nerve cell in your body is improved in almost the same way as your muscles are enhanced: Exercise (the activation principle of stimulation or inhibition) and appropriate nutrition. Just as your muscles get flabby and poopy when you quit exercising them, so does your brain and all your nerves.

In essence, your body is what keeps the brain going. A bad back or neck will literally give you a bad brain. Proper alignment through chiropractic adjustments, stretching, exercise and stress/time management are the keys to establishing optimal spinal hygiene. All will increase the efficiency of your brain-body connection.

REMINDER: Past issues of the newsletter can be found on our website: [newcanaanchiropractic.com](http://newcanaanchiropractic.com).

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**\$8 Coupon**

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***Call 966-9777 to schedule an appointment.***

**Offer Expires 2/28/05**