

April, 2019

Inflammation Friend or Hidden Killer?

Greetings!



Inflammation Friend or Hidden Killer?

Dr. Nathan Siebenaller

OWNER & FOUNDER OF FULLY ALIVE
CHIROPRACTIC

Inflammation is a bit of a buzzword nowadays. But most people have no idea what it is, other than it's something bad for you.

- How do you become inflamed?
- How do you stop inflammation?
- Can inflammation ever be good for you?

Let's find out!

When you have an infection, an injury, or any other cause of damage to your cells, your body mounts an *inflammatory response*.

Inflammation is the result of injured cells releasing chemical messengers that alert your body to what has just happened. White blood cells of the immune system begin to mobilize to the affected area. Inflammation is simply the accumulation of these white blood cells!

Typical signs of inflammation are: redness, pain, swelling, and heat (this is why **clinical thermography** is a great method of detecting inflammation, since it shows heat levels in the body!) If all goes according to

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plan, the immune system cleans up the area, eliminates any attack from an infection, and releases signals for everything to go back to normal. This is *good inflammation*—an inflammatory response that does its job and then packs up and goes home. When the inflammatory response fails to resolve, that is when problems arise in your body.

There is a certain window of time that the damage/infection and resulting inflammatory cascade needs to resolve itself. If it doesn't clear up in a reasonable amount of time, more white blood cells are called to the area. As more and more white blood cells come into an area, new chemical messengers begin to be released which act as *even more* pro-inflammatory markers. This causes a *runaway inflammatory process*.

The unfortunate thing about long-term inflammation is that it can cause many types of diseases. Inflammation has been identified as the root cause of cardiovascular disease, high cholesterol, diabetes, Alzheimer's, cancer, and can even cause autoimmune disorders. Those are five of the top seven killers in the United States! Clearly, chronic, non-resolving inflammation is a problem.

Now the question becomes what do we do about it?

Number one, and I think the most important part, is to change our environment so that we stop *triggering* an inflammatory response. This includes:

- **Increasing our capacity to handle stress.** The body's stress response is a trigger of the inflammatory response. People are always going to have stress, and stress can even be *good*. Because of that, I advocate for increasing our body's ability to *handle and recover* from stress. This will result in the inflammatory process turning off. To increase our capacity to adapt to stress we must pray, spend time outdoors, have fun, laugh, etc. As Americans, we are terrible at giving ourselves a break, and we need to learn to turn off and calm down our minds. At my practice, Fully Alive Chiropractic, we specialize in helping people turn off a chronic stress response and increase their ability to respond to and recover from stress. We use a combination of adjustments, biofeedback, and brainwave entrainment to teach the body to form new patterns.
- **Identifying and staying away from**



Detoxifying Effects of Bodywork and Massage

Jimmy Gialelis, LMT, BCTMB

Clarity is needed at this point to correctly identify the term detoxification at this time. Some massage therapists use this term to describe the removal of waste from the body. The true medical definition of detoxification is the "physiological or medicinal removal of toxic substances from a living organism, including the human body, which is mainly carried out by the liver." (1)

Medical detoxification safely manages the acute physical symptoms of withdrawal associated with stopped drug use. This step is the first step of addiction treatment (2). Efficacy of detoxification efforts becomes a prelude to the effectiveness of subsequent treatment.

Massage Therapy's Role in Detoxification

In recent decades, massage therapy's role in addiction treatment has been explored as a means of aiding the detoxification efforts of addiction patients. A myriad of Complimentary and Alternative Medicine (CAM) approaches have been employed for addiction patients, with massage being prominently utilized. One significant study highlighting massage's effectiveness is a study published in the Journal of Alternative & Complimentary Medicine indicating chair massage was more effective than pharmacologic relaxation control in easing anxiety management and detoxification efforts in 82 patients withdrawing from psychoactive drugs (3). A similar study in the same journal highlighted 50 patients recovering from alcoholism indicated that massage for the neck, back, shoulders and head reduces Alcohol Withdrawal Scale scores in the early stages of these patient's detoxification process (4). These studies show great promise in the role massage therapy may play with addiction

foods that inflame you: This is often overlooked, but the same can be said for other inflammatory chemicals in water, makeup, what we spray on our lawns, etc. The chemicals in our environment often accumulate in our fat and spur the production of more fat, which release pro-inflammatory hormones. We utilize muscle testing in our office to determine what foods and chemicals are causing an inflammatory response in a person, so they know exactly what to eliminate from their lifestyle.

- Number two, is to help your body *turn off* its chronic inflammatory response.
- **Nutrition supplementation:** Cleanses are a great way to help the liver detox the buildup of toxic chemicals within the body. Turmeric, resveratrol, glutathione, and fish oil are a few supplements that are great at resolving the inflammatory process. Unfortunately, while the group of drugs, NSAIDS, are great at helping with pain and inhibiting some production of inflammation, it is actually resolution-toxic. This means that Advil, Ibuprofen, Aleve, etc. actually *stop the inflammatory process from ending*.

While inflammation is supposed to be our friend, if it burns too long it can often lead to chronic, deadly diseases. The good news is that we can minimize chronic inflammation through our lifestyle choices. We can measure inflammation with blood work and thermography. And, we can even help decrease inflammation with the use of supplements. If you are looking to reduce the amount of inflammation in your body and change its response to stress in the future, give our office a call! We love working with Jacky and Robin to help people keep their bodies healthy for years to come!

Dr. Nathan Siebenaller

B.S. | B.A. | D.C.

OWNER & FOUNDER OF FULLY ALIVE

CHIROPRACTIC

Certified:

Applied Kinesiology, Neuro-Emotional Technique, Injury-Recall Technique, Koren Specific Technique, Logan Basic Technique

Dr. Nathan Siebenaller grew up in the small town of Bascom, Ohio with his parents and three older brothers. Following a botched somersault at the age of three, he ended up with a painful pinched nerve in his neck. It was then that his mother took him to the

recovery patients.

In the case of alcoholism, there are three primary stages of withdrawal from alcohol:

1. Stage 1: Anxiety, insomnia, nausea and abdominal pain (typically beginning 8 hours after last alcoholic consumption)
2. Stage 2: High blood pressure, increased body temperature, irregular heart rate, confusion (typically 24-72 hours after last alcoholic consumption)
3. Stage 3: Hallucinations, fever, seizures, agitation (typically 2-4 days after last alcoholic consumption)

All symptoms tend to decrease within 5-7 days.

(5)

Massage therapy's positive physiological effects, as defined as classic "Swedish massage," can support a patient during detoxification efforts. Massage therapy aids in lymphatic drainage, promotes immune system health and function, and enhances overall well-being sensation by improving sleep and relaxation, increasing serotonin and dopamine levels, and activating parasympathetic response (6).

Additionally, massage therapy's psychology effects can support detoxification efforts.

Massage therapy promotes relaxation, reduces stress and anxiety, promotes well-being to combat depression, and has been useful in treating hyperactivity disorders. These effects can bring ease to mind and body of detoxing patients to further aid their efforts (6).

Lymphatic Massage

Lymphatic massage is a modality often utilized in removal of metabolic waste from the body. This style places emphasis on encouraging swifter movement of lymph fluid through the body's lymphatic system.

The lymphatic system is the "waste management" system of the body. Its primary role is to mobilize metabolic and cellular waste through a series of nodes to cleanse and remove this waste. By the time lymph fluid has been processed through the lymph node and vessel network, this fluid has been thoroughly cleansed and returned to the cardiovascular system via the superior vena cava.

Lymphatic massage techniques vary depending upon the company and instructor presenting this modality. Amongst the most respected variations is manual lymphatic drainage (MLD), a bodywork technique developed by Dr. Emil Vodder in 1932. Dr. Vodder's work was based upon the research

chiropractor for his first chiropractic adjustment. He began to see the chiropractor more routinely in high school, even when he didn't have any complaints. This helped keep the three-sport athlete healthy and injury-free. It was during this time that Dr. Siebenaller began to contemplate a career in chiropractic.

Dr. Siebenaller went on to play football and earn an undergraduate degree in exercise science at Capital University in Columbus, Ohio. It was there that he met his wife, Lauren, at a Bible study called, "Fully Alive" (the inspiration for the clinic name!) After getting married, the Siebenallers moved to St. Louis, Missouri, where Nathan would graduate Magna Cum Laude from Logan College of Chiropractic. While in school Dr. Siebenaller became certified in Applied Kinesiology because of its unique ability to accurately find the cause of subluxation. He is also certified in Neuro-Emotional Technique, Injury-Recall Technique, Koren Specific Technique, and Logan Basic Technique.

Dr. Siebenaller spent his last semester of school interning in the Dayton, Ohio area, and realized this was a community that would both utilize and benefit from neurologically-based chiropractic. In addition to chiropractic care, Dr. Siebenaller offers neurofeedback and brainwave entrainment therapies to help heal ADD, ADHD, anxiety, depression, PTSD, and sleep issues, naturally. He also uses nutrition-response testing and functional lab work to help the body heal from digestive issues and inflammatory diseases.

Dr. Siebenaller is passionate about using his time and energy to help residents of Springboro and the surrounding areas thrive and live life to the fullest!

and findings of Frederick Millard ten years prior and ushered in a new branch of clinical bodywork. Dr. Johannes Asdonk scientifically researched and confirmed the effectiveness of Dr. Vodder's MLD method in the 1960s. By 1990, Dr. Bruno Chickly further researched and created Lymph Drainage Therapy (LDT) to further aid lymphedema patients. (7)

During the 1980s, Drs. Michael and Ethel Foeldi developed Complete Decongestive Therapy (CDT) to aid lymphedema patients. This therapy augmented the manual therapy developed by Dr. Vodder. Both Foeldi and Chickly's methods were paramount in the confirmation that the lymphatic system was a necessary system to address manually.

The lymphatic system does not possess a muscular pump, such as a heart; therefore, it is discovered the three main ways to mobilize lymph through the body are:

1. movement
2. deep breathing
3. and manual therapies (7)

By aiding the removal of metabolic waste, interstitial spaces (found between cells and circulatory vessels) are cleansed leading to ideal conditions of healthy cellular upkeep within the body. Healthier cells maintained in a proper fluid environment will keep cells vital. This seems to aid in massage's physiologic and psychological benefits.

This is not to be transposed with medical detoxification which manifests primarily as a liver function to filter drug-related components from the blood. Increased circulation of blood does not necessarily make the liver itself function better.

Drug elements absorbed from the gastrointestinal tract are sent directly to the liver via the hepatic portal vein. Specialized liver enzymes break down these drug elements to metabolize these components that potentially weaken the drug's effects. Some drugs are administered via the anal canal, sublingual, nasal or urogenital routes to avoid the liver's first pass effect, thereby maintaining potency factor. (8)

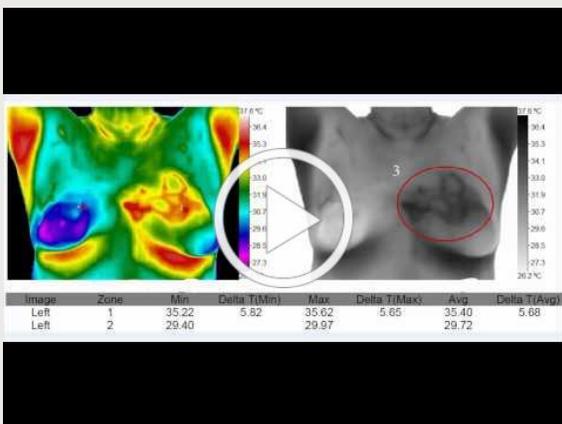
Conclusion

The aforementioned studies indicate that general massage efforts aiding the removal of metabolic waste may assist in the body's physiological and psychological healing processes of detoxification.

Studies involving lymphatic massage specifically refer to oncology and lymphedema



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patients.

As more studies specific to detoxification are completed, the role of massage therapy to aid in detoxification may very well expand and become more common. I encourage anyone working with drug detox patients to conduct research to further establish the role and scope of massage in this area.



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M.Y.W..



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