

VIENNA CHIROPRACTIC NEWS

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Tel: 703-938-6441

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The Vagus Nerve

Vagabond Fibers

A myriad of brain cells extends fibers that weave themselves into a nerve. This nerve emerges from the underside of the skull and begins to wander. In fact, the name of this nerve – vagus – means wanderer. It is a name that shares the same ancient origins with such words as “vagrant” and “vagabond”.

Vast Connections

The vagus nerve connects with the heart, lungs, stomach liver, small intestines, and the first 2/3 of the large intestines. Vagus stimulation calms the heart and regulates blood pressure. It activates digestion. Very importantly, vagus stimulation takes the edge off excessive inflammation – the source of many health problems.

Where the Vagus Can Be Helped or Hindered

As the vagus nerve passes through the throat, it is vulnerable to forces that can disturb it and accessible to forces that can help it. Whiplash injury from a car crash or a slip-and-fall accident can disturb vagus function. Chiropractic adjustments designed to normalize the movement of the cervical vertebrae and balance the tone of the neck muscles can relieve vagus disturbance. This improvement in vagus function may be the mechanism explaining some of the clinical results of the chiropractic cervical adjustment, a few of which are:

- A study at the University of Chicago College of Medicine found significant improvement in blood pressure among hypertension patients receiving chiropractic cervical adjustments (1).
- A report on a series of new chiropractic patients demonstrated robust improvement in lung function following a course of cervical adjustments (2).
- A study of infants with colic in Denmark involved multiple clinics (3). It demonstrated substantial relief from colicky symptoms.

Helping Yourself

Natural vibration from gargling, singing, or chanting can gently stimulate the vagus nerve. Also, yogic breathing exercises gently massage the vagus as it passes through the large muscle that separates the chest from the abdomen – the diaphragm. You will find instructions for one of these yogic breathing exercises – alternate nostril breathing – at our You Tube channel:

www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg.

References

1. Bakris G, Dickholtz M, Meyer PM, Kravitz G, Avery E, Miller M, Brown J, Woodfield C, Bell B. Atlas Vertebra Realignment and Achievement of Arterial Pressure Goal in Hypertensive Patients: A Pilot Study. *J Human Hypertension*, 2007; 21: 347-352.
<https://pubmed.ncbi.nlm.nih.gov/17252032/>
2. Kessinger R. Changes in Pulmonary Function Associated with Upper Cervical Specific Chiropractic Care. *J Vertebr Sublux Res*, 1997; 1(3): 43-49.
<https://vertebralsubluxationresearch.com/2017/09/10/changes-in-pulmonary-function-associated-with-upper-cervical-specific-chiropractic-care/>
3. Klougart N, Nilsson N, Jacobsen J. Infantile Colic Treated by Chiropractors: A Prospective Study of 316 Cases. *J Manipulative Physiol Ther*, 1989; 12: 281-288.
<https://pubmed.ncbi.nlm.nih.gov/2486187/>

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SMOOTHLY

Keeping the office running smoothly, that is. The following are a few items over and above your adjustments attention to which will make your experience here as well as that of the rest of the patient community a much more comfortable and helpful situation:

Scents and Oils: Summer is coming, and winter dried skin is being lovingly moisturized and oiled. That's great for your skin but we hope you'll put off babying those bare arms and legs until after your visit here. It takes longer to prepare an adjusting table for the next person when there is oil on it. If we miss a spot, that can get on the next person's clothing.

Closely related is the wearing of scent. It might be the best quality on earth, but it can represent a problem for others in the office, especially the migraineurs, asthmatics, folks with allergies and newly pregnant women. If you are wearing scent, oil and deodorant, with maybe a few other things thrown in, each of those having its own scent, you may be extremely well-groomed but someone else is wheezing.

Scent also lingers in the adjusting rooms and on us so the next person in is affected. We are too, having been hit with multiple bursts of varied fragrances throughout the day.

CELL PHONES: They're ubiquitous and not a problem except for a few little things...

- A. Please don't hold phone conversations in the reception area. You may not care if others hear your conversation, but others may not feel the same way, even if they're being polite and say nothing. Even if you are the only person waiting, an enthusiastic call or one voiced to impress can make it all but impossible for someone on an office call or writing project to work effectively. If you are expecting a call you must take, by all

means answer it, but take it into the outer hall, away from the immediate area of the office.

- B. Please don't take calls when you are already in the adjusting room, unless it is an emergency. We have generous but limited time in there. Thank you so much!

The Doorbell: If you've gotten in a little early make yourself comfortable and someone will be with you shortly. If it's time for your appointment and neither of us seems to be coming out, we are spending a little extra time with someone or trying to patch back the schedule if it has been knocked catiwampus by a late arrival or two. Regardless, we probably couldn't hear you come in, especially if we were in the back of the office. You can, however, announce yourself by pushing on the blue spot to the right of the office window. That's our inner doorbell and it'll fix the situation quickly!

Thanks to everyone who is already helping out by doing the above and thanks in advance to all who'll be doing so in the near future.

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COMMUNITY OUTREACH CLASSES

As part of our commitment to community education, we offer a series of courses on Tuesdays, 10:00-11:00 am at the Vienna Community Center, 120 Cherry Street, Vienna. There is no charge. To register, contact Kathy Blevins, 703-255-7801 or KBlevins@viennava.gov. Upcoming:

<i>Long COVID</i>	April 11
<i>Mouth-Tongue Exercises for Better Sleep</i>	May 9 & August 8
<i>Breathing Exercises for Better Brain Function</i>	June 13
Building a Better Neck	July 11

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OUR ARTICLES IN STARS AND STRIPES

As some of you already know, some of our health education articles have been published in *Stars and Stripes*, a newspaper that has been serving the military community since the Civil War. We hope you find these articles helpful:

Mouth and Tongue Toning for Better Sleep:

<https://korea.stripes.com/health/better-sleep-only-few-mouth-and-throat-exercises-away>

Important Tips for Long Haulers:

<https://europe.stripes.com/lifestyle/important-tips-covid-19-long-haulers>

What Hurts Your Brain Can Hurt Your Glands:

<https://japan.stripes.com/health/what-hurts-your-brain-can-hurt-your-glands>

Sacroiliac Pain: An Under-Diagnosed Problem:

<https://guam.stripes.com/health/sacroiliac-pain-under-diagnosed-problem>

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Speaking of things military, we offer one year of free chiropractic care to those returning from service in a combat area in the past five years. Contact us for further details.

Please remember our veterans on July 4 and every day!

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AFFORDABLE CARE

Our Chiropractic Independence Days and multipacks are part of our effort to make chiropractic care accessible and affordable for all. Please get in touch for information on these programs.

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CALL FOR RESEARCH VOLUNTEERS: LONG HAULERS (COVID)

If someone you know continues to experience COVID-related symptoms more than 90 days after their diagnosis, we would like to talk to them. For information about our research project, or for a list of our published papers in this area, feel free to get in touch.

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GARDENING TIPS

Those Masks are Relevant Again!

If you've dropped your COVID masking routine, consider putting the mask back on again when you're working in the garden. This will protect you from pollen, mold spores and other particles that make your soil healthy but make your respiratory system unhealthy. This is especially important when you are spreading fertilizer or mulch.

Don't Let the Vines Beat You Up!

When pulling up vines that have overtaken your little area of serenity, don't stand, grab them by the end and yank. The vines will win, and you will end up with something very much akin to whiplash. Sit or kneel and hold the vine close to the soil to pull up. You might even want to trim the vines a little first, so you are not quite so engulfed. Wear gloves; many vines have toxic "sap" that can make you itch, at the very least.

Avoid Too Much Standing and Bending

Don't try to garden standing up! This includes pulling up groups of weeds and "just tidying up a little". Wait until you can sit or kneel for a few minutes.

Mulch

Ah, mulch! See almost all of the above...really! Wear a mask if you're using shredded mulch to avoid mold. Throw the mulch down directly in front of you as opposed to repeatedly twisting to one side. Every structure in your back will thank you for not turning gardening into a one-sided sport. While we're at it, may we suggest that you look into other forms of mulch, perhaps bark, or even pebbles? You may not have to apply them as often, and there won't be as much odor of mold. Your neighbors will love you for it almost as much as your spine will, though a wheelbarrow would be a big plus while working with pebbles. Ask your garden center experts for ways to keep down odor and mold with forms of mulch that may not require such frequent effort.

Pace Yourself

Depending on whether your garden consists of a single large planter, a border or something resembling the Ponderosa, don't try to accomplish everything in one day. Enjoy the unusual experience of completing small tasks in one day. (After all, tomorrow is another day!) Why throw your back out trying to relax?

We're Here for You

If the best-planned and performed gardening still heads straight for your spine, call 703-938-6441 for an appointment, and your table will be waiting!

CALENDAR

May 6 Saturday Open 15 Chiropractic Independence Day	Aug 21 Chiropractic Independence Day
Jun 3, 17 Saturdays Open 19 Chiropractic Independence Day	Sep 4 Labor Day, Ofc Closed 18 Chiropractic Independence Day 25 Yom Kippur, Ofc Closed 16,30 Saturdays Open
Jul 4 National Independence Day 8, 22 Saturdays Open 17 Chiropractic Independence Day	<u>STANDARD HOURS OF OPERATION</u> M-W-F: 10:00-1:00 & 3:00-6:00 Sat: 9:00-noon (selected Saturdays) Tue/Thu/Sun: Emergencies Only