

VIENNA CHIROPRACTIC NEWS

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Neurologic Holism: The Deep Thought Behind Chiropractic



If we had nothing but a brief elevator ride to explain the general idea behind chiropractic, we would say:

Your nerves are your body's circuitry. Your muscles are your body's machinery. Chiropractic adjustments are designed to clear interference from your circuitry to allow it to better coordinate your machinery.

This general idea informs the article you are about to read on the specific problem of accident-proneness. It discusses supporting nerve-muscle coordination through chiropractic adjustments, exercise, and diet. In our community education classes, we deal with specific health concerns based on this same general idea.

In our professional journal papers and textbook, we have referred to this foundational chiropractic idea as *neurologic holism*, and its goal as *neurological fitness*. For a deeper dive into the concept of neurologic holism, see our recent paper: <https://www.apcj.site/Masarsky%20Homewood%20-%20Holism.pdf>

Our three most recent You Tube videos are outgrowths of the neurologic holism concept, and you will find them mentioned in this newsletter. Feel free to share the links for these with your friends and on your social media

platforms. These and all previous videos are posted at this channel: [Vienna Chiropractic – YouTube](#)

##

Can We Help Prevent Your Next Injury?

We assess you for musculoskeletal problems that can disturb neurological function, *aka* subluxations. While subluxations can occur gradually from stress, overuse, or bad posture, they are frequently the consequence of accidents and injuries. Biomedical research has demonstrated that injuries are risk factors for future injuries.

Accidents Breed Accident-Prone



According to the Cleveland Clinic, neck pain from whiplash, falls, and other injuries can cause dizziness and problems with coordination ([Cervical Vertigo \(Cervicogenic Dizziness\): Symptoms & Treatment](#)). This dizziness and coordination can appear long after the initial injury and can last for years. The result is accident-proneness.

This insight was amplified by a University of New Mexico study linking slip-and-fall injury to disturbances in gait (<https://academic.oup.com/ageing/article-abstract/26/3/189/35946?redirectedFrom=fulltext>). Gait disturbances in turn were found to be risk factors for future falls.

The victim of a sports injury is at increased risk for future sports injuries. A research group at the University of Auckland, New Zealand found that people who have experienced a bicycle crash in the 12 months prior to the study were

significantly more likely to have another crash during a follow-up period averaging 4.6 years (<https://pmc.ncbi.nlm.nih.gov/articles/PMC3906177/>).

Accident-Prone: Does Chiropractic Have a Leg to Stand On?



In approximately 8 minutes, our new video, “Chiropractic, Coordination, and Balance: Preventing Injury” will give you an overview of how chiropractic adjustments support balance and coordination. This is critical in such ordinary activities as walking as well as athletics, performing arts, and skilled work (<https://www.youtube.com/watch?v=WU1wKPUaO3U&t=7s>).

For a deeper dive into the topic, you will find a professional discussion of chiropractic and accident prevention in one of our published papers (apcj.net/papers-issue-2-5/#MasarskyAccidents).

Helping Yourself Prevent Future Accidents

Many exercises have been developed to build balance and coordination. We mentioned one of these in a previous newsletter (“Pain Relief: A Balancing Act” <https://viennachiropractic.com/wp-content/uploads/2023/07/MAYVCASpring07.pdf>). To enhance the effectiveness of such exercises, the circuitry of balance must be able to coordinate the machinery of balance. That is why chiropractic adjustments and therapeutic exercises complement each other.

Although there is no definite evidence linking diet to accident prevention, it makes sense that nutritional support of the nervous system can be beneficial for balance, coordination, attention span, and reaction time. A good beginning is avoiding heavily processed foods, especially those loaded with refined carbohydrates (sugar, high fructose corn syrup, and white flour, for example). Emphasize meals with plenty of fruits, vegetables, and whole grains. A more detailed program incorporating these and other suggestions

has been advocated by Harvard Medical School and other institutions for maintaining robust neurological health. It is called the MIND diet (<https://www.dementiasociety.org/post/the-mind-diet-a-brain-boosting-way-to-eat?msclkid=41f14cd9b7d312fee52026eeaced367a>).

##

Referral Made Easier!

Have you ever encountered this reaction when you try to convince a friend to experience chiropractic care?



Well, thanks for trying! Let's make your next attempt a bit easier. Share our new video, "The Chiropractic Anti-Fear Factor" (<https://www.youtube.com/watch?v=5r3Ubmkt8JM&t=61s>).

Your friend may not realize how systematic and specific the chiropractic assessment is. Solve this problem by sharing "How Do We Know Where to Adjust?" (<https://www.youtube.com/watch?v=2pXlV3b3h6I&t=267s>).

Thank you for your next referral! Your friend will thank you too!

##

AFFORDABLE CARE

Reducing the financial stress of health care has always been a concern at Vienna Chiropractic. Our Chiropractic Independence Day program has been praised in a commendation by the Virginia General Assembly (<https://legacylis.virginia.gov/cgi-bin/legp604.exe?181+ful+HJ51+hil>). Ask about this and our multi-packs.

##

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, visit the front desk at the Vienna Community Center. To register online, establish an account at <http://www.viennava.gov/webtrac>. For questions about the registration process, call the Vienna Community Center at 703-255-6360. Upcoming:

<i>Building a Better Neck</i>	Sep 8
<i>Building Better Knees</i>	Oct 13
<i>Tongue-Throat Exercises for Better Sleep</i>	Nov 10
<i>Breathing Exercises for Better Brain Function</i>	Dec 8

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CALENDAR

Sep 7 Labor Day – Office Closed 12, 26 Saturdays Open 21 Chiropractic Independence Day	Dec 12 Saturday open 17 Chiropractic Independence Day 25-31 Closed, Winter Holiday, except: Open 30th, catch-up
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Oct 10, 24 Saturdays Open 19 Chiropractic Independence Day	Jan 1 Closed for New Year 2, 16 Saturdays open 18 Chiropractic Independence Day
Nov 14, 28 Saturdays Open 26-27 Closed, Thanksgiving 23 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

##

DR. MARION TODRES-MASARSKY



As many of you know, we lost Dr. Todres on August 1 of this year. Her life has been a blessing for her patients, her community, and especially for her husband. May her memory be a blessing for all of us.

[Marion Todres-Masarsky Obituary - Visitation & Funeral Information](#)