

of the Week...

What You Should Know About The Sacrum...

is involved with providing the primary nerve supply from the control centers in the brain to the *Male and Female Reproductive Systems as well as the bladder and urethra.*

It is commonly found to be an area that is subluxated and associated with the diverse series of health complaints ranging from sexual dysfunction to simple structural problems like sacro-iliac joint problems and low back pain. The sacrum also acts as a pump helping circulate the cerebro-spinal fluid.

What is The Sacrum?

Most subluxations (misalignments of the spine causing an interruption to the normal conduction of nerve impulses from the control centers of the brain to the tissue cells of the body) are caused by physical, chemical, emotional and/or environmental stress or a combination of these stressors beyond the body's ability to cope. The sacrum is the bone in between the hips at the base of the spine. Chronic Sacral subluxation may result in chronic low back pain, hip problems and sexual organ malfunction.

While these are among the local affects of a subluxation of the sacrum, the global or full body effects are, perhaps, of greater importance and significance.

The chronic nature of low back pain and

associated spinal conditions and curvatures resulting from an unlevel pelvis are of nearly epidemic proportions.

Abnormal circulation of cerebro-spinal fluid could affect the function of the entire nervous system. Everything is inter-related and your chiropractor's expertise is in determining the causes of BOTH health problems and health itself.

Correcting these spinal problems is paramount to better health and an improved quality of life and you can help by practicing good workplace and lifestyle habits such as lifting and standing properly, learning proper exercises to strengthen both the back and abdominal muscles and being more conscious of maintaining good posture.

The Bottom Line...The Bottom Line...The Bottom Line...

It is important to stress that there are many other lifestyle factors that are contributory. Standing or sitting for extended periods, wearing high heels, and being sedentary increase the risk of developing low back pain, as do obesity and back strain due to improper lifting. Up to half of pregnant women experience some low back pain. One survey of over 29,000 people found that there is a significant association between smoking and low back pain. *Leboeuf-Yde C, Kyvik KO, Bruun NH.*

Low back pain and lifestyle. Part 1: Smoking. Information from a population-based sample of 29,424 twins. Spine 1998;23:2207-13.

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