

of the Week...

What You Should Know About L3...

is involved with providing the primary nerve supply from the control centers in the brain to the *Vertebral segments and neurological pathways to the endocrine glands (including the thyroid, pancreas, reproductive and adrenal glands)*

It is commonly an area that is subluxated and associated with disturbed function of many organs and systems within the body. It is most commonly found to be a contributing factor in a variety of endocrine organ disorders.

L3 and the Endocrine System

L3, and by extension, the endocrine system, is a critical area when looking at its contribution to health and wellness.

There are numerous effects associated with endocrine system disturbances that include but are certainly not limited to:

1. Depression
2. Menopause
3. Menstrual problems
4. Infertility
5. Pancreas problems
6. Blood sugar regulation problems
7. Thyroid problems and
8. Decreased ability to cope with stress
9. Weight problems

An examination of just the pancreas, as an example, reveals the far reaching effects of how one area of malfunction can influence so many other aspects of the body.

According to Dr. Steve Hoffman, since the pancreas is involved in blood sugar regulation and if blood sugar regulation is disturbed... what could happen?

Since all muscles in the body run on sugar, a blood sugar regulation problem will result in a muscle problem. Chiropractically, this could mean that much more care is required to create stabilization. From a general health perspective, the heart is also a muscle and it is common knowledge that people with sugar problems almost always develop heart problems too. Everything is connected!!!

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

Here's another example... Once the adrenal gland is out of balance, the other endocrine organs compensate by changing their activity. The imbalance may cause a sluggish metabolism, poor circulation, sugar problems and compromised fertility. In this case, the key to balancing the endocrine system is to adequately support the adrenal glands. When the adrenal gland is given proper nutrition and neurological support, the other endocrine organs can return to balance.

This issue of the HealthTip of the Week is brought to you as a public service by...

Sleigh Family Chiropractic: A Creating Wellness Center

(847) 788-0880