

of the Week...

What You Should Know About L4...

is involved with providing the primary nerve supply from the control centers in the brain to the *Colon and Large Intestines*.

It is commonly found to be an area that is subluxated (misaligned producing abnormal nerve system transmission of information) and associated with the diverse series of health complaints resulting from the person being bowel toxic. The most commonly associated condition is ulcerative colitis.

What is a Ulcerative Colitis?

According to the Doctor's Resource Center, ulcerative colitis is a chronic inflammation of the colon. It is often characterized by frequent abdominal pain, fatigue, weight loss, decreased appetite, nausea and bloody loose stools.

While chronic inflammation of the colon may certainly result from an impaired nerve supply to the colon and chiropractic would be a first line approach to normalizing nerve system function, keeping one's eye on diet is essential to reducing inflammation anywhere in the body.

You can help reduce inflammation by increasing your intake of omega-3 fatty acids and drinking aloe juice.

On the other hand, eating right and having the

right diet for you is a major factor to improving one's overall quality of life and, indeed, helps is the amelioration and management of this health problem.

Suggestions include but are not limited to:

how one area of malfunction can influence so many other aspects of the body.

1. Cut back on sugar
2. Limit your intake of fat and fast food
3. Uncover food allergies or sensitivities

Other suggestions from the Doctors Resource Center include adding sprouted barley top your diet, supplementing with folic acid, adding pro-biotics to your nutritional regimen and, in one trial, supplementing with wheat grass juice improved the symptoms of 78% of the people in the group that took it.

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

While almost all of the nutritional information is common sense, perhaps looking at the full body manifestations of an L4 subluxation are in order. The bowels regulate the passage of digestive waste material from the body. Clearly, an inability to properly remove toxins from the body can also have wide ranging health effects. Everything is inter-related and you should always look to the nervous system as cause of BOTH health problems and health itself.

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