

## of the Week...

### What You Should Know About L2...

is involved with providing the primary nerve supply from the control centers in the brain to the *Cecum (also known as the small intestine)* – It is commonly found to be an area that is subluxated and associated with disturbed function of the small intestines (as was 10T) and is most commonly found to be a contributing factor in duodenal ulcers.

### What is a Duodenal Ulcer?

A duodenal ulcer is actually known by many other common names like ulcer, peptic ulcer, and gastric ulcer. Peptic ulcers more involve the stomach and duodenal ulcers are associated with the small intestine.

Normally, the lining of the stomach and small intestines are protected against the irritating acids produced in your stomach. If this protective lining stops working correctly (as you know, all function is controlled and coordinated by the nervous system), and the lining breaks down, it results in inflammation (gastritis) or an ulcer.

The following raise your risk for ulcers:

- Drinking too much alcohol
- Regular use of aspirin, ibuprofen, naproxen, or other nonsteroidal anti-

inflammatory drugs (NSAIDs).

- Smoking cigarettes or chewing tobacco
- Being on a breathing machine
- Radiation treatments

Obviously, all of the above are chemical stresses that, when chronic and beyond the body's ability to cope, can contribute to the development of health problems. By extension then, physical stresses like subluxation and emotional stresses can be contributing factors.

According to the Doctors Resource Center, you can reduce the risk of new duodenal ulcers by getting enough fiber. Fruits, vegetables, and whole grain breads and are good fiber sources. Licorice root can soothe inflamed mucous membranes in the digestive tract.

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

Emotional stress has been shown to increase acid production in the stomach. The reported association between stress and peptic ulcer might be attributable to a stress-induced increase in gastric acidity. During World War II, British physicians observed an increase of more than 50% in the incidence of ruptured peptic ulcers. Recently, an increased incidence of bleeding stomach ulcers was seen in survivors of the Hanshin-Awaji earthquake in Japan.

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