

Savage Business Review

Suffering from Asthma/Allergies? Turn spring into season of relief rather than misery!

Plan to attend important community workshop on asthma/allergies

If you have allergies or asthma, you know that spring can be a miserable time of year: stuffy nose, sneezing, shortness of breath and so on.

So imagine instead a spring season where you can enjoy the sunshine and outdoors with far fewer allergic or asthmatic episodes and, at the same time, maybe even save on items such as inhalers, prescription drugs and other medications that you may no longer need.

If this sounds appealing, then consider the benefits of neurological chiropractic care for individuals with asthma and allergies.

Over the years, LifeForce Family Chiropractic (LFFC) in Savage, through its neurologically based treatments of the spine and central nervous system, has helped those suffering with asthma and allergies.

As Dr. Wade A. Lofton, CEO and Founder of LifeForce Family Chiropractic, says, "When the nervous system breaks down, the body breaks down." The nervous system controls every aspect of an individual's body, Dr. Lofton says, including the immune system, hence the connection to being able to help those with asthma or allergies.

This can often be done through solving the nerve interference in the nervous system, and through the treatment of the subluxation of the spine. Subluxations are when bones in the spine put pressure on or irritate nerves causing abnormal nerve function.

National testimonies

Medical publications and the news media

nationally have been reporting over the past several years about the benefits of chiropractic care regarding asthma and allergies.

One recent story from KSPR-TV in Springfield, Missouri, featured a woman, Jami Lynn Lilly, who was helped for her allergies through chiropractic. An allergy sufferer, Lilly always had problems during the spring in Missouri. Her allergies would give her sinus problems and cause her eyes to water. "I get really bad sinus infections, for weeks I just look like I'm [crying] all the time."

She decided to see a chiropractor for her problem, and after her first visit she reported improvement. "He adjusted me one time for it, two or three days my nose just drained and then I was fine after that."

Lilly's chiropractor, Dr. Steven Baca, agrees with LifeForce's Dr. Lofton regarding how the nervous system is "the master controller of the body." The spine protects the spinal cord thus protecting the messages that are carried over the nervous system. So, as Dr. Baca told KSPR-TV, "If one of the vertebrae in your spine is out of place it could be putting pressure [on] or irritating one of your nerves. Maybe the nerve that controls your sinuses, your head, your throat or your immune system."

Other studies in Michigan, Ohio, New York, Canada and elsewhere support these findings.

Allergies often misdiagnosed

One related study showed that almost two-

thirds of those who take allergy drugs don't need them.

Dr. Sheryl Szeinbach of Ohio State University studied 265 patients taking allergy medications. The study found that 65 percent did not actually suffer from allergies. That means that those who are misdiagnosed can waste as much as \$80 or more a month for prescriptions, taking medicines they don't need. Additionally, side effects from these medication can also be a factor while, at the same time, the medications these people are taking fail to relieve the real symptoms.

Local testimonies

There are plenty of local examples, too, of how asthma and allergy sufferers have been helped by chiropractic.

Dr. Lofton helped Betty O., who gave her testimonial to the LifeForce clinic:

"I am grateful to the Lord for His answer to prayer for healing of my various afflictions. After my first evaluation in late Oct., 2011, I began treatment Nov. 1 and was asked to trust the TRT (Torque Release Technique) process for healing of my allergies. I met with my family physician to discuss Dr. Lofton's recommendation. At this time, early November, I was receiving two allergy shots per week, on Proventil...for asthma and was in my sixth month with this process. Again prayer helped me decide to discontinue allergy shots on Nov. 4. My family doctor reluctantly agreed after I shared my faith and information about the TRT process. I am now walking outdoors without use of my inhaler or allergy medication and less

frequently sneezing, runny eyes, and blurred vision or experiencing heavy breathing and wheezing/coughing. So I'm much better and enjoying my walks and new apartment that previously contributed to asthma/allergies."

Last September, Dr. Lofton and his staff also helped Irina, who commented:

"For over three years I had allergies and asthma with cough, stuffy nose, sneezing and shortness of breath almost every day. Doctors were not able to help me and when I heard about LifeForce Family Chiropractic treatment I had nothing to lose and I decided to try it. Two weeks after beginning the treatment all of my allergies and asthma symptoms went away, and I was able to sit outside on the deck with no allergies. Thank you for all of the LifeForce family team. God Bless you and all of your practice members."

Community Workshop

As spring—allergy season—arrives, LifeForce is offering a community workshop on the benefits of chiropractic care for asthma and allergy sufferers. The workshop is set for :

Time: 6:30p.m.

Date: May 16

Maximum seating is first 40 people
Location: LifeForce Family Chiropractic Clinic, 8734 W. Egan Drive, Savage

**TO SIGN UP FOR THE WORKSHOP,
CALL 952-746-4404.**

LifeForce Family
Chiropractic

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