



KELLY'S CORNER

by Jan Kelly

KEEPING THE SPINE IN LINE

Donna Beth Heitzman grew up in Syracuse, New York within a family much involved in medicine and healing. The daughter of a thoracic surgeon, her extended family includes many M.D.'s and nurses. Naturally, Donna Beth was always interested in the body and how it works. But she did not take the more conservative route to fit into this family medical mosaic. She enrolled in and graduated from the National Chiropractic College (outside Chicago) which paved the route for Donna Beth's contribution to the family and all who would visit and be healed by her.

Chiropractic comes from the Greek, meaning "hand," "to do," "to make." The study and practice, founded in 1895 by D.D. Palmer in

and every function of the body. When the vertebrae which make up the spinal column do not align or move properly, interference to the proper flow of nerve pulses occurs. This can manifest itself in a myriad of symptoms from fatigue, sluggishness, depression and anxiety leading to such problems as indigestion, insomnia, constipation, diarrhea and of course, pain which is why most people seek chiropractic care."

"We are often the last resort, and yet, a person will often get relief from their problem in the first visit. Many conditions take time to resolve, because the cause of the problem really occurred years ago from some injury long forgotten. After the initial jolt and trauma of a fall or auto accident, we begin to

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Davenport, Iowa, has become widespread internationally and in major cities and small towns—even towns as small as Provincetown (population 3,700 year round & 20-30,000 daily in summer). Donna lives here year-round, when any of the 3,500 year rounders need her most. Donna's first experience with a chiropractor came in 1975 when her friend Marian Roth took her for a visit. "There was nothing wrong with me that I knew about. I began my studies of the human body and reflexology. I was curious as to 'just what is a chiropractor?' I left the office that day wanting to know how to do "that." I felt so different, open, relaxed, freed-up. I had no pain before but felt so much better after."

Chiropractic acknowledges that the body heals itself. The innate intelligence heals and maintains the body. The nervous system controls every cell

feel better and we forget the incident. However such injuries 'knock things out of whack' and the body accommodates to that state of being.

"Later—years later—the body begins to manifest symptoms from this wear and tear. Spastic muscles from an injury actually pull the vertebrae out of place and a degree of this misalignment remains. The body accommodates. This causes an increase of the pressure in the joints. This creates more bone growth and this is a form of arthritis. We all have this type of arthritis, wear and tear to some degree or other. Chiropractic can arrest the progress of this type of degeneration to the spine by maintaining proper mobility of the spinal vertebrae. This allows the nervous system to flow through the spine out to the body and back again freely.

"People can be treated for neck pain or back pain. In the course of treatments the pain is alleviated or eliminated. Patients also notice that they don't have heartburn anymore, or that their menstrual cramps aren't as bad, or that their asthmatic symptoms are reduced, or that they don't get those sinus headaches

anymore. If those symptoms are caused by interference to the flow of nerve energy created by the vertebral subluxations, then that is when the function of two vertebrae is disturbed. Chiropractic spinal manipulations will most often cure or even eliminate those symptoms.

"The point where one feels symptoms is not always where the cause of the problem lies. Lower back pain and associated symptoms are often the way the body compensates for a neck misalignment. The most important parts of the spinal cord lie in the upper neck and at the base of the skull. These areas control breathing and other vital functions. Any time we fall there the neck undergoes a slight to severe jerk. to take the pressure off the neck, often the mid-back or lower-back take on the strain. Years of this pattern can create chronic lower-back or mid-back symptoms and a weakness that can lead to disc degeneration in those areas.

"So, if you've had lower back problems, even disc surgery, do not be afraid to seek chiropractic care. I went to chiropractic school with a few people in their early 30's who had had lumbar disc surgery prior to learning about chiropractic. These people were still having pain and sought chiropractic care. It helped them so much that they became chiropractors.

"Chiropractic is for everybody, from newborns to seniors. An infant does not get 'cracked.' Just touching the spine of an infant is an adjustment! Animals get adjusted—anything with a spine can get adjusted!"

Donna Heitzman moved to Provincetown in 1993 to join her life partner K.C. Smith. They work together doing Reiki and energy healing at the Provincetown Life Center for health. "The energy of Provincetown supports people in really being who they are. To be oneself is the greatest healing of them all."

Donna, K.C. and the rest of the staff at the Life Center support and contribute to self healing. A revolving door with a frown on an entry side and a smile on exit would fit.

"I wish people could see chiropractic as an essential tool to one's health and real well being. It is not the only therapy by any means. But nothing takes it's place. Most insurances cover chiropractic. HMO's do not, but on occasion an M.D. will refer a patient. many chiropractors will work out a financial arrangement as needed.

"Who can benefit from chiropractic care? Everyone—no question! From the acute situation where the person cannot walk or even move, to the occasional twinge in the neck or back, to someone who never experiences pain at all. The body endures stresses of all kinds on a daily basis with which it continually. Stress—physical, mental and emotional—demands a tremendous amount of energy just to keep our systems maintained. Mental and emotional stress added to a physical condition always make that situation worse. Often someone with a painful physical condition will come for chiropractic care and after a treatment, the

physical condition is a little improved but they 'feel better' mentally and emotionally.

"I believe in lifetime chiropractic care. To be examined on a regular basis, even when you fell good. How frequently depends on one's situation. Some people would be in a wheelchair if they did not come once a week. The adjustments keep them going, but for most people once a month is a good maintenance schedule. Some people come two or three times a year and they greatly benefit from this. Others will only come when in great pain, which may have been present for weeks, even months. This situation calls for several visits close together to deal with such an extreme condition. This person would have done much better coming in once a month. Twelve visits a year instead of six visits in two weeks."

Sobering and simple talk. Dr. Donna, a caring professional, can put you at ease from pain or discomfort to wellness, however timed by your body. From disease to ease, you'll be pleased when fear, skepticism, lack of information or availability of a chiropractor have all gone away and you are face-to-face or back-to-back with a great, drug-free healing method.

Pain, discomfort will move up and out, not with pills or shots but with your body, manipulated carefully and correctly. Your body will stand up for itself in the face of all life's bitter blows, including heredity. Feeling well is your jog, your responsibility to life and body. Difficult to do by yourself, seek out the best air, food, water, exercises, friendship and artistic outlet and the best people to help you when you can't do that extra bit. Give yourself the favor of a visit to the Life Center, up the lane, north of Lopes Square or call 487-0704 to find out how your mind and spirit can benefit from chiropractic care. It's reasonable on every level.

