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Newsletter
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Essential hypertension is the diagnosis of 95% of the high pressure cases which means cause considered to be unknown. Yet the lucrative treatment by the big pharmaceutical industry includes diuretics, vasodilators, beta blockers, calcium channel blockers, and ace inhibitors. Unfortunately, all these drugs perform other actions besides lowering blood pressure. Many doctors mix and match these drugs routinely. Multiple blood pressure studies have shown that drug therapy positive results were the very best when they were confined to the most extreme cases where blood pressure readings were at least 200 over 100. Yet there really are true reasons for high blood pressure.

Being overweight is a cause of high blood pressure. High blood pressure is a symptom when your body raises pressure to maintain a good supply of oxygen and nutrients to all organs and body parts. The heart by definition must pump harder to accomplish this, thus raising pressure. High blood insulin levels directly relate to high blood pressure. The high insulin levels damage vessel walls and the body raises pressure in these circumstances. So being overweight and high insulin levels are directly related to high blood pressure. A twenty pound weight loss will lower the blood pressure systolic number 10-8 points and the diastolic number 16-10 points.

The no salt diet or DASH method (Dietary Approach to Stop Hypertension) is a low-fat, lower cholesterol, and low salt diet. The average blood pressure loss is almost nonexistent, an average of 2.8 systolic lowering and 1.1 diastolic drop. The whole point of the above discussion is the meta-analysis of drug therapy from the Framingham Cardiovascular Study was that no measurable difference could be found for protection from stroke, cardiovascular disease, and congestive heart failure or mortality. Thus don't fall in love with blood pressure medication. If you're overweight lose weight and truly stop the adaptive physiology your body is performing to protect your organs.

Presently we have an entire dietary binder with specific instructions utilizing a low glycemic meal replacement called Ultrameal, and a detox cleanse product called Green's First, and an appetite suppressant called Gymnema to facilitate weight loss. The average patient following the regiment will lose 8-10lbs. in one month, and typically 15 lbs. around 6-7 weeks if their truly regimented. Exercise will tremendously assist in making the program work quickly and lowering insulin levels. This information listed above was taken from Dr. West's July 2007 Health Alert newsletter; please ask for a copy of the complete article on high blood pressure.

Blood pressure is also significantly affected by stress and thus those under significant stress may vasoconstrict resulting in an elevation of BP. The stress if prolonged over a period of time may elevate cortisol levels and result in adrenal fatigue

and again alter insulin levels in either direction, high or low, resulting in hypo or hyperglycemia. Products such as Adrenogen, Cytozyme AD, ADR Balance and Oxygenic B can help to strengthen the adrenal glands and balance insulin levels. Gymnema and Glucon also help to balance insulin levels especially when they are elevated. Where Oxygenic B and the adrenal supplements can work both from the low and high side of blood glucose levels. The main products to lower blood pressure are BP Balance, a natural herbal vasodilator, CoQ30 and CoQ10 Plus, Mgk Aspartate, and Cardio-Plus and Cardiotrophin. The homeopathic HCB Res and Tone, Renal Supp, Liquid Trace Mineral and Neuroreplete may also help in balancing pressure.

Recently in the office we had another lady succeed with her fertility regiment. We have received a few of pictures of other children whose mothers had either acupuncture and/or used specific nutritional protocols to help with their fertility issues. Presently we are hoping to gather photos to make a bulletin board showing off these healthy guys and gals that had a nutritional or acupuncture boost in their conception.

Chiropractically we are always amazed at what can happen. A patient presented with severe hip pain, was wheelchair bound, and could be assisted slightly out of the chair with office help. The patient had a dropped pelvis of 17mm on the right side. After a couple adjustments the patient could easily get out of the wheelchair and walk around the office and went from 17mm low right pelvic drop to 6mm left pelvic drop, which had to be balanced back to the center. Within the last few months we have had numerous patients with debilitating migraines either significantly or totally correct from their migraine patterns, some not having any headaches at all. Personally, I believe the combination of light force adjusting, tractioning, and manual adjustments have been very beneficial in these cases. Neurotransmitter balance, appropriate sleep cycles, and detoxification issues can be very important in restoring health in these patients. Thus products like Neuroreplete, Deproloft, Melatonin, Liver/Digest, Whole System Lymph, or Greens First can tremendously help in achieving this. We constantly continue to treat people with stenosis and disc problems resulting in low back and hip pain, sciatica, and lower neck and shoulder pain.

The majority respond well to chiropractic and physical therapy including ultrasound, muscle stimulation, and massage. Occasionally we will refer for an MRI study or pain injection if absolutely necessary, but never unless there are traumas, like an accident with fracture, would I recommend a fusion surgery. Your spine was made to move; to biomechanically flex, extended, and laterally bend, not to be fused.

Sincerely yours in health
Dr. Jerry Markley