

HEARTBURN AND ULCERS



A 25 year-old engineer was afflicted with terrible heartburn almost daily. For years, his pockets were filled with Rolaids. He even joked that he should buy shares in the company! One day, he reluctantly went to a chiropractor – on his wife’s recommendation – for a very stiff neck. His neck felt quite a bit better after the adjustment, but the big surprise came when he realized, a few adjustments later, his heartburn was totally gone! He had had the problem for years, had consulted numerous physicians and specialists and had been subjected to a whole array of very unpleasant tests (some of which you too might have experienced), all to no avail, with no answer or solution. And now, the heartburn was all gone!

He asked the chiropractor who was treating him how this was possible, and he responded that some of the nerves going to his stomach were not working properly, because they were “pinched” by bones out of place in his back. The patient was not sure what to think, but it’s hard to argue with success!

The chiropractor was not one from this office... but the patient was. This is the story of yours truly, Dr. Pierre. I was so impressed at how chiropractic changed my own life that I quit engineering to go back to school and become a chiropractor myself. It was a hard decision to make, but one that I have never regretted. Everyday, I see the wonders chiropractic can do in the lives of my patients, and I thought my story would make a great introduction to this week’s article: heartburn and ulcers.

Some interesting research on the subject was published in 1994 in the *Journal of Manipulative and Physiological Therapeutics*. Eleven adults with ulcer disease that was endoscopically confirmed (which means they actually inserted a camera in the digestive system to confirm the presence of an ulcer) were given a series of chiropractic adjustments and the results were compared to a control group of patients given traditional medical treatment. The results were spectacular: The chiropractic patients experienced pain relief in an average of 3.8 days, and clinical remission (confirmed endoscopically) an average of 10 days earlier than the control group!

This is consistent with the results that we see in our clinic with heartburn patients. The vast majority experiences relief quickly, and permanently in many cases. For testimonials check www.harperchiro.ca.

So we hope that if you or someone you know experiences heartburn or has ulcers, you will give chiropractic a try – but sell the Rolaids shares first!

To all our patients please note: Wednesday October 3rd is our Thanksgiving Food Bank day. In lieu of paying for your adjustment, please bring a bag of non-perishable food or give a cash donation. All proceeds will go to the Coaldale food bank. Thank you for your generosity in helping those less fortunate.

Dr. Liana Harper and Dr. Pierre Gaulin are in private practice in Coaldale, and are the proud parents of two healthy children. They can be reached at

Harper Chiropractic Health Centre at 345-2266
or their website at
www.harperchiro.ca

Disclaimer: The above represents the opinion of the authors, based on extensive research and years of clinical practice. It is not intended for self-diagnosis and treatment. Please consult a health care professional as your specific condition might require different recommendations.