

DEPRESSION

Depression is a serious problem that affects millions of people today. It is so disruptive, harming their ability to function properly affecting your work, relationships and family. You can be happy one day, depressed the next, not knowing what happened to you. It also leaves loved ones, co-workers and friends feeling helpless. Anything that can be done to help is worth serious consideration.

I see this problem daily in my practice and I am frequently able to help. The reason I am able to help many people is due to the specialty of my practice: the head and neck (cranial-cervical) section of the body. These structures protect the brain and brainstem of the central nervous system. If this area has been injured and is not properly aligned, you will have abnormal functioning of these neurological tissues. This can't be stressed enough for people who have symptoms arising from this area.

The cervical spine is the most important section of the entire spine. The proper alignment of the cervical spine allows the head and neck to move completely through all of its ranges of motion. There are billions of neurons and sensory receptors that depend on this correct alignment and smooth movement to send messages back to the brain and also receive ones from the brain.

The cervical spine is a highly sophisticated column that must balance the weight of the skull perfectly on top of it. This balance is of great importance; if it is not balanced correctly then the health of the entire central nervous system suffers. When this happens depression, headaches or pressure in the head can occur.

Head injuries throughout our life harm this area. Some people have serious injuries and others have more subtle ones. But if these injuries cause trauma to the brain and misalignment to the skull and cervical spine, then many symptoms can arise.

Because this is my specialty, I am able to help patients with serious symptoms and conditions related to this area. I practice the NUCCA, National Upper Cervical Chiropractic Association (NUCCA.org), form of chiropractic. It is a scientific system of chiropractic that specializes in the treatment of cranial/cervical injuries and misalignments. Anyone who has a health problem that stems from the head and neck needs to investigate the NUCCA system of chiropractic and seek treatment. The problems that are associated here are too important to ignore.

It is my great pleasure to practice in this specialty to work with these patients and help understand their problems and injuries and attempt to offer help. When we are successful, there is no greater joy.

Dr. Steven N. MacDonald, D.C.