

Opioid Medications Or Natural Drug Free Approach?



Christopher Chase, D.C.

We've all read, picked up or experienced lately a growing prescription opioid crisis in America. Many of our neighbors, friends, relatives or loved ones have been devastated physically, emotionally and financially due to the addictive nature of opioid medications, and opioid use is unfortunately all too common. The fruits of this crisis are frustration, anger and despair, and does not sit well with most.

No one has ever set out to become an addict.

Opioid victims are usually good, hard working folks who have back and neck pain, headaches or some other pain that has not been addressed satisfactorily. Unfortunately, most people do not know there is a viable, natural and drug free choice, and at worst, folks may have been discouraged from searching a drug-free, natural health care approach.

Walk the talk, take action, and make a difference!

Recently, an intimate gathering of influential Connecticut State policy makers and Connecticut Senator Richard Blumenthal met with select concerned citizens uniquely positioned to make a substantial difference in the Connecticut opioid crisis. The organizer, Dr. Karlos Boghosian, founder and CEO of SoVita Chiropractic Center of Connecticut, recognized the devastating consequences for patients.



Pictured: Senator Blumenthal (left) and Dr. Karlos Boghosian

He and those policy makers take this issue to heart, and are determined to make a positive change through concrete alternatives to opioid medications. The policy makers know there's a significant problem, and agree that a natural approach should be first considered. Chiropractors like Dr. Boghosian stand for a natural, conservative and drug free approach.

How do opioids work?

"Opioids act by attaching to specific proteins called opioid receptors, which are found in the brain, spinal cord, gastrointestinal tract and other organs in the body. When these drugs attach to their receptors, they reduce the perception of pain." (*National Institute on Drug Abuse*)

Opioids literally alter the master control center of the brain and spinal cord.

You're so amazing!

The master control center is responsible for delivering information from your internal and external environment and helping your body adapt to its current situation. Your brain does this continuously, twenty-four hours a day, seven days a week, by picking up information from your environment via sensory nerves and sending messages over your nerves to every cell, tissue and organ of your body.

For example, the turkey sandwich with mayo you are eating for lunch gets processed by your body for fuel and raw materials to defend you from the cold virus, heals your paper cut, and enables you to process this article. It's not a just great sandwich, it's your amazing body directed by your brain.

Straight off, what if you followed our direction....

A patient could have a bio-mechanical problem in their spine that interfered with the nervous system, which could cause a body signal such as back or neck pain. In this case, it would make sense to use a bio-mechanical solution.

If there's an aberrant positioned vertebrae of your spine outside what could be considered normal range, then a correction or adjustment to the vertebrae or the spinal segment would be necessary to restore normal function, often leading to relief or a lessening of symptoms or body signals.

Think of a foundation of a house that is off by just a few inches. What do you think would happen to the walls and framework above the unlevel foundation? Likely, there would be cracks in the walls, the windows would not open and close properly and the door frames would not be level. Certainly, most people would patch the cracks and lubricate the squeaky windows and doors to temporarily address the problem. However, the problems persist because the underlying foundation issue was not yet addressed.

What type of doctor locates aberrant motions in the spine?

Chiropractors at SoVita Chiropractic Centers use a gentle, specific and natural approach to health care. In the history and examination process we collect data to locate and analyze aberrant vertebral positions of the spine called subluxations. We give our best recommendations to properly reduce or correct these subluxations, which includes specific homework for the patient to complement in office visits.

It's up to patients to take control of their in-home care plans.

The choice of care is always up to the patient, just as potentially addictive medications or minor to major surgery are common choices. We think a natural, drug free, conservative health care approach should be the first choice, not a desperate last resort.

What makes more sense to you and why?

To use a highly addictive chemical medication to treat a mechanical problem.

Or...

Making gentle, precise and calculated adjustments to the spine, enabling your body to utilize recuperative efforts to do the healing? Drugs and surgery will always be there, but this doesn't mean they are better options.

About Dr. Christopher Chase:

Dr. Christopher Chase, D.C., has practiced for more than 19 years in New Jersey and Connecticut. Dr. Chase is a graduate from Central Connecticut State University and LIFE University School of Chiropractic. He is a noted local speaker on various health topics and in a private practice at SoVita Chiropractic Center in Derby. His focus is detecting and correcting biomechanical structural derangements of the spinal column. He may be contacted at (203) 736-6356 or www.sovitaderby.com



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