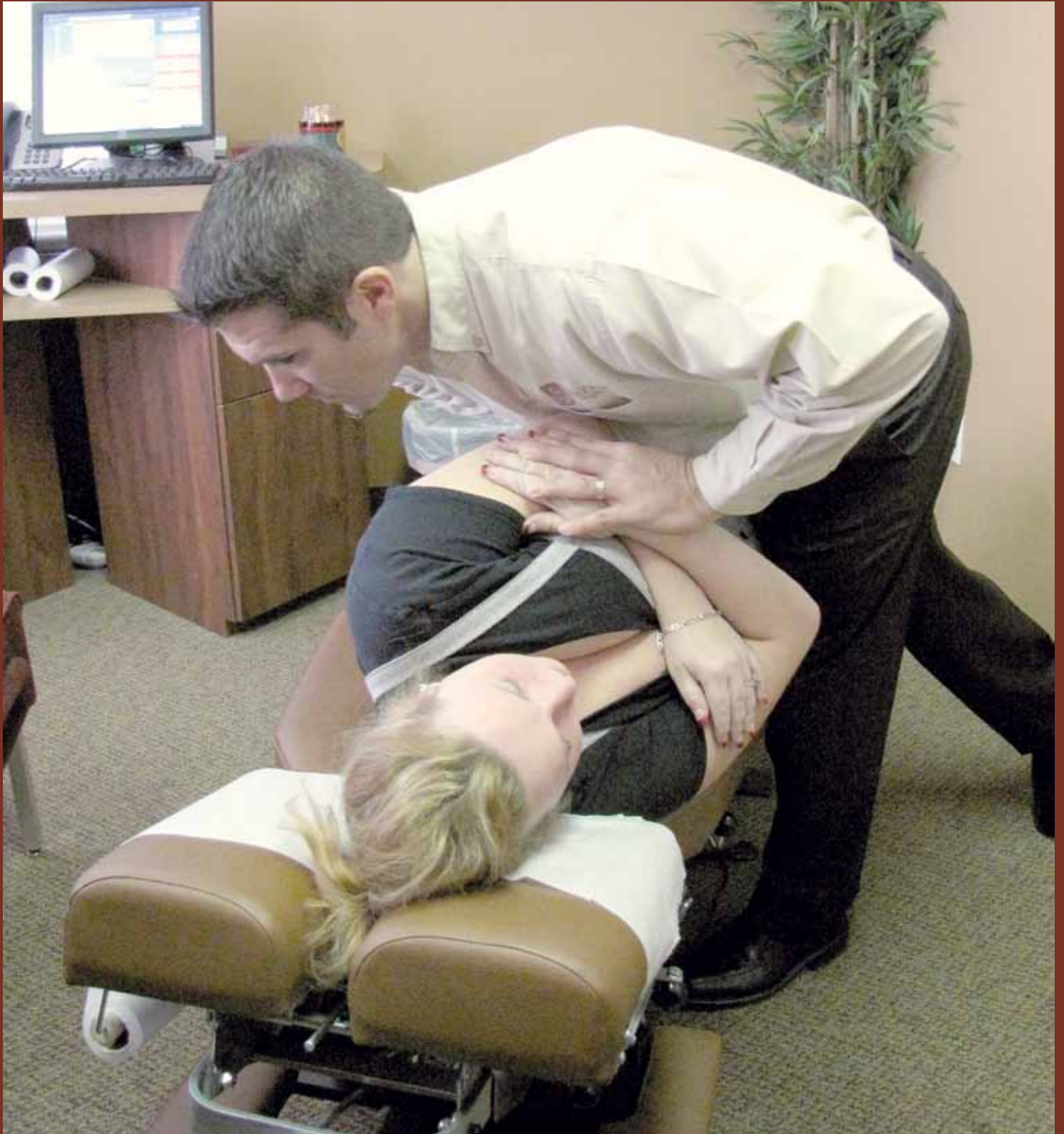


Better Health, Better Life Through Chiropractic

By: Candace Carver



Dr. DeRamus adjusting a patient

The practice and art of Chiropractic can be traced back to 2700 B.C., in ancient writing of China and Greece where they write of spinal manipulation and the maneuvering of the lower extremities to ease low back pain. Hippocrates, the Greek physician, who lived from 460 to 357 B.C., also published texts detailing the importance of chiropractic care. In one of his writings he declares, "Get knowledge of the spine, for this is the requisite for many diseases".

But unfortunately, in modern day society, Chiropractors get a bum rap on some occasions. Those uneducated in the science of chiropractic see it as a 'voodoo' type approach to relieving various ailments. But, chiropractic is far from voodoo science.

So what is chiropractic and why is it so misunderstood? Owner of Sandstone Chiropractic in Montgomery, Dr. Tony DeRamus says, "Chiropractic when explained properly actually makes a lot of sense. We have to admit that there are many chiropractors that are giving slightly different explanations, but the majority have similar approaches to treatment and are accomplishing the same result, regardless of their explanation."

Dr. Tony DeRamus is a 1998 graduate of Parker College of Chiropractic in Dallas, Texas. Although he has spent his entire adult life involved in fitness and nutrition, it wasn't until he decided to attend Chiropractic College that his passion turned into a career. Dr. DeRamus has spent the last ten years helping patients in Pearland, Texas where he grew his practice to one of the top 2% in the country. During this time, he was voted one of "America's Top Chiropractors" for two consecutive years. Just over a year ago he opened his clinic in Montgomery. Little did he know that his practice would grow so dramatically in that short time period. Dr. DeRamus is quick to attribute much of the success to his caring and hard working staff.

Sandstone Chiropractic offers improved health and wellness for everyone-athletes, infants, children, adults, and senior citizens. One of his young patients, Owen, had chronic sinus infections for several months. "He was on several rounds of antibiotics but nothing ever helped," said his mother, Kati. "But after a few months of treatment by Dr. DeRamus, Owen no longer suffers from the chronic sinus infections." Owen continues to see Dr. DeRamus on a periodic basis. His treatments last about 10 minutes and then he is up and running around. Kati herself is treated by Dr. DeRamus for a chronic pain condition she has as well.

The most common form of chiropractic is the spinal adjustment. Each vertebra has corresponding nerves in the body that effect different areas. Chiropractors are highly skilled in the hands-on art of spinal adjustment. An adjustment involves applying a specific force in a precise direction to a joint that is troublesome such as not moving properly. As explained by Dr. DeRamus, "The chiropractic adjustment is the foundation of our approach and the reason why we are successful when other methods alone have failed." The words "chiropractic adjustment" describes ways of using a carefully directed and controlled pressure to restore spinal bones to a

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Sandstone Chiropractic understands that not all patients are alike. Many patients require different techniques based upon their condition, age, and preference. They will tailor your care specifically for you by using traditional chiropractic or a computerized precision adjusting instrument.

well as an adjunctive therapy with chiropractics.

Acupuncture is a component of traditional Chinese medicine that originated in China over 5,000 years ago. It is rapidly becoming one of the top alternative treatments for addressing a variety of conditions from chronic pain to weight loss. Acupuncturists insert needles into specified points

along meridian lines to help restore balance to the body for healing. There are over 1,000 acupuncture points on the body. While the thought of needles might send you running, most are just a bit thinner than a human hair and most patients don't even feel them.

Another service offered at Sandstone Chi-



Acupuncture needles in a patients forearm

Regardless, they are always comfortable, safe, and gentle.

At Sandstone Chiropractic, Dr. DeRamus offers more than just chiropractic services. The clinic employs a Therapeutic Massage Therapist and an Acupuncturist. While DeRamus can adjust the spine and joints, if the muscles are not working properly they may have an impact on the spinal movement and alignment. So combining the treatments offers a total health solution.

As Dr. James Chestnut eloquently stated, "People are sick and dying because they are living incompatible or incongruent with their genetic make-up based on how they eat, move or think." "With this thinking ingrained into our philosophy," says Dr. DeRamus, "We believe that in order for us to achieve what many have termed 'wellness' and not just the 'absence of disease or sickness' requires an integrated approach. By offering a multi-faceted approach to our care, we try to eliminate, or at least strengthen your body to cope with the daily stresses of life."

Acupuncturist Stacy Tenant has been practicing for about 4 years. She is a graduate of the American College of Acupuncture and Oriental Medicine. Like Dr. DeRamus, she also had a positive experience with acupuncture prior to her decision to become one. Acupuncture works very



*Top L to R – Stacy T, Dr. DeRamus, Lindsay
Bottom L to R – Blair, Stacey J., Patty*

ropractic is Neuromuscular Therapy by therapist Patty Garcia. Patty has been practicing this specialized form of massage therapy for more than 10 years and her passion today is as strong as it was the day she began. By definition, Neuromuscular Therapy is the utilization of static pressure on specific myofascial points to relieve

Neuromuscular Therapy is used to address five elements that cause pain:

- Ischemia: Lack of blood supply to soft tissues, which causes hypersensitivity to touch
- Trigger Points: Highly irritated points in muscles, which refer pain to other parts of the body
- Nerve Compression or Entrapment: Pressure on a nerve by soft tissue, cartilage or bone
- Postural Distortion: Imbalance of the muscular system resulting from the movement of the body off the longitudinal and horizontal planes
- Biomechanical Dysfunction: Imbalance of the musculoskeletal system resulting in faulty movement patterns (i.e., poor lifting habits, bad mechanics in a golf swing or tennis stroke, computer keyboarding)

pain. This technique manipulates the soft tissue of the body (muscles, tendons and connective tissue) to help balance the muscular system. According to Patty, "Combining chiropractic and neuromuscular therapy only makes sense given the impact we can have on the muscles, bones, and nerves at the same time."

Dr. DeRamus offers excellent Chiropractic care at Sandstone in the Blue Heron Center in Montgomery. With the addition of acupuncture and neuromuscular therapy, the clinic is well on its way to encompassing total body wellness. Just walking through the front door you can feel your stress and tension ease away with the rich warm décor, soothing music and fragrant candles. It is extremely peaceful.

If you are suffering from chronic pain or just looking to improve your overall health, give Sandstone Chiropractic a call. Their knowledge of handling and caring for newborns to assisting the elderly is unsurpassed. As a sports chiropractor, Dr. DeRamus has had the unique opportunity to care for many professional athletes, as well as local sports teams. Sound diverse? You bet they are. As Dr. DeRamus puts it, "Everyone deserves quality chiropractic care!" ♦

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