

# It's all about the Heart



Dr. Jay Rothstein  
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Since February is the month of love I thought it would be a good idea to talk about the heart. Heart disease is the leading cause of death in the United States. Almost 2,000 Americans die of heart disease each day. Cardiac arrest is the sudden cessation of normal heart rhythm which can include a number of pathologies. Tachycardia is an extremely rapid heart beat which prevents the heart from effectively pumping blood and asystole, which is the cessation of heart rhythm entirely.

The average human heart, beating at 72 beats per minute, will beat approximately 2.5 billion times during an average 66 year lifespan. It will pump oxygenated blood through the entire circulatory system. The body of an adult contains over 60,000 miles of blood vessels. An adult's heart pumps nearly 4000 gallons of blood each day.

Some cardiac cells are self-excitabile, contracting without any signal from the nervous system,

even if removed from the heart and placed in culture dish. Each of these cells have their own intrinsic contraction rhythm. A region of the human heart called the sinoatrial (SA) node, or pacemaker, sets the rate and timing at which all cardiac muscle cells contract.

Since the heart has a lot of work to do it must do so effectively and in an organized fashion. This is the job of the nervous system.

As a Doctor of Chiropractic, we focus our attention on neural connections in the body which includes the heart. As practitioners of Network Spinal Analysis (NSA), we use a light touch approach to Chiropractic and focus on the overall tone of the body supporting synergy between all the systems, including the nervous system. Restoring proper synergy will allow your heart and other organs to function at their optimum.

If you already know that your system is on overload, or simply would like to find out, call our office @ 516-785-2662. Mention 516ads and receive a complimentary nerve efficiency exam in the month of February.

Dr Jay Rothstein  
Dr Robin Sherman-Rothstein  
[www.rfamilychiropractic.com](http://www.rfamilychiropractic.com)  
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