

# Healthy Living Chiropractic Newsletter

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Tired of being sick and tired? Welcome to the world of chiropractic – discover how natural health can be.

What has made Chiropractic the second most popular health care system in the world? Why do tens of millions of people (and the numbers are growing!) visit their neighborhood doctor of chiropractic?

It's because Doctors of Chiropractic can locate and correct subluxations, small distortions in your spine and body structure that can cause tremendous health damage if not corrected.

So many people have subluxations in their bodies – young and old alike – that it can be considered a hidden epidemic. No other health profession devotes such serious scientific study to the body structure and the correction of subluxations.

You get your eyes, your teeth and your blood pressure checked regularly – what about your spine and body structure?

Enjoy the benefits of Chiropractic, the largest natural, drug-free, healthcare system in the world.

*Health is the state about which medicine has nothing to say.* – W.H. Auden

*What is not in nature can never be true.* – Voltaire



## HAPPY GRADUATION! Congratulations!

(Now get a job.)

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### How to solve the healthcare crisis in America

There are too many drugs, too much surgery and little to show for it. The more drugs we take, the sicker we are.

We need to change our approach towards health.



The medical approach is bankrupting us and we're not getting health in return. Much of medical care involves waiting until someone is broken and then going to a doctor to get a name for it and drugs to suppress the symptoms.

Is there an alternative? There sure is! It's called chiropractic maintenance care (MC) – visiting your chiropractor periodically to keep healthy. Does it work? There are many studies revealing the physical and mental/emotional benefits of seeing a chiropractor. Look at this study of individuals 65 years of age and older that revealed that those under maintenance chiropractic care had:

- Reduced nervousness
- Possible reduced depression
- 50% reduction in medical visits
- The need for hospitalization ... was 1/3 of people of the same age.

Want to solve the healthcare crisis that is bankrupting the country? Give everyone chiropractic care. The result will be less drug taking, less surgery and greater health. Wouldn't everyone want their parents and grandparents to have healthy spines and bodies with no subluxations damaging their nerves? (1)

## **Statin drugs (i.e. Lipitor™, Zocor™) lower testosterone and sexual function**

Statin therapy prescribed to lower cholesterol also appears to lower testosterone, according to a new study that evaluated nearly 3,500 men who had erectile dysfunction or ED. Researchers were shocked to discover that men on statins were twice as likely to have low testosterone.

Statins are among the most popular drugs in medicine with the number of people buying them (i.e. Lipitor or Zocor) rising 88% from 2000 to 2005. Thirty (30) million people are taking these unnecessary, useless and dangerous drugs says the Agency for Healthcare Research and Quality.

The mechanism of action is not known. However it is known that cholesterol is needed for testosterone production. To this we say: "Duh." (2)

Post script: Low-fat, low-cholesterol diets are killing people and making their lives miserable. For good health make sure you eat organic foods such as eggs, butter, raw milk and other healthy fats and oils and avoid canola oil, soy oil, corn oil and other cheap, processed vegetable oils (extra virgin olive and coconut are good oils). Avoid processed carbohydrates and non-organic fruits and vegetables.

Great sources of information on this are at [www.ppnf.org](http://www.ppnf.org) and [www.westonaprice.org](http://www.westonaprice.org).

## Big pharma exec turner whistleblower

He spent 35 years of his life working for the pharmaceutical industry. "They do nothing but annihilate the population of the world ... to make money, money, money ... my hands are just as dirty as these people." Hear and see the rest of this incredible story at:

<http://www.youtube.com/watch?v=s-8ltXRMPfA&feature=related>

## Nutrition department – chocolate



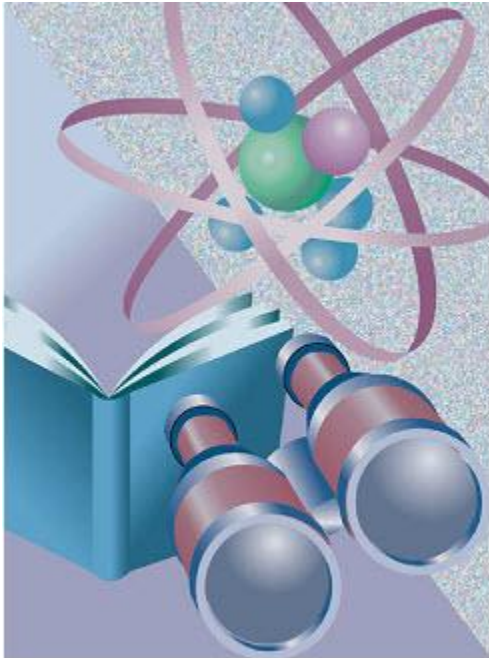
This must be proof that there's a divine wisdom that loves us and wants us to be happy. Cocoa is known to contain flavanols, chemicals associated with improving the function of blood vessels, along with higher levels of antioxidants. Avoid brands that contain high fructose corn syrup (HFCS) and artificial flavorings. An eight-year study, of nearly 30,000 people aged 35 to 65, confirmed the results of previous, smaller studies into the health benefits of cocoa products ... even one square of chocolate can be beneficial. But researchers found that if the dose is increased by just six grams, there were 85 fewer heart attacks and strokes per 10,000 people. For more information, go to <http://healthfreedom.org/a-chocolate-bar-a-day-can-cut-the-risk-of-heart-disease-and-stroke>. For a list of HFCS free chocolates (and other HFCS free foods as well), go to <http://www.stophfcs.com/list.html>.

## The Mafia and the flu shot



Was Mafia Boss Gambino killed by his enemies when they convinced him to get a swine flu shot? *Time* magazine reported: "Unverified Mob talk last week went so far as to suggest that Galante ordered his spies within the Gambino family to persuade the capo di tutti capi to take a swine-flu shot, knowing that a frail individual with a heart ailment and hardening of the arteries might succumb. According to federal sources, Gambino did get his flu shot shortly before his death." (3)

## Researching Chiropractic



**Chiropractic and headache.** Patients received adjustments once or twice per week for 8 weeks. While everyone who received care benefitted, those who received more adjustments had the best outcomes with as much as a 50% improvement in pain. (4)

**Chiropractic and dizziness.** This study was designed to see if chiropractic care can affect balance, chronic pain and associated dizziness in older adults. Thirty-four (34) patients were enrolled in either a non-chiropractic care group or a chiropractic care group. Assessments were made at baseline and 1, 2, 6 and 12 months later.

For the 9 patients with dizziness, a clinically significant improvement in Dizziness Handicap Index scores was observed at 1 month and remained lower than baseline thereafter; this was not true of the group who did not receive chiropractic care. (5)

**Chiropractic and motor and vocal tics.** A 20-year-old woman began experiencing motor and vocal tics at the age of three. She had never taken medication for Tourette's Syndrome, but had tried to control it by taking magnesium and calcium supplements. Chiropractic care was administered after initial exam revealed disturbances to the nervous system resulting from vertebral subluxations that were found using chiropractic analysis. The patient was seen 32 times over the course of one year and experienced significant decreases in the occurrence and severity of her motor and vocal tic episodes as well as an improvement in headaches. (6)

## Words of Wisdom



“To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, kindness.”

“What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places—and there are so many—where people have behaved magnificently, this gives us the energy to act, and at least the possibility of

sending this spinning top of a world in a different direction.

The future is an infinite succession of presents, and to live now as we think human

beings should live, in defiance of all that is bad around us, is itself a marvelous victory.” – Howard Zinn

## Go on a vacation!

It's not that we don't love you but sometimes the best thing you can do is to go away. Relax, enjoy yourself, take time out for number one. Studies show that those who take vacations, and who take a lot of them, are happier and healthier. And don't forget to forget the sunscreen. See below.



## Skin cancer rates rising at record pace (So get some sun and avoid sunscreens)



Experts are not always right.

Experts told Columbus the world was flat. Experts told the Beatles that their sound wouldn't sell. Experts said that 256K memory was enough for everyone.

Now we have experts again spewing nonsense.

What nonsense? Experts say that we should avoid the sun. Lots of people

have been concealing themselves from the sun's rays, and are slathering on the gooey mess known as sunscreen.

However,

Researchers are telling us that skin cancer cases have increased 77% between 1992 and 2006, and they're still increasing by 4.2% annually. And this is after \$billions are spent on sunscreen.

If the sun were really causing skin cancer, and if sunscreen prevented it, cancer wouldn't be increasing, it would be decreasing. Look around – only a few decades ago people were not so scared of the sun and spent far more time getting bathed in its rays – and skin cancer was practically unheard of.

Avoid sunscreen. Save your money and don't purchase this useless, dangerous product. Think of it like the flu shot – a dumb idea.

People with the highest levels of vitamin D have the lowest risk of skin cancer.

Vitamin D is also correlated to less depression, a reduced likelihood of getting many different kinds of cancer, a healthier immune system and improved endocrine and hormone levels. And where has humanity traditionally gotten Vitamin D? From the sun, of course.

Sunscreen is dangerous. First of all sunscreen blocks the sun and prevents you from making vitamin D. In addition, putting on sunscreen gives you a false sense of security that you can stay out longer, increasing the chances you will burn.

Also, the ingredients in sunscreen have been linked to cancer, birth defects and sex problems. Where do you think that stuff goes when you put it on? It goes through your skin into your inner parts.

Enjoy the sun and get lots of vitamin D. You'll be healthier and happier. Just use some common sense and don't burn. Most people will simply get a nice tan after a few days – a sign that the sun loves you and you're getting a lot of what your body needs to be healthy.



## Humor

### The economy is so bad that ...

- I got a pre-declined credit card in the mail.
- African television stations are now showing 'Sponsor an American Child' commercials!
- I ordered a burger at McDonald's and the kid behind the counter asked, "Can you afford fries with that?"
- CEOs are now playing miniature golf.
- Merck laid off 25 Congressmen.
- My ATM gave me an IOU!
- A stripper was killed when her audience showered her with rolls of pennies while she danced.
- I saw a Mormon polygamist with only one wife.



- I bought a toaster oven and my free gift with purchase was a bank.
- Barack Obama changed his slogan to "Maybe We Can!"
- If the bank returns your check marked "Insufficient Funds," you call them and ask if they meant you or them.
- McDonald's is selling the 1/4 ounce.
- Angelina Jolie adopted a child from America.
- Parents in Beverly Hills fired their nannies and learned their children's names.
- My cousin had an exorcism but couldn't afford to pay for it, and they re-possessed her!
- A truckload of Americans was caught sneaking into Mexico.
- Motel Six won't leave the light on anymore.
- A picture is now only worth 200 words.
- They renamed Wall Street "Wal-Mart Street."
- When Bill and Hillary travel together, they now have to share a room.
- The Treasure Island casino in Las Vegas is now managed by Somali pirates.

**Bye!!!**



Please write or stop by and give us your feedback. Are there any subjects you'd like to hear about? Anything you dislike? Feedback is always important to us. And, of course, if you'd like hard copies of this newsletter stop by the office and we'll give you some for your friends and relatives. If they have e-mail, have them write to us and we'll add them to our subscriber list.

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