

Healthy Living Chiropractic Newsletter

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What has made chiropractic the second most popular healthcare system in the world? Why do tens of millions of people visit their neighborhood Doctor of Chiropractic – and the numbers are growing!

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.

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

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Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation might be, you can survive it. – Bill Cosby

People who see chiropractors are healthier



It's true. Numerous studies have confirmed what chiropractors and their patients have known for a long time: people who visit chiropractors for regular care are healthier – no matter how old or young.



For example, in one study the researchers concluded: “[Chiropractic] patients report significant positive changes in physical health, mental/emotional state, stress and life enjoyment...” (1)

While in another study it was found that: “Chiropractic is associated with significant benefits in physical and mental/emotional state and combined wellness.” (2)

In yet another study the authors found that: “Chiropractic users were less likely to be hospitalized, less likely to use a nursing home, and less likely to use prescription drugs, more likely to have better health, to exercise, to be mobile.” One of the more interesting things about this study was that it involved people over 75 years of age!!! (3)

There’s even more. An informal research poll we recently conducted in our office has revealed that not only are people who visit chiropractors healthier but they are also better looking, funnier, wittier and they sing better too!

Special report: Posture and chiropractic



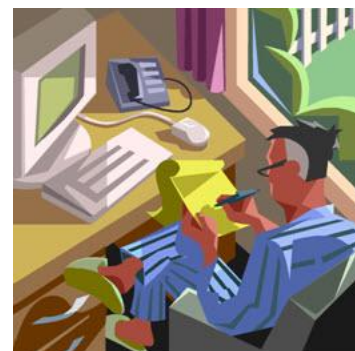
Good posture is a comfortable, relaxed, balanced state that provides you with energy, poise and stability. When you have good posture your head is balanced over your hips, your chin is parallel to the floor and your pelvis is level. You walk with energy and lightness to your step. Good posture is essential for physical and mental health.

Poor posture, on the other hand, stresses your neck, back, hips, legs, knees and feet – even your brain! It can lead to chronic fatigue, pain, decreased lung capacity, headaches, eyestrain and brain stress. In time, poor posture can lead to loss of height, and

spine, bone, joint and disc degeneration – your movements become stiff and halting, you look older and you age faster.

Computer stress

In a few short years computers have invaded our workplaces, homes and laps. The dream of the original computer pioneers of a computer in every home has become a reality – and so has computer stress: eye strain, wrist pain and the other discomforts that occur from long periods of computing. How can we avoid such stress?



To relieve eye stress, keep your eyes at least 18"-24" from the screen and rest them periodically – look out into the distance or out a window. If you face a wall, place a mirror near your computer and focus on a distant object through it. Also breathe deeply because shallow breathing creates tension and fatigue. Remember to get up and walk around, stretch and relax.

Sleeping posture

Proper sleep posture can relieve stress on your brain, spinal cord and discs, enhance body healing and repair, restore lost energy and improve psychological health.

But if you awaken tired, achy, tense or irritable it may be because of poor sleep posture. For example, a "fetal" position, with your knees up and your head down reverses your low back and neck curves and increases stress. Stomach sleeping hurts your neck, mid back and hips (a pillow or towel under the hips will help straighten the spine if you continue stomach sleeping, which you shouldn't). The ideal sleeping posture is on your side, legs nearly straight, head level and supported by a soft pillow; lying on your back is second best.

What about mattresses?

In a comfortable bed you may move, in your sleep, 20 to 30 times a night. But on a hard bed you may move up to 100 times a night! A too hard mattress that doesn't "give" in the hip and shoulder area will resist, rather than conform to, your shape. That can cause spine, shoulder and hip discomfort and pain just like a too soft or a lumpy mattress.

Return to good posture

As your doctor of chiropractic relieves stress on your spine, nerves and muscles, you'll discover increased balance, coordination and energy. That's one reason why professional athletes, who are exquisitely sensitive to their balance and poise, use chiropractic care to maximize their performance.

Did you know? Don't talk to the police



I don't expect you to have police confrontations (who does?) but this talk, entitled "Don't Talk to the Police" by Professor James Duane is incredible. After he speaks a police officer is asked to comment. Those comments are amazing as well. Please send them to your friends, family members and associates. Forewarned is forearmed.

<http://video.google.com/videoplay?docid=-4097602514885833865#>

<http://video.google.com/videoplay?docid=-4097602514885833865#docid=6014022229458915912>

Why my practice has virtually no autism

by Mayer Eisenstein M.D. J.D. M.P.H., <http://homefirst.com/>

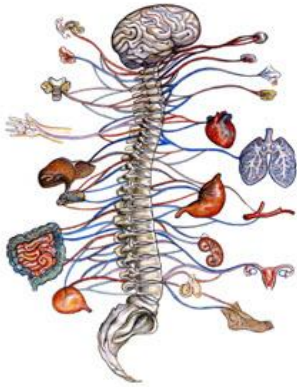
Dr. Eisenstein's years of practice records were researched and it was found that autism was practically non-existent in the 35,000 children he has had in his practice. Find out why. This video was shot during a recent presentation at the American Medical Autism Board's Second Annual Conference on Autism Spectrum Disorders in Troy, Michigan in March 2010. See it at: http://www.youtube.com/watch?v=N7UY_wm-GtU

Low cholesterol doesn't protect against heart attacks

Don't fall for the latest diet fad – eat traditional nutrient-dense foods and avoid low fat diets, statin drugs or scare tactics designed to make you feel guilty, weak and helpless. The facts have been known for over a generation: 75% of the people who have heart attacks have “normal” cholesterol.

Statin drugs are dangerous – you need cholesterol. Cholesterol is an antioxidant and fights inflammation. Low cholesterol levels have been linked to depression, cancer, infection, low testosterone and other conditions. (4)

Chiropractic Research



Constipation and neck pain in a six-year-old girl. A 6-year-old girl suffering from constipation, neck pain, gastrointestinal pain and vertebral subluxations was brought in for chiropractic care. The child's subluxations were located and corrected. Mother and patient reported bowel movements improving from once every 4-5 days to every day along with resolution of gastrointestinal pain and neck pain. (5)

51-year-old woman with multiple sclerosis. This is the case of a 51-year-old female with multiple sclerosis and GERD-related symptoms that began chiropractic care for subluxation correction. Subluxations were found and corrected in the cervical, thoracic and pelvic regions. Dramatic improvement in symptoms related to multiple sclerosis was noted. (6)

Don't give your baby the vitamin K shot

Hospitals like to administer a synthetic, fat-soluble vitamin K injection to all newborns that is 100 times the daily requirement! If a mother is not malnourished, however, there is no proof that there is a vitamin K deficiency.



The vitamin K shot includes carbolic acid (a poisonous substance distilled from coal tar), propylene glycol (used as in antifreeze and in hydraulic brake fluid), formaldehyde (a cancer-causing agent used to embalm bodies), mercury (the most poisonous naturally occurring element) and benzyl alcohol.

Large doses of vitamin K are linked to childhood cancers, leukemia, jaundice and other severe reactions, including death. Animal studies link vitamin K to liver damage, kidney damage and death. Additionally, synthetic vitamin K has never been studied to see if it causes cancer or impairment of fertility.

A *Lancet* study reports, "We conclude that healthy babies, contrary to current beliefs, are not likely to have a vitamin K deficiency ... the administration of vitamin K is not supported by our findings...." (7)

Words of wisdom

If people let the government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls who live under tyranny.

– Thomas Jefferson



Humor



Questions

1. Is it good if a vacuum really sucks?
2. Why is the third hand on the watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words?
5. Why do we say something is out of whack? What is a whack?
6. Why do "slow down" and "slow up" mean the same thing?
7. Why do "fat chance" and "slim chance" mean the same thing?
8. Why do "tug" boats push their barges?
9. Why do we sing "Take me out to the ball game" when we are already there?
10. Why are they called "stands" when they are made for sitting?
11. Why is it called "after dark" when it really is "after light"?
12. Doesn't "expecting the unexpected" make the unexpected expected?
13. Why are a "wise man" and a "wise guy" opposites?
14. Why do "overlook" and "oversee" mean opposite things?
15. Why is "phonics" not spelled the way it sounds?
16. If work is so terrific, why do they have to pay you to do it?

17. If all the world is a stage, where is the audience sitting?
18. If love is blind, why is lingerie so popular?
19. If you are cross-eyed and have dyslexia, can you read all right?
20. Why is bra singular and panties plural?
21. Why do you press harder on the buttons of a remote control when you know the batteries are dead?
22. Why do we put suits in garment bags and garments in a suitcase?
23. How come abbreviated is such a long word?
24. Why do we wash bath towels? Aren't we clean when we use them?
25. Why doesn't glue stick to the inside of the bottle?
26. Why do they call it a TV set when you only have one?
27. Christmas – What other time of the year do you sit in front of a dead tree and eat candy out of your socks?



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 email, have them write to us and we'll add them to our subscriber list.

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