

Healthy Living Chiropractic Newsletter

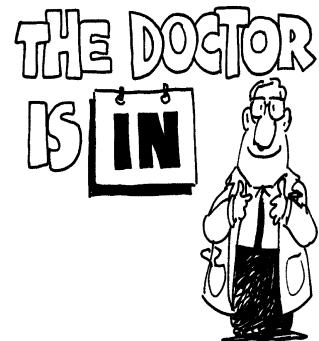
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Enjoy the benefits of Chiropractic, the largest natural, drug-free, healthcare system in the world. Families are discovering that chiropractic promotes health and healing without dangerous drugs. More and more people are turning away from symptom treatment and choosing natural ways of achieving and maintaining health. Tired of being sick and tired? Welcome to the world of chiropractic ~ discover how natural health can be.



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Pro-football, Roger Craig and chiropractic



Roger Craig, three-time Super Bowl champion, has this to say about chiropractic: “We won four Super Bowls in the 1980’s with it, so it [chiropractic] must be doing something right! (1)

When asked by a reporter if he “believes” in chiropractic, Mr. Craig replied as follows:

“Do I believe in chiropractic? Let me answer it this way. I’ve sent over 30 of my teammates, including All-Pro quarterback

Joe Montana, to the chiropractor and, because of chiropractic, I never missed a game in 8 years!” (2)

Keep all your parts connected – get a chiropractic checkup

It’s all very simple – for you to feel, digest, eliminate, breathe, walk, talk, see, hear and be truly alive – you need nerves. You need healthy nerves. If your spine and structural system has tiny distortions your nerves will not function properly – your energy, your balance, your ability to function properly and your ability to enjoy life will be affected. These tiny distortions are called subluxations and chiropractors spend years in specialized training learning how to analyze, locate and correct subluxations.



Due to physical and emotional stress most people have numerous subluxations in their body and they need to see a chiropractor to get them fixed.

There are numerous cases of chiropractic care improving the lives of infants, babies and men and women of all ages no matter what the disease or the condition.

No matter what health issues may be present, everyone needs a healthy spine and structural system. Everyone needs to see a doctor of chiropractic. After all, you get your eyes, heart, teeth and hearing checked, why not your spine and structural system?

Special report – myths and facts about the 1918/1919 swine flu



State, local and national governments are on high alert for a killer flu. The fear is that this will be a repeat of the 1918/1919 swine flu pandemic that is said to have caused many millions of deaths. That fear is not based on history or science. Let’s actually look at the past and we will learn some things about how to deal with the flu in the present.

MYTH: Millions died from the flu in the 1918-1919 pandemic.

FACT: Bacterial infections were responsible for many of those deaths, not the flu.

Researchers studying the deaths from the 1918-1919 world flu pandemic have discovered that almost all of those deaths were caused by secondary bacterial pneumonia, which swept in after people's bodies had been weakened by the flu virus. Today, due to a better understanding of the disease, bacterial pneumonia is not a big killer. The major bacterial pathogen associated with influenza-related pneumonia in 1918 was *Streptococcus pneumoniae*. (3)

MYTH: In the 1918-1919 pandemic, medical care saved millions from death.

FACT: In the 1918-1919 pandemic, medical care *caused* millions of deaths.

Under medical care the flu mortality rate was horrific. For example, the mortality rate in US military hospitals averaged 36%, the mortality rate in US medical hospitals was reported at 30%- 40% and a rate of 68% was reported in medical hospitals in New York City. (4)

However, the mortality rate under chiropractic, osteopathic and homeopathic care was zero to 1%. A death rate as low as one in 8000 was reported by some practitioners. (5-7)

Why the difference? Regular MDs suppressed the patient's fever with aspirin while osteopathic, chiropractic and homeopathic practitioners, in addition to their techniques to promote body health, permitted fevers and symptoms to express themselves.

This was noted by Frank L. Newton, MD of Somerville, Massachusetts who treated patients during the 1918 flu epidemic. He wrote: "There is one drug which directly or indirectly was the cause of the loss of more lives than was influenza itself: aspirin. Aspirin was taken until prostration resulted and the patient developed pneumonia." (8)

Why was aspirin considered so dangerous? Aspirin lowers fever, which is the body's mechanism of fighting infection. An artificially lowered fever due to aspirin use prevented the body from properly fighting the infection thus permitting the infection to overwhelm the patient.

This begs the question – did these people die in spite of or because of medical care? Would they have survived if they had not been given drugs that suppressed their immune systems? As the following paper reveals:

"There is overwhelming evidence in favor of fever being an adaptive host response to infection ... as such, it is probable that the use of antipyretic/anti-inflammatory/analgesic drugs, when they lead to suppression of the fever, result in increased morbidity and mortality during most infections." (9)

MYTH: Taking aspirin and Tylenol™ gets a person better faster.

FACT: Taking aspirin and Tylenol™ keeps a person sicker longer.

The traditional observation on the healing effects of fever and the danger of its suppression occasionally surfaces in medical journals. A paper in the journal

Pharmacotherapy observed that taking aspirin or Tylenol™ for the flu could prolong your illness by up to 3½ days. (10)

Today as in yesteryear we should care for the sick but not interfere with their natural healing ability which is far safer, stronger and more effective than drugs that interfere with healing.

Swine flu will not be terrible this winter, say virologists

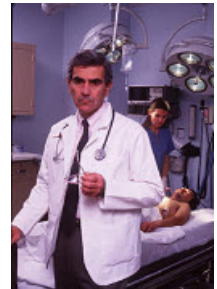
With all the hysteria about a terrible flu that will be affecting half the nation and killing “90,000 Americans” (from a White House report), we have an announcement to make: we can all calm down.

Researchers from the University of Maryland have carried out tests on three different viruses, including the H1N1 responsible for swine flu. Virologist Daniel Perez reporting on the research says, “The H1N1 virus doesn’t interact with other viruses and won’t cause a superbug” (despite what health officials and the World Health Organization tell us). (11)

Reports from the Southern Hemisphere (where winter is winding down), Mexico and countries where H1N1 has been reported reveal that the flu is relatively mild and in the vast majority of cases will only be a bit of a nuisance – as occurs whenever people come down with a cold or a flu.

MDs and nurses refusing the flu shot

The August 26, 2009 UK newspaper *Telegraph* reported that up to half of MDs and one in three nurses will not get the vaccine. Vivienne Parry, a member of the Joint Committee on Vaccination and Immunization, said 75% of deaths from swine flu were in those with serious underlying medical conditions. (12)



What should we do about the flu?

First of all, follow the example of so many MDs and nurses and refuse to be injected (and infected) with the dangerous, useless flu vaccine. It is filled with toxic chemicals, and is poorly tested. In fact it is uninsurable – that’s how dangerous it is.



Use chiropractic, homeopathic, naturopathy, herbs, essential oils, nutrition and other natural tried and true approaches to enhance health. Avoid refined and junk foods, and instead eat nutrient dense foods. Get enough rest, do traditional detoxification and respect your body’s wisdom. Above all, remember this ancient wisdom, as timely today as it was thousands of years ago:



Those who disobey the laws of Heaven and Earth have a lifetime of calamities, while those who follow the laws remain free from dangerous illness.

– Huang Ti Nei Ching, *The Yellow Emperor's Classic of Internal Medicine*

Got milk? (with bovine growth hormone?)

Want to know what's really in the milk you give your children? There are better quality products but first you need to know why that's important. Check this out: <http://www.youtube.com/watch?v=JL1pKlnhvg0>

Statin drugs cause long-lasting muscle damage

Cholesterol is an incredibly important chemical. Over 80% of the total cholesterol in your body is made by you – in your liver! Much of your brain is cholesterol. It's the precursor for many hormones and is also an anti-oxidant.

Cholesterol becomes high when you are under stress or fighting infection or dealing with inflammation. High cholesterol is the *result* of a problem, not the cause.

Just like firemen are supposed to be fighting a fire so cholesterol is supposed to be around when you've got inflammation. It's good for you. Very high cholesterol is a sign something is wrong (dietary, dental, structural, emotional), that something is out of control.

So it's supposed to be high when your body is under a lot of stress. But the answer is not to lower cholesterol levels. That's like getting rid of the firemen when there's a fire!

As we've written in previous newsletters, low cholesterol levels are unhealthy. Low cholesterol has been linked to depression, low sex drive, cancer, infections and a shortened life.

That's why scientific research shows that cholesterol-lowering statin drugs often are related to a lot of health problems. Among them is serious muscle damage. New research has discovered that statin drugs cause muscle damage that could be permanent. Researchers from the University of Bern in Switzerland found that people who had taken statins suffered 'significant' muscle injury that was still detectable years after they stopped taking the drug. The researchers believe the muscle damage is serious enough to warrant a review of alternative cholesterol-lowering therapies for those who complain of muscle pains. (13)

Chiropractic research

Still more reasons to show that all children, no matter what their health – need chiropractic care.



Developmental delay. This is the case of fraternal twins. One twin's developmental and emotional growth was notably delayed compared to her twin. That child was brought in for chiropractic care.

Chiropractic care helped this child in many ways.

Learning disabilities, dyslexia, dyspraxia, and ADHD can be related to cranial and structural distortions (subluxations) that chiropractors are specially trained to correct.

Regarding developmental delay syndromes, chiropractic care to the cranium, cervical spine and even the pelvis has been shown to help. There is a growing body of research showing how chiropractic care can help patients with developmental delay syndromes. (14)

Breast-feeding difficulties. Two infants 2 days and 4 months of age were brought to the chiropractor. They each had an inability to breast-feed successfully, which was partially caused by a mandible misalignment. Chiropractic analysis revealed an upper cervical and cranial subluxation causing the temporomandibular joint (TMJ) to be restricted. Correction of subluxation helped restore natural suckling patterns for these infants. (15)

Words of Wisdom



I hear and I forget. I see and I believe. I do and I understand.
– Confucius

The amount of sleep required by the average person is about five minutes more. – Wilson Misner

A bodily disease, which we look upon as whole and entire within itself, may, after all, be but a symptom of some ailment in the spiritual part.
– Nathaniel Hawthorne

Humor



And you trust government officials to figure out the healthcare issue?



New Healthcare Proposals

The American Medical Association has weighed in on the new Universal Healthcare package.

The Allergists voted to scratch it, but the Dermatologists advised not to make any rash moves.

The Gastroenterologists had sort of a gut feeling about it, but the Neurologists thought the Administration had a lot of nerve.

The Obstetricians felt they were all laboring under a misconception.

Ophthalmologists considered the idea shortsighted.

Pathologists yelled, "Over my dead body!" while the Pediatricians said, 'Oh, Grow up!'

The Psychiatrists thought the whole idea was madness, while the Radiologists could see right through it.

Surgeons decided to wash their hands of the whole thing.

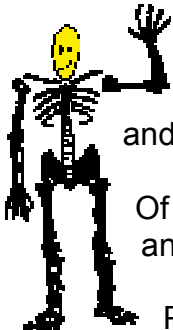
The Internists thought it was a bitter pill to swallow, and the Plastic Surgeons said, "This puts a whole new face on the matter."

The Podiatrists thought it was a step forward, but the Urologists were pissed off at the whole idea.

The Anesthesiologists thought the whole idea was a gas, and the Cardiologists didn't have the heart to say no.

In the end, the Proctologists won out, leaving the entire decision up to the ***holes in Washington.

Bye!!!



At least for those of us in the Northern Hemisphere the summer is waving goodbye. We can still treasure those final few days of warmth and sunlight.

Of course it seems like summer ends when the kids go back to school and the leaves start falling. Well, enjoy what is left of the summer.

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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