

Healthy Living Chiropractic Newsletter

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There are natural ways of seeking wellness. There are natural ways of getting healthy. In 1895 Chiropractic was discovered and challenged the world of drugs and surgery. It was a long, lonely battle, but now chiropractic is the largest natural, drug-free healthcare system in the world.



More and more people are turning away from symptom treatment and toward natural ways of becoming and staying healthy. Looking for more than a drug approach? Welcome to the world of chiropractic.

All men are equal; it is not birth, but virtue alone, that makes the difference.
– Voltaire

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Your hips

Your hips balance your entire spine. Conversely your spine balances your hips. If your spine has subluxations (misalignments causing nerve interference) your hips can be thrown off balance.

Similarly, if your hips are misaligned your spine will suffer.

Sometimes you can easily see this as you watch people walk. For example, does one foot (or both feet) appear to flare outward or inward? While this can be a sign of spinal pressure coming from anywhere in the spine, it most often comes from the upper neck.



If your spine and hips are off balance, your legs may be affected. Your femur head (the top of your thigh bone) may not properly fit into your hip. This can result in lower back, knee, ankle and foot problems. This imbalance can also cause wear and tear to your hip joints, affect how easily or effortlessly you can walk and lead to arthritis and disc degeneration. Spinal subluxations can also affect your internal organ health – prostate, bladder, intestines, kidneys and sexual organs.

Chiropractors are able to locate subluxations in your body structure and correct them to help ensure your hips (and spine) and all your organs, muscles, joints, tendons and ligaments have a healthy nerve supply to ensure better health.

Help avoid a future of aches and pains, canes, walkers and wheelchairs. Keep your body structure balanced with chiropractic care.

First, do no harm

Not only is U.S. health care inefficient and wasteful, much of it is dangerous.

George Halvorson, CEO Kaiser Healthplan, *Washington Post*, December 1, 2008

The U.S. ranks 29th in infant mortality, 48th in life expectancy and 19th out of 19 industrialized nations in preventable



deaths. We pay more than anyone else in the world for this kind of care.

Is it any wonder that more and more people are seeking out chiropractors, homeopaths, midwives, nutritionists, naturopaths, acupuncturists and other natural, non-drug, non-surgical healers?

Use the safest healthcare procedures first.

There are generally two approaches to healing.

One approach is the Mechanistic or medical approach. This approach sees symptoms as problems that need to be eliminated. Got a fever? Take an aspirin. Got pain – have a painkiller. Infection? Take an antibiotic. Nauseous? Here's a pill. Diarrhea? Got something for you. High blood pressure? Depressed? Anxious? Shy? Low energy? Here's a chemical to suppress your symptoms.

Of course none of these drugs gets to the cause of your problem. For example, no one has ever discovered an aspirin or Prozac™ deficiency – these drugs affect symptoms only.



There is another approach to healthcare. That approach is the expressive or Vitalistic approach. Vitalists see symptoms as the way your body cleanses, heals, repairs and rebalances itself.

These symptoms may be very uncomfortable. After all, who likes spending time in bed with a fever? Who enjoys diarrhea or vomiting? Rashes or skin eruptions? Pain or discomfort? Nausea, coughing, muscle aches and pains, chills, anxiety, sore throat, weakness and fatigue? No one!

You'd do anything to get your child and yourself well. Yet interfering with symptoms, while creating comfort in the short run, could actually interfere with one's healing ability and lead to health damage in the long run.

Vitalistic healers (such as chiropractors) understand that suppressive healthcare drives disease deeper so that it may never leave the body.

Children and adults who let their acute illness run its course are, overall, healthier than those who take drugs to suppress their symptoms.

Fever and other dramatic symptoms are powerful tools by which a body resolves illness. Although uncomfortable, they will pass. In fact, suppressing fever may make you stay sick longer. In one study adults who had the flu stayed sick 3 ½ days longer if they took something to lower their fever. (1) Other studies have

shown that acute infections in childhood result in less cancer and heart disease later in life. (2-4)

Interfering with symptom expression may cause a temporary, acute illness (cold, flu, fever, malaise) to become chronic – a lifelong condition that never resolves.

At times, drastic interventions requiring drugs or surgery may be needed. However that is relatively rare; most people who suffer from acute illness do best with watchful waiting. It is however especially important that a child (or adult) be free of subluxations so their body may function optimally. For that reason all sick individuals need chiropractic care.

Additionally, you may want to investigate homeopathy, acupuncture, aromatherapy, enemas or other natural means to work with the body to help promote true healing that strengthens the body so it is better able to cope with future infections.

Words of wisdom

There are no conditions of life to which a man cannot get accustomed, especially if he sees them accepted by everyone around him. – Tolstoy, *Anna Karenina*

The past is not dead. In fact, it's not even past. – William Faulkner

Love is strong as death; envy is harsh as the grave. – Song of Songs 8:6

Ever feel that you were a failure?

Anyone ever tell you that you were a failure? Well, if you've never failed you've never lived. Watch this great video and send it to those you care about.

<http://www.youtube.com/watch?v=0yetHqWODp0>

Tamiflu™ linked with convulsions, delirium and deaths



Tamiflu is a prescription medication for flu prevention and treatment in adults and children aged 1 year and older. In the US, Tamiflu is being accused of causing children to have visual and auditory hallucinations, self-injury, abnormal behavior and psychosis. In Japan, at least 14 deaths have been reported from Tamiflu including a brain infection and seven deaths from neuropsychiatric

symptoms. The FDA has noted that people in Japan appear to be more likely to report side effects than people in the United States. In March 2008, Japan issued a warning against prescribing Tamiflu to people between the ages of 10 and 19,

and South Korea followed suit a month later with a warning against use by teenagers. (5)

Dentistry and chiropractic



Dental care can be a traumatic event. Even a routine dental visit involves intense stress on your head, neck and spine. Anything more than a routine visit can cause even more stress. That is why you should *always* have chiropractic care after you've seen a dentist.

Hormone replacement therapy (HRT)

HRT is still given to women in menopause. In a study, 8,506 post-menopausal women were given estrogen plus progesterone and were compared to women taking no HRT. More women in the HRT group developed breast cancer than in the group given placebo. Women taking the hormones also had a 4% greater risk of having abnormal mammograms. (6)

Cholesterol benefits

Lower cholesterol levels put you at greater risk for cancer, major depression, chronic illness, fatigue, low sex drive, broken bones, weakened muscles and brain disorders. The benefits of cholesterol include:

- protection from heart attack
- wards off infectious disease and helps destroy life-threatening microbial invaders
- boosts mood and brainpower
- maintains optimal functioning of your nervous system
- strengthens muscles
- prevents cancer
- helps your body to absorb vital nutrients
- regulates proper hormone production, including the sex hormones testosterone and estrogen, and optimize reproductive health and fertility
- shortens your body's recovery time from injury
- optimizes metabolism

A researcher at the Yale Department of Cardiovascular Medicine was surprised to find that people over 70 with very low cholesterol levels were *twice as likely* to die from heart failure. (7)

Chiropractic and research



Football collision. A 13-year-old boy entered the chiropractor's office in considerable pain, wearing dark glasses and ear plugs to compensate for increased sensitivity to sound and light. One week beforehand he had been injured in a collision in a football game. Medical doctors had given the child painkillers and traction for two weeks with no improvement. Chiropractic examination showed subluxations of atlas and C-2. Following initial adjustment the patient could ride home without wearing his

sunglasses and for the first time in two weeks expressed an interest in food. He returned the next day saying he felt, "The best I've felt in six weeks." (8)

The year is 1904

Only 14% of the homes in the US had a bathtub.

Only 8% of the homes had a telephone.

A three-minute call from Denver to New York City cost \$11.00.

There were only 8,000 cars in the US, and only 144 miles of paved roads.

The maximum speed limit in most cities was 10 mph.

Alabama, Mississippi, Iowa, and Tennessee were each more heavily populated than California. With a mere 1.4 million residents, California was only the 21st most populous state in the Union.

The tallest structure in the world was the Eiffel Tower.

The average wage in the US was 22 cents an hour.

The average US worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2000 per year, a dentist \$2,500 per year. A veterinarian could earn between \$1,500 and \$4,000 per year. And a mechanical engineer about \$5,000 per year.

More than 95 percent of all births in the US took place at home.

Sugar cost four cents a pound. Eggs were fourteen cents a dozen. Coffee was fifteen cents a pound.

Canada passed a law prohibiting poor people from entering the country for any reason.

The five leading causes of death in the US were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

Most women only washed their hair once a month, and used borax or egg yolks for shampoo.

The American flag had 45 stars. Arizona, Oklahoma, New Mexico, Hawaii, and Alaska hadn't been admitted to the Union yet.
The population of Las Vegas, Nevada, was 30!
Crossword puzzles, canned beer, and iced tea hadn't been invented.
There was no Mother's Day or Father's Day.
There were only about 230 reported murders in the entire US.
Two of 10 US adults couldn't read or write. Only 6% of all Americans had graduated high school.
Eighteen percent of households in the US had at least one full-time servant or domestic.
Marijuana, heroin, and morphine were all available over the counter at corner drugstores. According to one pharmacist, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health."

Humor

I cdnuolt blveiee taht I cluod aulacilty uesdnatnrd waht I was rdnig! Aoccdrnig to rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in what oredr the ltteers in a wrod are, the only iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.
Amzanig huh?



We work very hard every month to bring you information you may never see anywhere else. We sincerely hope you are enjoying this newsletter. Please write or stop by and give us your feedback. Any subjects you'd like us to write 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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