

Healthy Living Chiropractic Newsletter

**Naturally Chiropractic Family Wellness Center
303 91st Ave. NE, Suite E-504
(425) 334-6258**



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 expressing health.

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

Medicines are of subordinate importance because of their very nature, they can only work symptomatically. – Hans Kutsche, M.D.

*Every drug increases and complicates the patient's condition.
– Robert Henderson, M.D.*

If all the medicine in the world were thrown into the sea, it would be all the worse for the fish and all the better for humanity.

– Oliver Wendell Holmes, Sr., M.D., Professor of Medicine, Harvard University

This issue's table of contents

- Why explore chiropractic and natural healthcare?
- Stress – you can't avoid it
- Six months after MMR shot ... a bubbly little girl now struggles to speak, walk and feed herself
- Chiropractic research
- H1N1 flu is a false pandemic, health expert claims
- Words of wisdom
- Hospital self-defense – have someone stay with you
- Butter and heart disease
- References

Why explore chiropractic and natural healthcare?

As a general rule chiropractors prefer that individuals explore the least dangerous, least invasive, safest and most natural care first, before resorting to powerful or “heroic” (and highly dangerous) drugs, radiation and surgery (except in emergency situations where life and limb are at stake).



Interventions such as medicine and surgery have a place – but today they are all over the place. Too many people are “medicalized,” swallowing synthetic, artificial chemicals that may alter and suppress their symptoms but do not cure. If drugs cured, after a while you should stop taking them. But look around, aren't those taking drugs long-term the sickest? Drugs do not heal, they may alter body chemistry but there is no true healing.

And don't forget all the thousands of people who die and are sickened from prescription drug side effects and adverse reactions.

As the taking of drugs continues, individuals often spiral into poorer health. That is because health is not something you get from artificial chemicals. Health is the result of your body functioning properly. Your body functions properly when it is properly aligned, free of adverse structural stresses; when it is fed nutrient dense foods and when it is free of artificial chemicals and toxins.

More and more people are taking that first step of getting off the drug merry-go-round and discovering natural health care.

Chiropractors, due to their license, do not prescribe drugs nor do they take people off of drugs – that is the role of the medical doctor. It is a good policy to discuss with MDs the full effects of the drugs they prescribe. Of course patients may learn for themselves about their drug side effects by using the internet.

Chiropractors favor freedom of choice in healthcare for all, especially children. Parents should have the freedom to decide on their family's health choices without medical doctors or government bureaucrats coercing them, under threat of force, to undergo medical procedures. Healthcare freedom of choice should be a basic human right.

Stress – you can't avoid it

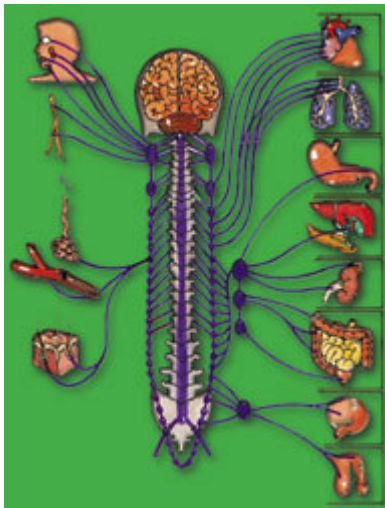
Most people, when asked if they'd like to have no stress in their lives, would probably say, "Oh yes." But that would be a terrible thing and impossible.

Why would a life of no stress be impossible? Because to be alive is to be under stress. Stress is not even necessarily bad for you; it is also the spice of life, for any emotion, any activity causes stress. The same stress that makes one person sick can be an invigorating experience for another. (1)

With too little you'd be bored to tears; but with too much you'd develop emotional and physical disease. Properly handled, however, stress can mean a life of challenge, excitement and growth. The biographies of great scientists, explorers, artists and other creative people reveal that times of intense stress are also times of insight, creativity, accomplishment and growth.

The Chiropractic Approach

One of the simplest and easiest ways of getting rid of a serious type of chronic stress is having a chiropractic checkup.



Chiropractors are specially trained to analyze your body and free you from a severe, destructive, chronic stressor: the subluxation.

Subluxations are (often painless) distortions in your body that can affect your nervous and skeletal systems, stressing you physically and mentally. Indeed, the two are entwined:

There is no neurotic [mental] problem which does not manifest in each aspect of the individual's function. As an important structural element in the body, a weakness in the backbone must be reflected in a serious personality disturbance. (2)

It is not unusual to see positive personality changes after chiropractic care, especially in children.



Subluxations

You may have subluxations in your body for years without knowing it, all the while your health is being undermined, your energy levels drop, you age faster, develop disease and show increasing wear and tear in your body. It's similar to a house with termites – no apparent damage at first but one day the floor collapses!

Doctors of chiropractic specialize in the location and correction of subluxations. Chiropractic care, by removing subluxations from your body, can improve the function of your nervous system and promote better adaptation to environmental stress, whether physical or psychological. That is why it's so important to see a doctor of chiropractic.

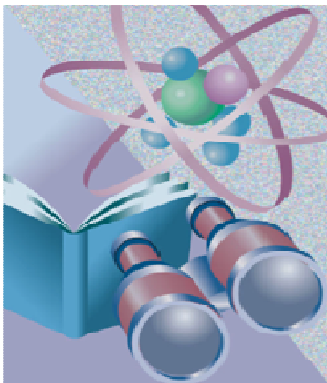
Everyone needs to ensure that they are free of subluxations. It may make the difference between a life of wellness and a life of sickness.

Six months after MMR shot ... a bubbly little girl now struggles to speak, walk and feed herself

Until she had the MMR shot Melody Brook was a bewitching little girl who loved to sing and dance. Two days after the shot the five-year-old started to limp and fall over and before long she couldn't walk. Melody was admitted to the hospital within a week, but her condition deteriorated at frightening speed. Six months later she had regressed to being "like a baby" again.

Note: Had this child received chiropractic care, detoxification, homeopathy and other natural approaches she might have returned to health. Sadly, she did not get the care she needed. This is not an unusual occurrence when vaccine damage occurs.

Read the story at www.dailymail.co.uk/health/article-1126035/Six-months-MMR-jab--bubbly-little-girl-struggles-speak-walk-feed-herself.html.



Chiropractic research

Colic, Constipation and Sleep Disturbance. This is the case study of a two-week-old boy with a history of excessive crying, distention, constipation, gas and disordered sleep. Under chiropractic care subluxations were located and corrected in the child's pelvis, lumbar and cervical spine. The child experienced a bowel movement immediately following the first chiropractic adjustment. A regular schedule of bowel movements commenced after the 16th adjustment. Excessive crying additionally resolved during this same time period and his sleep improved. (3)

Learning and Speech Disorder. This is the story of a four-year-old boy with a history of severe learning disorder and speech delay. Chiropractors located subluxations in the child's cervical (neck), thoracic (mid-back) and pelvic (hip) regions. Dramatic improvements in the boy's speech and ability to learn followed the introduction of chiropractic care. (4)

Pelvic Pain. This month's issue of *Alternative Therapies in Health and Medicine* includes a paper discussing case histories of women who suffered from dysmenorrhea (painful or difficult menstrual periods), postpartum pain and incontinence. While regular medical care was unable to help, all the women's problems resolved using manipulative procedures of the spine and pelvic structure. (5)

Words of Wisdom

It is not the shilling I give you that counts, but the warmth that it carries with it from my hand. – Miguel de Unamuno y Jugo

H1N1 flu is a false pandemic, health expert claims

January 11, 2010. A leading health expert said the swine flu scare was a "false pandemic" led by drug companies that stood to make billions from vaccines, The Sun reported Monday.

Wolfgang Wodarg, head of health at the Council of Europe, claimed major firms organized a "campaign of panic" to put pressure on the World Health Organization (WHO) to declare a pandemic. He believes it is "one of the greatest medicine scandals of the century," and he has called for an inquiry. Wodarg said, "It's just a normal kind of flu. It does not cause a tenth of deaths caused by the classic seasonal flu.

"We want to clarify everything that brought about this massive operation of disinformation. We want to know who made decisions, on the basis of what evidence, and precisely how the influence of the pharmaceutical industry came to bear on the decision-making." He added: "A group of people in the WHO is associated very closely with the pharmaceutical industry."

Read the rest at <http://www.foxnews.com/story/0,2933,582749,00.html>.

Hospital self-defense – have someone stay with you

If you ever do find yourself in a hospital there are things you can do to ensure you will survive your stay and be treated better. Charles Inlander, president of People's Medical Society says, "Hospital patients are often too ill to look after themselves – and some are too passive to question the treatment they get." So have a friend or family member stay with you 24 hours a day – to call the nurse if there's trouble and to ask about medication or treatments. Visiting hours don't matter. You are entitled to have someone with you all the time as long as that person does not interfere with your care. Courts have upheld challenges to this. (6)

Butter and heart disease

Heart disease was rare in America at the turn of the century. Between 1920 and 1960, the incidence of heart disease rose precipitously to become America's number one killer. During the same period butter consumption plummeted from eighteen pounds per person per year to four. It doesn't take a Ph.D. in statistics to conclude that butter is not a cause. Actually butter contains many nutrients that protect us from heart disease. First among these is vitamin A, which is needed for the health of the thyroid and adrenal glands, both of which play a role in maintaining the proper functioning of the heart and cardiovascular system. Abnormalities of the heart and larger blood vessels occur in babies born to vitamin A deficient mothers. Butter is America's best and most easily absorbed source of vitamin A.

Butter contains lecithin, a substance that assists in the proper assimilation and metabolism of cholesterol and other fat constituents.

Read the rest at <http://www.westonaprice.org/Why-Butter-Is-Better.html>.

Humor

English is a crazy language.

There is no egg in eggplant nor ham in hamburger; neither apple nor pine in pineapple.

English muffins weren't invented in England nor French fries in France.

Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.

We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham?

If the plural of tooth is teeth, why isn't the plural of booth beeth?

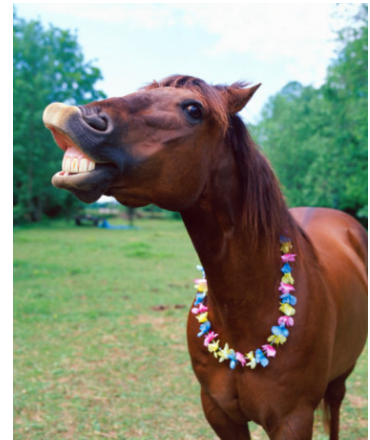
One goose, 2 geese. So one moose, 2 meese ? One index, 2 indices?

Doesn't it seem crazy that you can make amends but not one amend.

If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If a vegetarian eats vegetables, what does a humanitarian eat?

If teachers taught, why didn't preachers praught?



Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what other language do people recite at a play and play at a recital?--Ship by truck and send cargo by ship?--Have noses that run and feet that smell?--How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which an

alarm goes off by going on. English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.



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 patient newsletter list.

References

1. Selye H. *The Stress of Life*. NY: McGraw-Hill. 1984:xv.
2. Lowen A. *Physical Dynamics of Character Structure*. NY: Grune & Stratton, 1958.
3. Resolution of colic, constipation and sleep disturbance in an infant following chiropractic care to reduce vertebral subluxation. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2010;1:1-5.
4. Lerner B, Lerner S. Improvement in learning and speech disorder in a child with vertebral subluxations undergoing chiropractic care: a case study. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2009;4:1-7.
5. Herbert B et al. Chronic pelvic pain. *Altern Ther Health Med*. 2010;16(1): 28-33.
6. *Bottom Line Personal*. April 1, 2002;11.