

Healthy Living Chiropractic Newsletter

NATURALLY CHIROPRACTIC FAMILY WELLNESS
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Are you searching for greater health and wholeness for yourself and your family?

Would you like to do more than treat symptoms? Are you interested in making disease prevention and health enhancement part of your lifestyle? Looking for more than a drug approach?



Then welcome to a more natural world ~ welcome to the world of chiropractic.



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The cure of the part should not be attempted without treatment of the whole. No attempt should be made to cure the body without the soul. If the head and the body are to be healthy you must begin by curing the mind...for this is the great

error of our day in the treatment of the human body, that physicians first separate the soul from the body. – Plato, The Republic, 382 BCE

The biggest reward for a thing well done is to have done it. – Voltaire

Trust your hunches. They're usually based on facts filed away just below the conscious level. – Anonymous

Pregnancy and Chiropractic

Where did you come from, baby dear? Out of the nowhere into here. – Nursery Rhyme



If you are pregnant one of the best things you can do for yourself and your baby is to see a doctor of chiropractic. Chiropractic care provides so many things a pregnant body needs: a flexible and balanced spine, hips, pelvis; and body structure; internal organs without postural stress and freedom from subluxations – all essential for a healthy pregnancy and delivery.

In short – along with a nutrient dense diet; exercise; and avoiding drugs, vaccines, alcohol and cigarettes – chiropractic care is an essential part of a pregnant woman's healthcare regimen.

Drug-free healthcare

One of the best reasons for chiropractic care during pregnancy is that it is a drugless healthcare system. Drugs, whether prescription or over-the-counter, can harm a growing fetus. Almost all types of drugs and medications have been linked to fetal damage or malformations. (1- 2) As Robert Mendelsohn, MD, the famed pediatrician, stated, pregnant women should "stay away from X-rays, diagnostic ultrasound, doctor-prescribed medication, and every other form of dangerous obstetrical intervention." (3)

Can chiropractic help?

Many professionals have observed that chiropractic may help maintain pregnancy, control vomiting during pregnancy, help deliver full-term infants with ease and produce healthier infants. (4) Chiropractic has demonstrated success with back pain, (5) premature contractions (6) and back labor. (7)

Back surgery – just say no

Know anyone contemplating back surgery? Send them this little quote from one of the world's top orthopedic journals, and then send them to a chiropractor.

"There is no acceptable evidence of the efficacy of any form of fusion for degenerative lumbar spondylosis, back pain, or instability." (8)

This is not new information. Although back surgery has an incredibly high failure rate and is less effective long-term than doing nothing, orthopedic surgeons still tell patients they need it.

Why schools should remove junk foods



Schools in Wisconsin are showing kids the dangers of junk food with some unique science class experiments. Sister Luigi Frigo repeats the experiment every year in her second grade class.

The students feed one group of mice unprocessed whole foods. A second group of mice are given the same junk foods served at most schools. Within a couple of days, the behavior of the second group of mice changes. They develop erratic sleeping schedules and become lazy, nervous and even violent. It takes the mice about three weeks on unprocessed foods to return to normal.

According to Frigo, the second graders tried to do the experiment again a few months later with the same mice, but the animals learned their lesson and refused to eat the junk food. (9) Read the article at:

http://www.organicconsumers.org/articles/article_14507.cfm

Words of wisdom

I believe that banking institutions are more dangerous to our liberties than standing armies. If the American people ever allow private banks to control the issue of their currency, first by inflation, then by deflation, the banks and corporations that will grow up around the banks will deprive the people of all property until their children wake-up homeless on the continent their fathers conquered. – Thomas Jefferson, 1802

Hubble reveals universal beauty

Our universe is not only deeply strange, but also almost incredibly beautiful.

The Sombrero Galaxy – 28 million light years from Earth – was voted best picture taken by the Hubble telescope. The galaxy (M104) has 800 billion suns and is 50,000 light years across.

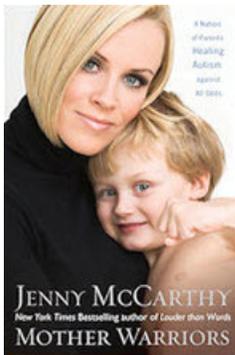


To the left is Nebula NGC 2392, called 'Eskimo' because it looks like a face surrounded by a furry hood. Eskimo is 5,000 light years from Earth.



To the right is the Cat's Eye Nebula.

Jenny McCarthy on CNN



She cured her son of autism and now has a few words for the medical profession that is damaging the brains of thousands of children with their dangerous vaccines. See this short, powerful video.

<http://www.cnn.com/video/#/video/health/2008/10/01/intv.mccarthy.cnn>

Canola Oil – toxic Frankenstein food

Olive oil comes from olives, coconut oil comes from coconuts, peanut oil comes from peanuts so where does canola oil come from? There's no canola plant – it's short for Canadian oil low acid. It's an artificially modified form of rapeseed. (I guess calling it rape oil wasn't good advertising.) Rapeseed oil is used by machinists as an engine lubricant, as an insect repellent and as a component of synthetic rubbers, ink, even soap.

Some people think canola is a healthy alternative to butter. It's as healthy as margarine. It has been linked to the following:

- Heart attack
- Stroke
- Heart lesions
- High blood pressure
- Vitamin deficiencies
- Hemorrhaging
- Free radical damage
- Retarded growth

Canola is pressed under high temperature in metal vats; blasted with chemical solvents, bleached, soaked in acid and deodorized due to its foul odor.

Canola has been shown to retard growth and cause heart lesions in rats (10) while newborn piglets fed canola oil developed a vitamin E deficiency and suffered from sustained bleeding due to lowered platelet count. (11) In another study canola worsened high blood pressure and stroke in rats genetically prone to these health conditions. (12)

Although canola has omega-3 fatty acids, most of the omega-3s in canola oil are transformed into *trans* fats during the deodorization process. (13)

Avoid Frankenstein foods and stick to coconut oil, olive oil, butter and similar traditional oils and fats (goose grease, chicken fat, lard, etc.).

Breastfed babies are more intelligent

In the largest study of its kind, researchers at Montreal's McGill University followed 14,000 children over a six-year-period. They found that those breastfed at least three months and exclusively breastfed would have different mental qualities later in life. The children were tested when they



were six. The breastfeeding group had IQ scores three to eight points higher and scored better in reading and writing. Researchers say that the unique mix of nutrients and mother-baby bonding may be the reason for the improved brain development. According to the American Academy of Pediatrics babies should be breastfed for a minimum of six months and weaned when the child is ready. (14)

Chiropractic research



Millions of people have discovered the magic of chiropractic. No matter what condition you may have, remember – you always need to be free from subluxations: internal physical distortions that cause nerve and energy interruption.

Parkinson’s Disease, Meniere’s Syndrome, Trigeminal Neuralgia and Bell’s Palsy. The author found a subluxation putting pressure on the brain and spinal cord in individuals suffering from Meniere’s syndrome (16 people), Parkinson’s disease (2 people), trigeminal neuralgia (2 people) and Bell’s Palsy (2 people). Each had experienced a trauma before their condition appeared. The author writes: “All 22 patients improved dramatically

after one or two [chiropractic] adjustments.” (15)

Tourette Syndrome, Attention Deficit Hyperactivity Disorder, Depression, Asthma, Insomnia, and Headaches. A nine-year old boy with Tourette Syndrome (TS), attention deficit hyperactivity disorder (ADHD), depression, asthma, insomnia, and headaches since age 6 began chiropractic care. Forceps were used during his delivery. He was vaccinated. His medications included Albuterol™, Depakote™, Wellbutrin™, and Adderall™. After 6 weeks of chiropractic care to correct his subluxations all 6 conditions were no longer present and all medications were discontinued with the exception of a half-dose of Wellbutrin™. At the conclusion of his case at 5 months, all symptoms remained absent. (16)

Congenital muscular torticollis. This is the case of a 7-month-old male infant with significant head tilt from birth, severe muscle spasm, ear infections, facial asymmetry (flattening of left side of face), regurgitation (15 times per day) and projectile vomiting (about once each week). The child cried frequently and rarely laughed.

After 5 months of chiropractic care head tilt and muscle spasm were absent along with dramatic improvement in child's general demeanor. Regurgitation became much less frequent with some residual facial asymmetry remaining. (17)

Humor

Investment tips for late 2008: For all of you with any money left, you may want to watch for the next set of expected mergers (still under wraps, according to the hush hush Wall Street buzz).

- 1.) Hale Business Systems, Mary Kay Cosmetics, Fuller Brush, and W. R. Grace Co. will merge and become: **Hale, Mary, Fuller, Grace.**
- 2.) PolyGram Records, Warner Bros., and Zesta Crackers join forces and become: **Poly, Warner Cracker.**
- 3.) 3M will merge with Goodyear and become: **MMGood.**
4. Zippo Manufacturing, Audi Motors, Dofasco, and Dakota Mining will consolidate and become: **ZipAudiDoDa.**
5. FedEx is expected to join its competitor, UPS, and become: **FedUP.**
6. Fairchild Electronics and Honeywell Computers will be come: **Fairwell Honeychild.**
7. Grey Poupon and Docker Pants are expected to become: **PouponPants.**
8. Knotts Berry Farm and the National Organization of Women will become: **Knott NOW!**

Santa Claus has the right idea. Visit people only once a year. – Victor Borge

I was married by a judge. I should have asked for a jury. – Groucho Marx

My wife has a slight impediment in her speech. Every now and then she stops to breathe. – Jimmy Durante

I have never hated a man enough to give his diamonds back. – Zsa Zsa Gabor



Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat. – Alex Levine

Bye. See you next month. Don't forget to stop by for a chiropractic checkup – it'll make your life happier and healthier. Want 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 mailing list.

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