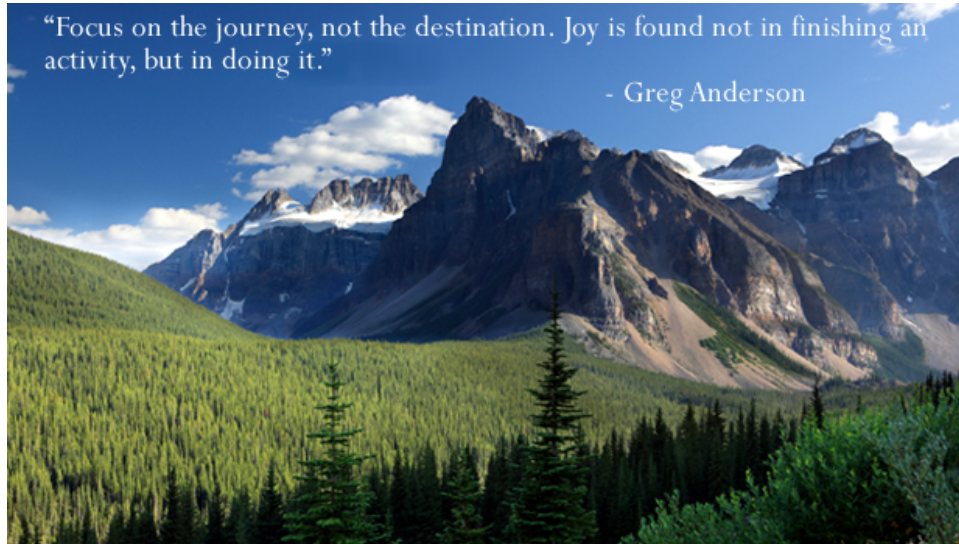


# Healthy Living Chiropractic Newsletter

Naturally Chiropractic Family Wellness Center  
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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 expressing health.

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

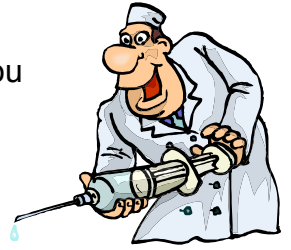
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## The flu shot and Alzheimer's

Since flu shot season is upon us we thought it appropriate to remind you that according to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has had five consecutive flu shots their chance of getting Alzheimer's disease is ten times higher than if they had no shots. (1)



Dr. Fudenberg reports this is due to the mercury in flu shots (and many childhood and RhoGam shots); these toxins build up in the brain causing cognitive dysfunction. Alzheimer's is increasing – is that why? (2)

By the way, to disprove the Alzheimer's/flu shots connection, some MDs went to nursing homes and asked people with Alzheimer's if they remember getting a flu shot. Most said they didn't remember getting one. Not surprising since Alzheimer's victims may not remember the name of their spouse or if they had breakfast. This is no joke! Based on this "research" the MDs concluded that flu shots didn't increase the risk for Alzheimer's. But they wrote a disclaimer at the bottom of their report: "Because of the self-reported nature of the risk factor questionnaire we cannot exclude the possibility of recall bias." (3)

Can you believe that the media reported this as "proof" the flu shot was safe? They didn't mention the disclaimer. Maybe they all had too many flu shots?

## Flu vaccination during pregnancy: dangerous and useless

"We were unable to demonstrate that maternal influenza vaccination reduces respiratory illness visit rates among their infants. Influenza vaccination for pregnant women expecting to deliver during influenza season does not seem to reduce the occurrence of respiratory illness in their newborn infant. Maternal influenza vaccination did not significantly affect infant outpatient and inpatient visits for acute respiratory illness." (4)

## "I can't see any reason for it."

The internationally known Tom Jefferson, MD was interviewed in the German magazine *Spiegel* on the swine flu shot. He reported the vaccine was unnecessary:

*In the worst case, the vaccine will be totally ineffectual. In the best of cases, the few decent studies that exist show that the vaccine mainly works with healthy young adults. With children and the elderly, it only helps a little, if at all.... I can't see any reason for it.* (5)

## And finally, you can get flu from the flu shot

The *New England Journal of Medicine* published a study of 240 persons who were vaccinated with the swine flu vaccine. 45% had “system adverse events” such as headache, malaise and myalgia. Sounds like the flu to us.

Three subjects had an “influenza-like illness”, one of whom tested positive for 2009 H1N1 on day 8 after vaccination. So, either you can GET H1N1 from the vaccine, OR you have been vaccinated and can still get flu-like symptoms. Why bother? Also, don't forget Alzheimer's. (6)

## Blood pressure and chiropractic



Blood pressure is something all of us have – and need – so our blood can flow to every part of our bodies. However, there's no ‘just right’ blood pressure that applies to everybody; 120 over 80 is just average. Like the idle of a car, some people run a little high, others a little low. Blood pressure also fluctuates based on the time of day, exercise, alcoholic intake and emotional tension. If blood pressure stays very low it's called hypotension and when it remains very high it's called hypertension.

### ***A Defense?***

Although the cause of high blood pressure is a mystery, theories regarding it's cause abound. There is even the possibility that in some people an elevated blood pressure serves an important purpose, that it may be the body's defense against pressure on the brain and spinal cord; the body responds by raising blood pressure.

### ***The Medical Approach***

Most M.D.s lower blood pressure with prescription drugs. These drugs have many potential side effects. One of the most common side effects of the drugs is impotency.

But is artificially lowering blood pressure the correct way to address this problem? Shouldn't we be asking questions such as, ‘What is causing the blood pressure to raise?’ and ‘Does high blood pressure serve a purpose?’, and ‘Are we just treating symptoms?’ One physician writes about high blood pressure: “It really isn't a disease in itself but is rather a symptom of smoking, obesity, or perhaps inactivity. . . perhaps physicians should stop taking blood pressures and should start weighing people and asking them about exercise, diet, smoking, and work habits”. (7)

### **Dehydration**

According to F. Batmanghelig, author of *Your Body's Many Cries for Water*, high blood pressure can be the result of dehydration. When a person is dehydrated their blood becomes a little thicker and a little heavier. Hence the heart needs more force (pressure) to pump it through the body. By drinking more water blood pressure may lower naturally. (8)

### **High blood pressure and Tylenol**

Women who take over-the-counter medicines for headaches and inflammation such as acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) increase their chances of developing high-blood pressure. (9)

### **Youtube: chiropractic and high blood pressure**



Check out this news report on high blood pressure and chiropractic.

<http://www.youtube.com/watch?v=mfD6Xq1xO4o>

### **To be happier and healthier get a dog**

Dogs are often used as a form of therapy in hospice settings and nursing homes and as companions to the disabled. Pet ownership among the elderly has a positive effect on physical and emotional well-being, according to the *Journal of the American Geriatrics Society*. (10) In fact, hospitals and nursing homes have begun taking down the "No Dogs Allowed" signs from their doors because of the healing effects of dogs.

For example, studies revealed that people on Medicaid or Medicare who own a pet make fewer visits to the doctor. The unconditional acceptance and love dogs gives to their owners positively impacts their owners' emotional health, particularly among the elderly.

Some of the benefits of dog ownership include:

- Helping newcomers with transitions and meeting new friends
- Raising overall morale
- Encouraging exercise and activity
- Helping people cope with illness, loss and depression

- Reducing stress levels
- Bringing joy and laughter to daily life
- Giving the person something to do, talk about and think about, other than him or herself
- Providing a source of touch
- Boosting self-confidence and self-esteem
- Promotes communication between elderly residents and neighbors

When we reach out to the animal world we are touching something healthy and powerful within ourselves.

## Factory farms



With the above in mind, when we engage in practices that are inhumane to our animal companions on the earth, we damage ourselves.

For too long large companies have been raising cows in filthy, disease-ridden factory farms. These drugged-out farm animals incubate infectious diseases and give poor quality milk and meat.

Scientists are beginning to warn the government that factory farms are the source and direct cause of sickness and disease. The attitude from our government is that it doesn't matter how filthy conditions are; just pump the

poor animals full of antibiotics, other drugs and vaccines filled with dangerous viruses and chemicals.

What's the alternative to crowded, inhumane factory farms? Small, well managed organic farms and ranches! You do have a choice.

Cows on pasture are healthier and happier and their milk and meat are better for you. Instead of being fed unnatural foods for cows such as corn and soybeans, cows eat grass and live out in the open, being exposed to sunlight, fresh air and exercise.

Healthy cows do not need drugs. Keep in mind that drugs do not make cows (or people) healthy. Drugs do not strengthen immune systems.

Chiropractors traditionally teach people to promote healthy lifestyles so we have a naturally strong



immune system and proper functioning body.

Search out sources of organic and grass fed animal products and nutrient dense, organic diets (go to [www.westonaprice.org](http://www.westonaprice.org) for local sources). Receive chiropractic care, bask in the sunlight, drink good water, breath fresh air and avoid refined foods and toxins. You'll be healthier and happier.

## Chiropractic research



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

**Tourette's Syndrome.** A 20-year-old female began experiencing motor and vocal tics at the age of three. She had never taken medication for TS, but had tried to control it by taking magnesium and calcium supplements.

Chiropractic care was administered after initial exam revealed disturbances to the nervous system resulting from vertebral subluxation. Subluxations were diagnosed based on findings from posture, static and motion palpation, thermography and static surface electromyography. The patient was seen 32 times over the course of one year. She experienced significant decreases in the occurrence and severity of her motor and vocal tic episodes as well as an improvement in headaches. (11)

**Knee pain.** A 35-year-old male patient suffered from chronic knee pain after dislocating his knee playing football 15 years earlier.

The patient was symptom free after initial chiropractic care, but in 1991 was in a car accident and received a whiplash injury. The knee began to swell and lose range of motion, stability and strength and patient described chronic, sharp and deep stabbing knee pain. After a medical examination, knee surgery was considered. The patient was adjusted at C1 (atlas) and his chronic knee pain resolved immediately. (12)

**Chiropractic and infertility.** Three women whose chief complaint was the inability to get pregnant engaged the services of a local chiropractor. The chiropractor found subluxations in all of them and then began a course of spinal adjusting. Within three months of the introduction of chiropractic care, all three women conceived. (13)

## Words of wisdom

*Everyone thinks of changing the world, but no one thinks of changing himself. – Leo Tolstoy*



## A cup a day will keep the doctor away

Apple cider vinegar has traditionally been known to be beneficial for your health due to its high concentration of vitamins and minerals. A regular dose of apple cider vinegar, honey and water can help the body pass acid crystals, thus preventing and/or reducing muscle and joint stiffness, including pains due to arthritis. That same mixture has the benefit of thinning the blood, thereby reducing blood pressure. Apple cider vinegar can also aid digestion and kill harmful bacteria in the digestive tract. Pure apple cider vinegar can also be used to wash pesticides and bacteria or fungus off of fresh produce. Most commercial apple cider vinegars have been pasteurized and filtered, which destroys much of the beneficial elements. Use cold-pressed, unpasteurized, organic apple cider vinegar. Learn more: [http://www.organicconsumers.org/articles/article\\_4028.cfm](http://www.organicconsumers.org/articles/article_4028.cfm)



## Humor

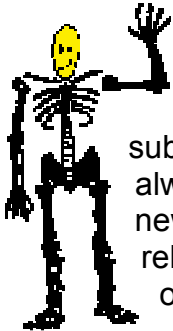
A woman who had a great sense of humor used to say that when she died she wanted a parking meter on her grave that said 'Expired.' So her nephew got her one on eBay! The lady's grave is right by the road so everyone can see it and many people have stopped to get a chuckle.



I'll tell you how bad the economy is . . . It's so bad that..."

- Parents in Beverly Hills fired their nannies and actually learned their children's names.
- CEO's are now playing miniature golf.
- The Mafia is laying off judges.
- Even people who have nothing to do with the Obama administration aren't paying their taxes.
- Hotwheels and Matchbox stocks are trading higher than GM.

- Obama met with small businesses to discuss the Stimulus Package: GE, Pfizer and Citigroup.
- A truckload of Americans got caught sneaking into Mexico.
- The most highly paid job is now jury duty.
- Motel Six won't leave the light on.
- And finally...Congress says they are looking into this Bernard Madoff scandal. Great news...the guy who made \$50 billion disappear will be investigated by the people who made \$750 billion disappear.



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 subscriber list.

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