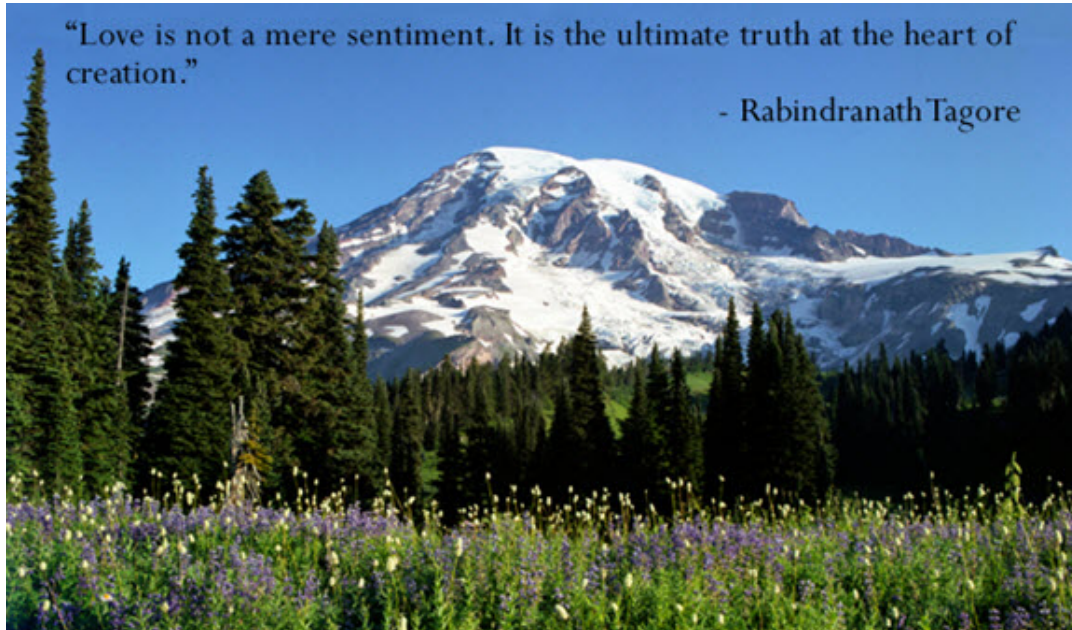


# Healthy Living Chiropractic Newsletter

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



“Love is not a mere sentiment. It is the ultimate truth at the heart of creation.”

- Rabindranath Tagore

*Everyone stumbles over the truth from time to time, but most people pick themselves up and hurry off as though nothing ever happened.*

– Sir Winston Churchill

Enjoy the benefits of Chiropractic, the largest natural, drug-free, healthcare system in the world. Families are discovering that chiropractic care 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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## Your chiropractor's goal

Your chiropractor's goal is to assist your body to regain optimal functioning by removing blockages and deep stress so that balance and harmony among your body's systems can be restored. That is especially important for children.

## Kids and Chiropractic – perfect together



Throughout your children's lifetimes – from infancy into adulthood – chiropractic care can help ensure your child's physical and emotional health. Over a century of success in helping children regain and retain their health has made chiropractic the healthcare of choice for millions of parents and their children throughout the world.

Chiropractors are specially trained to locate and release blockages commonly caused by tiny misalignments of the structural system. These blockages (called subluxations) create dis-ease (disharmony) which can lead to lowered resistance to disease, organ malfunction, poor posture, pain, and physical and emotional illness. (1)

Chiropractors have helped babies suffering from nearly every condition imaginable: colic, vomiting, sleeping problems, tonsillitis, vision and hearing problems and many, many others. (2-4)

It is not unusual to hear parents state that since starting chiropractic care their children get sick less frequently, less severely, have less or no ear infections and take less (or no) antibiotics and other drugs. (5-7) Many conditions such as asthma and allergies have responded to chiropractic care as well. (8-9)

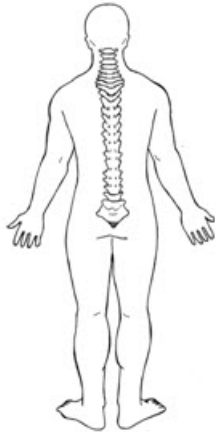


In addition there are reports of chiropractic care helping children suffering from autism. Some of these children have been reevaluated and later re-diagnosed as normal after chiropractic care. (10-11)

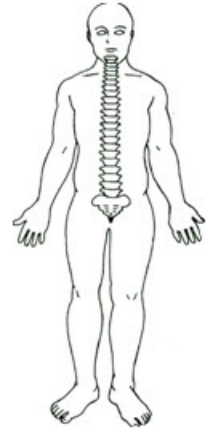
## **Academic Performance**

Both clinical reports and research have reported chiropractic's success with dyslexia, attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD), lack of energy or "low mental stamina", anxiety and behavioral problems. (12-13)

## **Sports Performance**



Improvements in coordination and athletic ability have also been noted as a result of chiropractic care. (14-18) Chiropractors are "team doctors" for athletes in all kind of sports from tennis, swimming, golf and track-and-field to football, basketball, baseball, ice hockey, handball, rugby, soccer and Olympic and professional teams. Chiropractic care helps athletes function at their peak to maintain their "competitive edge." (19)



Chiropractors can help prevent injury by keeping your child balanced and functioning free of spine and structural stress. Chiropractic care can prevent minor injuries from becoming major ones, without the use of drugs or surgery. (20)

If your child is suffering from any of the following, it is essential to get his/her body checked for subluxations:

Ear infections	Eye problems	Skin conditions
Fever	Cough	
Colic	Sinus problems	
Croup	Skin disorders	
Hypertension	Asthma	
Poor posture	Bronchitis	
Nervousness	Frequent colds	
Constipation	Poor coordination	
Bed-wetting	Poor concentration	
Fatigue	Arm, hand,	
Stomachaches	shoulder pain	
Loss of hearing	Painful joints	
Arthritis	Hip, leg, foot pain	
Numbness	Scoliosis	
Irritability	Vision problems	
Headaches	Sinus conditions	
Neckaches	Allergies	
Backaches	Breast-feeding	
Sore throat	difficulties	

Chiropractic care for children makes a big difference no matter what their age. Keep your children healthy, ensure their natural self-healing ability functions at its peak and help them grow into their physical and emotional potential with chiropractic.

## Robert F. Kennedy Jr. on vaccinations

This is a great interview that is worth watching all the way through (both segments).

<http://www.globalresearch.ca/index.php?context=viewArticle&code=KEN20091110&articleId=16014>

## Chiropractic Research



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

**Asthma & bedwetting.** In May 1987 at the age of 22 months, this male child was medically examined and diagnosed with asthma. In an attempt to control the asthmatic symptoms, two medications were prescribed.

On May 20 1988, at two-years and ten-months-old, the child was seen for

chiropractic examination and evaluation and, from that date to August 3, 1991, the child received 28 chiropractic adjustments. Dramatic improvement of asthma and enuresis followed the series of chiropractic adjustments. (21)

**Lung (pulmonary) function and chiropractic.** It is known that abnormal posture of the head and neck influences breathing and other bodily functions. A study of 11 patients was designed to test the effect of chiropractic adjustments on neck curve, forward head posture and pulmonary function. In addition to chiropractic structural analysis, patients' lung functions were also analyzed including lung capacity.

After 3-6 months of care the subjects showed improvements in (neck) cervical curve, reduction in forward head posture and improved lung function. (22)

## The vaccine song

This is a powerful rap song on “the rest of the story” when it comes to vaccinations. Show it to your children so that one day





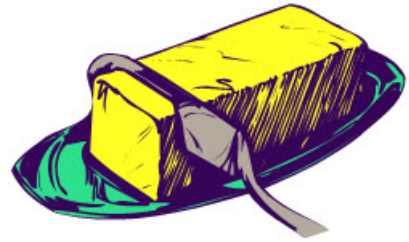
they won't vaccinate their children. Please check it out at <http://www.youtube.com/watch?v=PbSpPs05YAc>

## Good fat, bad fat

### Avoid bad fats

Bad fats are linked to heart disease, cancer, arthritis and many other chronic illnesses. If anything in your refrigerator or pantry has any of the following bad fats in the ingredients do yourself and your family a favor and dump them in the garbage:

- Hydrogenated oils
- Partially hydrogenated oils
- Cottonseed, soybean, canola and vegetable oils
- Trans-fats
- Especially avoid margarine or butter oil "spreads" or "blends"



### Partake of good fats

Good fats promote health and healing. Good (saturated) fats include:

- Butter (especially from raw milk and grass fed cows)
- Olive oil (virgin and cold pressed)
- Coconut oil
- Fish oil (smaller fish such as herring, sardines etc. are best)
- Avocados

**Remember – good fats are good for you and bad fats can kill you.** People that use good fats are thinner, have more energy and are healthier.

Are high fat diets dangerous? Even though this study did not distinguish between the kind of fat used, this study helped de-demonize fats. In it researchers studied 88,795 women over the course of 14 years, and what did they find? Not one sign that high-fat diets promote breast cancer. There was not one indication that low-fat diets were protective. (23)

## Words of wisdom



*Ninety percent of politicians give the other ten percent a bad name. – Henry Kissinger*

*A "gaffe" occurs not when a politician lies, but when he tells the truth. – Michael Kinsley*

*A politician will always be there when he needs you. –*

Richard Smolik

## Did you know...

- Mammograms do more damage than good, and actually HARM 10 women for every one they help?
- The \$4 billion-a-year mammogram industry urges women to rely on x-ray tests to protect their health. But what they don't tell you is mammograms are really unnecessary and even harmful.
- A study by researchers from the Nordic Cochrane Center in Denmark reviewed the benefits and negative effects of seven breast cancer screening programs on 500,000 women – and the results were shocking. For every 2,000 women who received mammograms over a 10-year period, only one would have her life prolonged, but 10 would be harmed. Mammograms can actually *increase* a woman's risk of developing breast cancer by as much as *3 percent per year* by irradiating the breast cells and triggering breast cancer. (24)

## Fluoride and hypothyroidism

One of the reasons there is so much thyroid disease is all of the chemicals in our environment that have been linked to hypothyroidism. Fluoride was found to cause thyroid damage and contribute to thyroid disease. For more information see *Doctor Exposes Fluoride as Poison* at <http://www.youtube.com/watch?v=xP7IPDfC3yg&feature=related>

You can also go to [www.westonaprice.org](http://www.westonaprice.org) for information on soy, chlorine and fluorine as they relate to thyroid function.

## Vitamin K shot

Hospitals like to administer (sell) a synthetic, fat-soluble vitamin K injection to all newborns in a dosage that is 100 times the daily requirement of vitamin K at one time!

If a mother is not malnourished, however, there is no proof that there is a vitamin K deficiency and the injection is needless.

Further, hospital staff don't tell you that large doses of vitamin K are linked to childhood cancers, leukemia, jaundice and other severe reactions, including death. Animal studies link vitamin K to liver damage, kidney damage and death. Additionally, synthetic vitamin K has never been studied to see if it causes cancer or impairment of fertility.

A *Lancet* study reports, "We conclude that healthy babies, contrary to current beliefs, are not likely to have a vitamin K deficiency... the administration of vitamin K is not supported by our findings...." (25)



## Humor

### A few observations on advertising

*In general, my children refused to eat anything that hadn't danced on TV.* – Erma Bombeck

*Don't tell my mother I work in an advertising agency - she thinks I play piano in a whorehouse.* – Jacques Seguela

*If you don't find it in the index, look very carefully through the entire catalogue.* – Sears, Roebuck, and Co. Consumer's Guide, 1897

I think that I shall never see  
A billboard lovely as a tree.  
Perhaps, unless the billboards fall,  
I'll never see a tree at all.  
– Ogden Nash, "Song of the Open Road," 1933



### FUN PUNS

1. The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
9. Time flies like an arrow. Fruit flies like a banana.
10. A hole has been found in the nudist camp wall. The police are looking into it.
11. Atheism is a non-prophet organization.
12. Two hats were hanging on a hat rack in the hallway. One hat said to the other, 'You stay here; I'll go on a head.'
13. I wondered why the baseball kept getting bigger. Then it hit me.
14. A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
15. A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said, 'No change yet.'
16. A chicken crossing the road is poultry in motion.
17. The short fortune-teller who escaped from prison was a small medium-at-large.
18. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
19. A backward poet writes inverse.
20. In democracy it's your vote that counts. In feudalism it's your Count that votes.



**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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