

Healthy Living Chiropractic Newsletter

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

Honest criticism is hard to take, particularly from a relative, a friend, an acquaintance, or a stranger. – Franklin P. Jones

Courage is very important. Like a muscle, it is strengthened by use. – Ruth Gordon

Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes. – Carl Jung

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Chiropractic education is for kids



Kids love to learn about how their bodies work. They are fascinated by their skeletons, how their bones fit together and how it all moves. They are also interested in learning about how messages travel through the body from the brain, over nerves and to the organs. We often notice how they love to play with, hold and marvel at model spines and other teaching aids.

We're always happy to give a mini-lesson in chiropractic and health that your child(ren) will remember for a long time.

Isn't it better to start them on a path of natural healthcare now? The first stop can be a visit when we've got a few minutes to chat. Who knows? You might have a future chiropractor in your family?

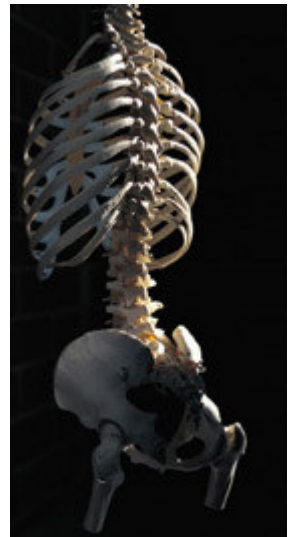
Chiropractic takes stress off your nerves

Are you stressed out? You're not alone. Millions of people live lives of quiet desperation – trying to deal with stress and getting pounded down for it. There are many wonderful ways of releasing stress – exercise, play, meditation, massage, body work; it's ok to take a vacation from your worries for a while – don't worry, they'll be waiting for you when you return.

Stress has been linked to many different physical and mental disorders and conditions. Removing or at least reducing stress should be a major goal of anyone who wishes to stay healthy and fight aging. Fortunately, one of the most powerful and effective ways to reduce stress is chiropractic care.

How does chiropractic release stress?

First please keep in mind that all stress is not all bad. Stressful situations can help us grow, learn and overcome obstacles. In fact getting married, having a





child, going on a vacation, engaging in high performance sports, buying a home and many other exciting things are also periods of high stress. The technical term for good stress is eustress.

But of course there is the stress that harms us. It is called distress. Chiropractic deals with that kind of stress.

Chiropractic releases a very deep, destructive form of stress in your body called a subluxation. A subluxation is a distortion in your body structure that can stress your nerves, brain, muscles, bones, joints, discs, tendons, ligaments, connective tissue and internal organ systems (elimination, digestion, circulatory and others).

If you have a subluxation your balance is slightly off-center, your muscles may always be slightly contracted with tender (trigger) points; your ligaments, tendons and joints may feel tight, your energies will be depleted and you'll feel fatigue and experience premature aging. You may feel exhausted all the time.

Subluxations are dangerous; they may undermine your energies, your body function, your ability to function at your best, to think clearly, to play sports optimally and to relax more deeply. Subluxations may stay in your body for years, even decades, unless they are located and corrected.



Cause and caused by stress



Subluxations cause stress and they paradoxically are caused by stress. A difficult birth, a fall in childhood, sitting for long periods, working in difficult positions, an accident or injury (physical stresses), a sudden shock, an emotional upset (mental stress), a poor diet or exposure to toxins (chemical stress) or a combination of stresses can all cause subluxations.

“I feel so relaxed.”

Doctors of Chiropractic specialize in locating and correcting (adjusting) subluxations. When deep subluxation stress is released patients may respond by saying, “I feel so relaxed” or “I feel like a weight has been taken off my shoulders.”



It's not unusual for patients to report that they feel lighter, are more energetic and sleep better as a result of chiropractic care.

In these stressful times we owe it to ourselves to make regular chiropractic checkups part of our healthcare regimen. Fight stress buildup with chiropractic care – and bring your family in with you.

Hundreds of \$millions down the drain



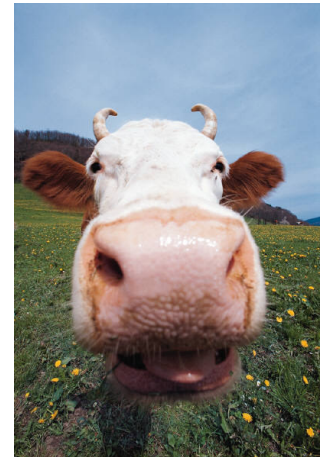
Despite months of dire warnings that the “killer flu pandemic” was going to leave death and disease in its wake, this past flu season was one of the mildest on record. Some epidemic! Excuse me, some pandemic!

Millions in taxpayer dollars were wasted and there are calls for an investigation of the World Health Organization (WHO) that begat this “pandemic”. Over half of the 229 million doses of the useless, dangerous H1N1 vaccine the U.S. government bought must be discarded since they will soon pass their expiration date. (1)

Milk, the REAL, real thing

Its original, natural, truly organic version has kept humanity healthy and happy for hundreds of generations: raw milk from grass-fed cows. Grass-fed cows are healthier, happier and live longer than cows penned up in industrial feed lots. Properly handled in clean conditions, raw milk is healthy and tastes wonderful.

Grass-fed raw milk is full of disease-fighting vitamins and minerals, essential fatty acids, amino acids and good bacteria. When you pasteurize milk, the heat destroys all of the immune-fighting properties. That pasteurized, homogenized white liquid at the grocery store has been called “chalk water” by dairy farmers.



It's interesting to note that when calves are fed pasteurized milk they die. Why give it to human children?

Grass-fed raw milk also contains one of the most important health-building ingredients usually lost in processed, cooked food: enzymes. Enzymes are inflammation fighters and immune builders. But they're destroyed by pasteurization.

Some enzymes include:

- **Amylase:** Breaks down carbohydrates in food.
- **Catalase:** An antioxidant that protects cells from damage.
- **Lactase:** Promotes absorption of minerals necessary for good health.
- **Lipase:** Breaks down fats and triglycerides.
- **Phosphatase:** Helps your body absorb and use the calcium and phosphorous.
- **Lactoferrin:** Defends against bacteria, viruses, fungi and parasites.

It's the real thing, and more and more people are turning to it. It also tastes better. To find how to get real milk in your area go to:

<http://www.realmilk.com/where1.html>

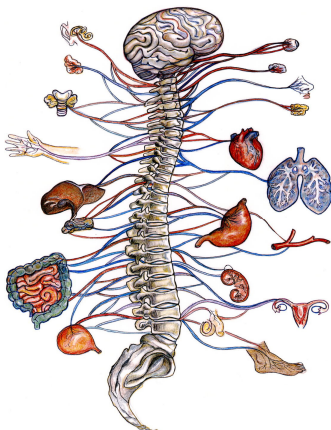
Did mercury pills cause Abe Lincoln's fits of rage?



In the 19th century mercury-laced drugs were used for all kinds of conditions. Now some British scientists think that the pills Abraham Lincoln took for constipation may explain the “explosive and unexplained fits of rage” that he exhibited for a time.

Not many people know that when he lived in Illinois as a young man Lincoln, in addition to his humor and personal warmth, was known for his strength. He was considered the best wrestler in the county. For such a person to exhibit rage could cause considerable damage. In fact the article states that: “On one occasion, the soon-to-be president is alleged to have grabbed a fellow politician and shaken him ‘until his teeth chattered.’”

Now, British scientists say they have identified the cause of this un-Lincolnesque behavior: exceptionally high levels of mercury in tablets he took for constipation. In addition, high levels of mercury in Lincoln could explain the nausea, insomnia and depression he suffered from as well. (2)



Chiropractic Research

Scoliosis, attention deficit disorder, migraines. This is the case of a 7-year-old girl born with right side facial paralysis (from a difficult birth), scoliosis, attention deficit disorder, difficulty concentrating, vomiting and light sensitivity from intense migraine headaches since the age of 2. Her parents brought her in for chiropractic care and subluxation correction was initiated. Along with improvement of her subjective complaints such as migraines,

difficulty concentrating and light sensitivity, after just one month of care X-rays revealed a 62% improvement in scoliosis. (3)

Infertility and Chiropractic. This paper was a review of case studies of eleven female patients, ranging in age from 22 to 42, whose histories included one natural childbirth, two miscarriages, two failed in-vitro fertilizations and three failed artificial inseminations. After receiving chiropractic care, there were eleven successful pregnancies. As we know, many people go to chiropractors for one problem (back pain for example) and discover that subluxation correction can improve other problems. That's why the chief concerns that these women presented to the chiropractic offices included other problems such as: low back pain (one), infertility (eight), dysmenorrhea (two), ulcerative colitis (two), ankle pain (one), and neck pain (one).

All the women became pregnant between one and 20 months after receiving chiropractic care. (4)

High fructose corn syrup (HFCS) linked to liver scarring

Beware your breakfast cereal – HCFS seems to be in nearly everything these days – loads of soft drinks, processed foods, ketchup, salad dressing, cereal, cookies, yogurts, candies, bread – just go through your kitchen and you'll be amazed how many products contain this dangerous artificial chemical (always read labels when you shop.) Our advice – throw anything containing HFCS out.



In addition to being linked to obesity and containing dangerous levels of mercury (used in its production) a recent study reveals that HFCS causes scarring of the liver! Duke University Medical Center researchers state:

We found that increased consumption of high fructose corn syrup was associated with scarring in the liver, or fibrosis, among patients with non-alcoholic fatty liver disease (NAFLD).

We recommend you liberate yourself and your family from this bizarre chemical concoction. Why is this product used? Because it's cheap, not because it's good for you. (5) Read the rest of the article at:

<http://healthfreedom.org/2010/03/22/high-fructose-corn-syrup-linked-to-liver-scarring/>

Words of Wisdom



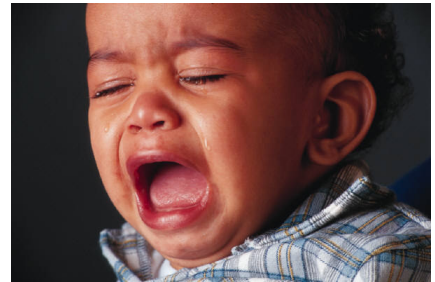
Men stumble over the truth from time to time, but most pick themselves up and hurry off as if nothing happened. – Sir Winston Churchill

I still have two abiding passions. One is my model railway, the other – women. But, at the age of eighty-nine, I find I am getting just a little too old for model railways. – Pierre Monteux

Do not grow old, no matter how long you live. Never cease to stand like curious children before the Great Mystery into which we were born. – Albert Einstein

Antibiotics increase chances of ear infections returning

In this study, ear infections were found to recur more often if the child was originally treated with amoxicillin (an antibiotic). The researchers found that acute otitis media (middle ear infection) recurred in 63% (47/75) of children in the amoxicillin group compared to 43% (37/86) of the children in the placebo group. The authors write, "This is another argument for judicious use of antibiotics in children with acute otitis media." (6)



This is another reason to bring your child in for chiropractic care especially if he/she has ear infections. Many clinical reports and studies have praised the drug-free, non-surgical chiropractic success with ear infections in children.



For example, in one study of 211 infants, examined 5 days after birth, who suffered from vomiting, hyperactivity and sleeplessness, chiropractic care frequently resulted in the immediate cessation of crying, muscular relaxation and sleepiness. The authors, who are medical doctors, wrote that an unhealthy spine "causes many clinical features from central motor impairment to lower resistance to infections – especially ear, nose and throat infections." They assert

that all newborns should have their spines checked by chiropractors as "the success of adjustment overshadows every other type of [care]." (7)

Humor



Henny Youngman:

A man calls a lawyer's office.

The phone is answered, "Schwartz, Schwartz, Schwartz and Schwartz."

The man says, "Let me talk to Mr. Schwartz."

"I'm sorry, he's on vacation."

"Then let me talk to Mr. Schwartz."

"He's on a big case, not available for a week."

"Then let me talk to Mr. Schwartz."

"He's playing golf today."

"Okay, then, let me talk to Mr. Schwartz."

"Speaking."



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.

References

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