

Healthy Living Chiropractic Newsletter

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Chiropractic is the largest natural, drug-free, non-invasive healthcare system in the world. More and more people are turning away from symptom treatment and choosing natural ways of achieving and maintaining health.



Tired of taking drugs? Welcome to the world of chiropractic – discover how natural health can be.

Many of us crucify ourselves between two thieves – regret for the past and fear of the future. – Fulton Oursler

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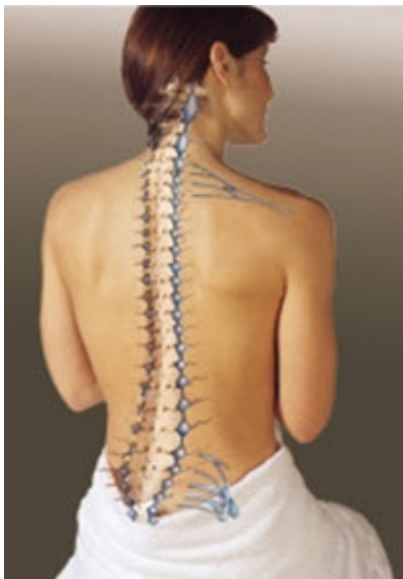
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Your hip bone's connected to your....

Every part of your body is directly or indirectly connected to every other part of your body. A disturbance in one area can affect many other areas.

That's why a chiropractor could adjust (realign) a spinal bone in your neck (cervical spine) and your sciatica, lumbar disc problem, low back pain or constipation could disappear!

Similarly a lower back or sacrum adjustment could release pressure on your neck and head, eyes and ears.



A vertebra out of alignment (a subluxation) could stress nerves that affect your internal organ systems and cause digestive complaints, skin problems, allergies, asthma, autism, gynecological and sexual problems, vision and hearing problems and other conditions. Additionally, balance and coordination are intimately connected to your entire body structure and that's why elite athletes often seek out chiropractic care.

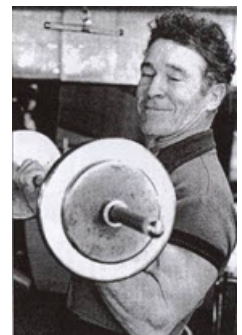
There's no limit to the ways chiropractic can benefit everyone. That's because almost everyone, from infancy to adulthood, develops subluxations. Chiropractors are the only professionals trained to locate and correct subluxations. Bring the family and we'll check everyone.

How long should you live?

Scientists say human life span potential is 120 years, but that's old news; in Genesis 6:3: "The Lord said...his days shall be a hundred and twenty years." And that's in perfect physical and mental health too.

Bodybuilding at 100?

Jack LaLanne (pictured at right), the world famous bodybuilder and exercise educator, says "Any fool can die – it takes guts to live.... Old age is always 20 years away." LaLanne (who is a chiropractor) was



born September 26, 1914 – he will be 95 years old later this year. When he was asked if he thinks about his mortality he answered, “I can’t die, it would be bad for my image.”

115 year old’s brain in top shape

A Dutch woman who reached 115 years of age and remained mentally sharp had a healthy brain when she died. “The psychological tests revealed that her general performance was above average of healthy adults of 60-75 years. Our observations indicate that the limits of human cognitive function extend far beyond the range that is currently enjoyed by most individuals and that brain disease (i.e. Alzheimer’s) even in super centenarians, is not inevitable.” (1)

You have a powerful inner healing ability to keep you healthy 120 years and to cure the most “incurable” diseases from the common cold to cancer. Chiropractic, a nutrient dense diet, work satisfaction, family closeness, love and a sense of purpose are the secrets to a long, long, healthy life.

Special Report: Swine Flu – the mouse that roared



Now that the swine flu hysteria has abated let’s see what really happened. Was it a horrible pandemic? Were the number of cases any different from any other year?

It seems that we saw a replay of the 1976 swine flu panic. In 1976 there was no swine flu epidemic however 25 people were killed and over 500 were paralyzed from the vaccine. Those numbers may be low since most drug reactions are never reported.

In this 2009 swine flu “pandemic” we were first told that over 150 died in Mexico City. Then the numbers were revised to 16; then as media reports raged, the number of deaths dropped to 7. Seven out of twenty million people living in one of the most polluted cities on the planet? That’s *not* an epidemic. Three people died in the US – two had severe health problems before they got the flu and the 3rd had compromised health prior to getting the flu.

What should we do regarding the flu? More powerful than any drug, vaccine or medical procedure is your own natural immune system. For most people the flu is an annoying but rarely dangerous condition and it’s best to let it run its course. The flu for most is a temporary inconvenience that leaves a cleaner, healthier, detoxified person in its wake. Research shows that those who get the flu have lowered risk of cancer later in life.

Taking fever reducers, antibiotics or vaccines can actually make the flu worse and prolong the illness by suppressing symptoms.

It's best to comfort people when they are ill and help their immune system work to its full potential with natural healthcare: chiropractic, homeopathy, acupuncture, naturopathy and nutrient dense foods such as good broths. Avoid sugar, sugar substitutes and refined and pasteurized foods.

It's better than you think

Every generation has perceived the limits to growth that finite resources and undesirable side effects would pose if no new recipes or ideas were discovered. And every generation has underestimated the potential for finding new recipes and ideas. We consistently fail to grasp how many ideas remain to be discovered. Possibilities do not add up. They multiply.

– Paul Romer, Stanford University economist, quoted in *Reason Magazine* May 2000

Rocket fuel chemical in most powdered infant formula

No, that's not a misprint. The March 2009 *Journal of Exposure Science and Environmental Epidemiology* revealed that perchlorate, a potent thyroid toxin (a rocket fuel chemical) that may interfere with fetal and infant brain development, was found in most of the infant formula sold in the US. (2) In adults, exposure to perchlorate may cause cancer, anxiety, fatigue, depression, hair loss, unexplained weight gain and decreased libido. In at least 35 states and the District of Columbia, perchlorate was been found in drinking water. More at www.organicconsumers.org/articles/article_17460.cfm

Breastfeeding benefits mother

The benefits of breastfeeding for infants and babies (even toddlers and older) are well documented. However the benefits for the mother are also impressive.

For example, research shows that women who breast-fed for a year or more are protected from hypertension, diabetes, hyperlipidemia and cardiovascular disease when compared to postmenopausal women who were pregnant but who never breast-fed. (3)



Words of wisdom

The secret of being tiresome is in telling everything. – Voltaire

Chiropractic research



Brain disorder: Ataxia. A seven-year-old girl with cerebellar ataxia of the right cerebellum was placed under chiropractic care. Cerebellar ataxia is a disorder that results in balance and coordination problems.

Subluxations in the cervical, thoracic, lumbar and pelvic region were corrected. Within 4 visits there was marked improvement in walking and resolution of the ataxia. Disorders such as ADHD,

pervasive developmental disorder, Tourette's syndrome, obsessive compulsive disorder and other neurodevelopmental disorders are believed to have their root in abnormal spinal development. (4)

Ear infection and hearing. A three-year-old girl had bilateral ear pain, ear infections and hearing loss after three unsuccessful implantations of ear (tympanostomy) tubes and multiple medications. The child was given chiropractic care where upper cervical vertebral subluxations were located and corrected. The patient reported an increase in hearing and the child's mother reported the child had less ear pain, was less irritable and had better speech after the initiation of chiropractic. Medical audiology reports documented speech and hearing improvements after the implementation of chiropractic care. (5)

Pubic pain in pregnancy. A 32-year-old pregnant female had severe pubic and groin pain that began when she was 28 weeks pregnant. The pain was so bad she couldn't sleep at night and had difficulty getting into a seated position. Some pain relief occurred following the first adjustment and the patient was able to sleep that night. By the fifth adjustment she was pain free. She gave birth to a healthy six pound boy and had no pubic pain during (vaginal) delivery. (6)

Did you know?

The original fast food is sprouted or soaked grains, nuts and seeds.



In the past we ate most of our grains partially germinated or sprouted. That is very important because most grains have toxic chemicals in them.

Most grains, nuts and seeds need to be soaked overnight or sprouted to neutralize phytic acid, aflatoxins (which are

carcinogenic) and enzyme inhibitors. Soaking increases the amount of Vitamins B and C, carotene and enzymes. Note: avoid alfalfa sprouts – they contain the toxic amino acid canavanine.

The sprouting of seeds is a natural phenomenon. Any seed can be made to germinate unless it has been irradiated. Before the advent of factory farms, grains were partially germinated. Oats, for example, were always soaked overnight in a little yogurt, whey or lemon juice (to slightly acidify the water) and then cooked in the morning – the original fast food. It cooks up in a few minutes – add salt, butter, cream, or maple syrup – and it beats those unhealthy bizarre shaped, expensive, unhealthy sugared products, is cheaper and a lot more healthy. See more at www.westonaprice.org for information and recipes.

Humor

Great Truths That Little Children Have Learned

No matter how hard you try, you can't baptize cats.
When your Mom is mad at your Dad, don't let her brush your hair.
If your sister hits you, don't hit her back. They always catch the second person.
Never ask your 3-year old brother to hold a tomato.
You can't trust dogs to watch your food.
Don't sneeze when someone is cutting your hair.
Never hold a Dust-Buster and a cat at the same time.
You can't hide a piece of broccoli in a glass of milk.
Don't wear polka-dot underwear under white shorts.
The best place to be when you're sad is Grandpa's lap.

Four worms and a lesson!

A minister decided that a visual demonstration would add emphasis to his Sunday sermon.
Four worms were placed into four separate jars.
The first worm was put into a container of alcohol.
The second worm was put into a container of cigarette smoke.
The third worm was put into a container of chocolate syrup.
The fourth worm was put into a container of good clean soil.
At the conclusion of the sermon, the Minister reported the following results:
The first worm in alcohol – Dead
The second worm in cigarette smoke – Dead
Third worm in chocolate syrup – Dead
Fourth worm in good clean soil – Alive!

So the Minister asked the congregation, "What did you learn from this demonstration???"

Maxine, sitting in the back, quickly raised her hand and said,
'As long as you drink, smoke and eat chocolate, you won't have worms!'

Bye!!!



We sincerely hope you are enjoying this newsletter. We work very hard every month to bring you valuable information you may never see anywhere else to help you live a happier, healthier and longer life. 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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