



## Dr. Brad Jones Chiropractor – Wellness Coach

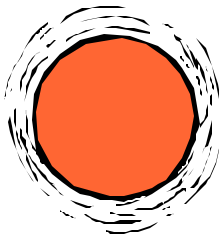
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### Healthy Living Chiropractic Newsletter August 2003



**Happy Summer!!! Jump in, the water's fine.**



*Those who love deeply never grow old; they may die of old age, but they die young. – Sir Arthur Wing Pinero*

*Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, and kindness in your smile. – Mother Teresa*

*I saw an angel in the block of marble and I just chiseled 'til I set him free.  
– Michelangelo*

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Welcome to our chiropractic newsletter. You'll find a fascinating grab-bag of information that we hope you'll enjoy.

### The Positive Side of Life

Living on Earth is expensive, but it does include a free trip around the sun every year.

How long a minute is depends on what side of the bathroom door you're on. Happiness comes through doors that you didn't even know you had left open.

Ever notice that the people who are late are often much jollier than the people who have to wait for them?

Most of us go to our grave with our music still inside of us.

If Walmart is lowering prices every day, how come nothing is free yet?

You may be only one person in the world, but you may also be the world to one person.

Some mistakes are too much fun to make only once.



Don't cry because it's over; smile because it happened.

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors....but they all exist very nicely in the same box.

Birthdays are good for you; the more you have, the longer you live.

A truly happy person is one who can enjoy the scenery on a detour.



### Chiropractic Questions and Answers

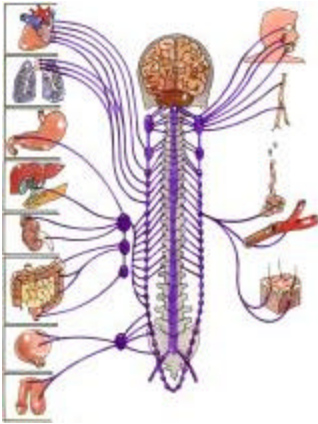


Q. What diseases and conditions should my family visit a chiropractor for?

A. *Any* disease and condition. Chiropractic helps your *whole body function better*. It's like good nutrition and elimination – no matter what disease or condition you have, you'll heal better when your body is nourished and properly eliminating toxins. It's the same with chiropractic – if you or a family member has a

fever, cold, menstrual cramps, menopausal symptoms, headaches, backaches, fibromyalgia, vision problems, low resistance - *any condition* – you always need a

healthy spine, free of nerve pressure (subluxations). It may make the difference between a lingering illness and a quick recovery. Why is that? It's because.....



**Your Nerves Go Everywhere! – and your nerves affect the health of all your organs, glands, muscles, bones and nerves – even the blood supply to your brain!**

Your brain extends down your back as your spinal cord, a bundle of millions of nerves that connect to your internal organs, blood vessels and glands. Your spinal cord is surrounded by bone – your spinal column or “backbone.” The role of your spinal column is to protect your delicate spinal cord, but sometimes your spine becomes distorted and damages the nerves, affecting the energy and messages that travel over your nerves.

Chiropractors call this a “vertebral subluxation” and spend years learning how to locate and correct this condition in you. Do you have a subluxation? Only your chiropractor can tell.



### **Organic Food Is Really Healthier**

More people are buying organic food because it really does taste better and is free of pesticides and other chemicals – but is it really healthier? A new study found organic corn, strawberry and marionberry had up to 50% more antioxidants – chemicals that fight illnesses such as cancer and heart disease. More and more we're finding that it's better to eat organic. (1)

### **Words of Wisdom**

*Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you, and though they are with you yet they belong not to you. – Kahlil Gibran*

### **Why Do Children Need Chiropractic Care?**



Childhood (and infancy) is full of falls, spills, bumps and collisions with reality (and chairs and doors and floors). After the tears and crying it's wise to visit the chiropractor to make sure that the accident didn't cause a subluxation.

Subluxations are often painless and yet they can affect the body and cause all kinds of problems. Don't wait for your child to get sick before you do something about their health. Correcting silent subluxations now can prevent a lot of noisy sickness later.

## Prevnar Vaccine *Increases* Infections

Prevnar, a vaccine marketed to prevent pneumococcal infections in children, increases the number of other infections babies get. Researchers say that while Prevnar reduces some bacterial infections it allows other infections to take hold. Bacterial ear infections in Prevnar-vaccinated children have more than doubled. Prevnar itself is coming under fire: "Prevnar is already becoming somewhat less effective against infections of the middle ear. According to the CDC's Cynthia Whitney. 'It's a big headache for us... the numbers just aren't as good as one would like.'" (2)

## Breast-feeding Good For Teeth



Researchers have concluded that breast-feeding a child for more than 40 days can actually help inhibit the formation of cavities. Using a bottle at night (not the breast) actually promoted tooth decay. (3)

## Chiropractic and Spinal Research



### **Chiropractic Patients Have Lower Healthcare**

**Costs.** Save money, go to a chiropractor. In a study involving 395,641 patients with one or more of 493 neuromusculoskeletal (head, neck, back, leg, hip, nerve, muscle, etc.) conditions over a two year period, patients receiving chiropractic care had significantly lower healthcare costs than did patients under medical or osteopathic care.

"Patients receiving chiropractic care experienced significantly lower healthcare costs...The wide gap

in the overall cost experience between chiropractic and medical patients cannot easily be dismissed even by skeptics of the chiropractic profession." (4)

**Neck Disc Herniation.** This is the case of a 39-year-old male who had a football injury 20 years earlier. He had an aching, deep pain running from the base of his neck to his right elbow and sharply down his arm. An MRI revealed a C5-C6 (neck) disc herniation. After 13 chiropractic visits all pain ceased and he was symptom free. A follow up MRI revealed a reduction in the herniation. (5)

**Tourette Syndrome, Attention Deficit Hyperactivity Disorder (ADHD), depression, asthma, insomnia, and headaches.** This is the case of a 9-year-old boy with Tourette Syndrome, attention deficit hyperactivity disorder, depression, asthma, insomnia and headaches. Those with Tourette Syndrome often curse, mumble or strike out in rage. This is a neurological condition that makes sufferers miserable and often condemned to live a lonely life. The boy had

a forceps delivery and was on many different drugs. After six weeks of chiropractic care all of his symptoms from his six conditions completely resolved. Five months later he remains symptom-free. (6)

**Migraine, etc.** 48 out of 57 child migraine sufferers had excellent results after spinal care. Spinal problems in children may manifest themselves as sleep disorders, loss of appetite, psychic problems or dysmenorrhea with no spinal pain. Studies on healthy children revealed subluxations/fixations in 55.8% of all school children. After care the problems rarely recur. (7)

## Humor

A woman went to the doctor's office, where she was seen by one of the new doctors. After a few minutes in the examination room, she burst out, screaming, running down the hall. An older doctor asked what the problem was, and she told him her story.

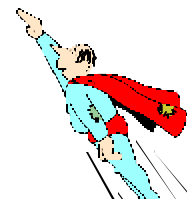
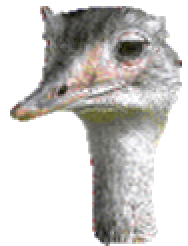
The older doctor marched down the hallway and demanded, "What's the matter with you? Mrs. Terry is 63 years old with 4 children and 7 grandchildren, and you told her she was pregnant?"

The new doctor continued to write on his clipboard and without looking up, "Does she still have the hiccups?"

## Bizarre Facts



1. It is impossible to lick your elbow.
2. A crocodile can't stick its tongue out.
3. A shrimp's heart is in its head.
4. In a study of 200,000 ostriches over a period of 80 years, no one reported a single case where an ostrich buried its head in the sand (or attempted to do so).
5. It is physically impossible for pigs to look up into the sky.
6. A pregnant goldfish is called a twit.
7. More than 50% of the people in the world never made or received a telephone call.
8. Rats and horses can't vomit.
9. The "sixth sick sheik's sixth heep's sick" is said to be the toughest tongue twister in the English language.
10. People say "Bless you" when you sneeze because your heart stops for a millisecond.
11. If you sneeze too hard, you can fracture a rib.
12. If you try to suppress a sneeze, you can rupture a blood vessel in your head or neck and die.
13. If you keep your eyes open by force when you sneeze, they can pop out.
14. In 18 months, two rats could have over a million descendants.
15. If the U.S. government has no knowledge of aliens, then why does Title 14, Section 1211 of the Code of Federal Regulations, implemented on





- July 16, 1969, make it illegal for U.S. citizens to have any contact with extraterrestrials or their vehicles?
16. In every episode of Seinfeld there is a Superman somewhere.
  17. The cigarette lighter was invented before the match.
  18. 35% of the people who use personal ads for dating are already married.
  19. A duck's quack doesn't echo, and no one knows why.
  20. 23% of all photocopier faults worldwide are caused by people sitting on them and photocopying their butts.
  21. In the course of an average lifetime you will, while sleeping, eat 70 assorted insects and 10 spiders.
  22. Most lipstick contains fish scales.
  23. Cat's urine glows under a black-light.
  24. Like fingerprints, everyone's tongue print is different.
  25. Over 75% of people who read this will try to lick their elbow.



**Imagine what you'd be like if you never had an adjustment. Think of that the next time you visit a sick friend.**

**Would you like us to send this newsletter to your friends or relatives? Let us know.**

**Remember, friends don't let friends stay subluxated.**

**Please don't forget to stop by for a spinal adjustment so you can be at**

**your best and enjoy summer to its fullest.**

**Bye, and thanks for reading this far down. Now go out and have fun.**

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