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Healthy Living Chiropractic Newsletter

Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you and even inspire you a little. Most of all, we want to help you and your loved ones to get healthy and stay healthy.



Accept the things to which fate binds you, and love the people with whom fate brings you together, but do so with all your heart. – Marcus Aurelius

The souls are all one. Only the bodies divide us. Therefore, one who places the body before the spirit can never experience true love or friendship.
– Lubavitcher Rebbe

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What is Love?

"Love is when you tell a guy you like his shirt, then he wears it everyday." Noelle, age 7



"Love is like a little old woman and a little old man who are still friends even after they know each other so well." Tommy, age 6

"During my piano recital, I was on a stage and scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore." Cindy, age 8

"My mommy loves me more than anybody. You don't see anyone else kissing me to

sleep at night." Clare, age 5

"Love is when mommy gives daddy the best piece of chicken." Elaine, age 5

"Love is when mommy sees daddy smelly and sweaty and still says he is handsomer than Robert Redford." Chris, age 8

"Love is when your puppy licks your face even after you left him alone all day." Mary Ann, age 4

"You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget." Jessica, age 8

Bring in Your Children and Grandchildren

We chiropractors often see first time patients who have been living in unhealthy bodies for many years. How often we wish that we could turn back the clock for those who needed chiropractic care years or even decades ago but walked into our office today for the first time in their lives. Our saying "You should have come here twenty years ago" might hold truth but it doesn't really help the latecomer to our offices. Hopefully we'll see his/her children and grandchildren in for chiropractic spinal checkups so that in another 30 or 40 years they won't be hobbling in to a chiropractor with a badly subluxated body.

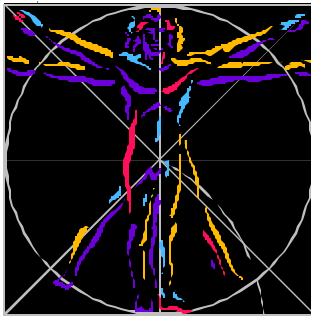


Hospital Calls for Ban on Baby Walkers

Officials at the Montreal Children's Hospital say baby walkers with wheels are unsafe for children and should be banned. The hospital and Safe Kids Canada warned that walkers make it easier for children to roll down stairs or tip over hazardous objects. Children are rushed to ER with serious skull and upper extremity fractures and other injuries.

<http://www.canoe.com/NewsStand/LondonFreePress/Today/2003/06/03/101963.html>

Another Medical Journal Praises Chiropractic



Chiropractic is getting more and more of the praise it deserves. A study in *The Journal of Orthopedic Medicine* concludes that chiropractic may offer the best opportunity for relief from chronic whiplash pain. In this study 93 people with chronic whiplash symptoms received chiropractic adjustments over the study period (about 4 months). Most of those with neck pain, restricted neck range of motion and/or neurological symptoms improved under chiropractic care. At the end of the study period the researchers concluded: "Whiplash injuries are common.

Chiropractic is the only proven effective treatment in chronic cases." (1)

What's Your Optimum Daily Requirement?

Minimum daily requirements of vitamins and minerals (MDR) are the least amount you need to prevent you from serious illness or dying. But who wants to remain in a state that's just above the brink of disease and death? That isn't optimum health. Wouldn't you rather have your maximum or optimum daily requirement of what you need so you can function at your physical and emotional best?



Physical or emotional symptoms may surface after you've been suffering from a "deficiency of health" a state of physical and/or mental dis-ease for a long time. But why wait for a medical crisis before you address your health? To be at your maximum you need to function without spinal nerve stress (subluxations) and chiropractors specialize in locating and correcting them. Don't wait until you are sick to address your health; do it now while you have energy and strength.

Words of Wisdom



"No doctor can heal, nor can anyone else produce healings for you, but when correct adjustments are made, the body's self-healing process begins and dis-ease turns to ease. In chiropractic, we seek to maintain your innate control by releasing interference to nerve supply so that normal

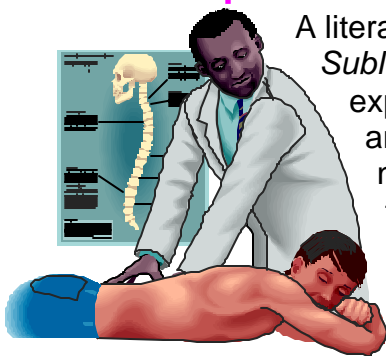


function can be restored and the body can heal itself. Correct skeletal alignment is essential for a healthy body, mind and spirit.” - DD Palmer, discoverer of chiropractic, pictured here in this 1910 photo. Dr. Palmer discovered chiropractic in 1895.

If we don't change, we don't grow. If we don't grow, we are not really living. Growth demands a temporary surrender of security. – Gail Sheehy

It is not what we see and touch or that which others do for us which makes us happy; it is that which we think and feel and do, first for the other fellow and then for ourselves. – Helen Keller

Chiropractic Patients Have Fewer Strokes



A literature review in the September 2001 *Journal of Vertebral Subluxation Research* reports that patients under chiropractic care experience strokes at a considerably lower rate than people who are not under chiropractic care. The review found that people not under chiropractic care suffer strokes at a rate more than twice that of people who are under chiropractic care. Some of the studies reviewed put that number much higher saying non-chiropractic patients are 27,500 times more likely to have a stroke than chiropractic patients. (2) In another study, researchers found that the strain required to damage healthy

vertebral arteries was approximately nine times greater than that produced by spinal adjustment. Indeed, many adjusting techniques are specific, using so little force that it is over 1/100th or 1/1000th the kind of force that can cause any problems. (3)

Women Who Use Artificial Sweeteners Gain Weight

This may come as a shock but no artificial sweetener has ever been proven to help people really lose weight or to help diabetics control their disease. Since 1952, repeated studies on saccharine show that it increases the appetite and may promote the growth of cancer. The FDA agrees it is a carcinogen.

Aspartame (NutraSweet™, Equal™) appears worse. It breaks down into dangerous substances when heated and changes brain chemistry. Hundreds of FDA reports claim that it causes dizziness, depression and headaches. And to put the icing on the cake (pardon the expression), women who use artificial sweeteners gain weight and put it on more quickly than women who don't. (4)

Good Vaccine News. It may be just the beginning of a new trend. The San Francisco Chronicle in "Vaccination Backlash", documents that over 50% of entering kindergarteners in the Yuba River Charter School have opted out of vaccinations. The paper followed the story with a six-page weekend magazine. The parents interviewed see natural doctors, use midwives and acupuncturists and pursue a healthy lifestyle. Read the article at <http://www.sfgate.com/cgi-bin/article.cgi?file=/chronicle/archive/2003/05/25/CM171959.DTL>

Happy People Are Healthier

Want to live longer and healthier? More and more studies are showing that optimism, relationships, music, spirituality, love and joy have been linked to a healthy immune system, longer life, better peace of mind and better physical and mental health. Worry, fear, depression, anxiety, stress, loneliness and helplessness have been linked to a weakened immune system, heart disease, arthritis, infections, colds, cancer and higher death rate.

As Hans Selye, Ph.D., world renowned stress researcher, writes:

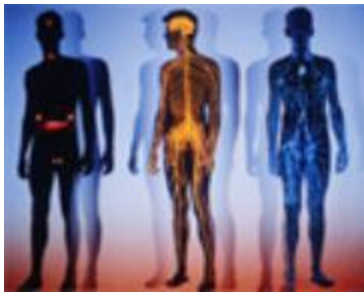
All I can say as a scientist is that the majority of physical illnesses have in part some psychosomatic origin.

Andrew Weil, MD says:

Doctors who ignore the mental and spiritual dimensions of their patients will never be able to teach about health or practice genuine preventative medicine.

An unhealthy spine, an unhealthy nervous system, toxins, lack of exercise, poor diet and other factors have been linked to a spectrum of emotional (or “mental”) disorders from depression and anxiety to psychosis. First and foremost, keep your spine healthy. Just like good nutrition, it is essential for proper physical and emotional well-being.

Chiropractic and Spinal Research



Chiropractic is the most popular natural, drug-free healthcare system in the world because of millions of success stories. If there is any condition you'd like to know about please write us.

Migraine Headache. Half of 127 migraine sufferers were given chiropractic adjustments for six months. The other migraine sufferers just had medical care.

Subjects in the chiropractic group demonstrated statistically significant improvement in migraine frequency, headache duration, disability and medication use. 22% of those undergoing chiropractic care reported more than 90% reduction in migraines after two months. About 50% reported significant improvement in severity of migraine episodes. (5)

ADD, Enuresis, Toe Walking. This is the case of a six-year-old boy suffering from nightly bedwetting (nocturnal enuresis), attention deficit disorder and toe walking. He walked with his heels 4 inches above the ground. The medical specialist recommended cutting both Achilles' tendons and breaking ankles to achieve normal posture and movement. The parents brought him to a chiropractor. The chiropractor found subluxations of atlas, occiput, sacrum and pelvis. After 4 weeks of care both heels dropped 2 inches and the bedwetting frequency decreased to 2-3 times per week. His medical doctor was shocked at his recovery under chiropractic care. (6)

Herniated Cervical Disc. A 60-year-old woman with a herniated cervical disc diagnosed by MRI suffered from deep, constant, burning aching and numbness in her left arm, severe neck and left shoulder pain and hand weakness. Surgery

was recommended but she began chiropractic care instead. Within 5 months her pain and numbness disappeared and her grip-strength returned to normal. (7)
Asthma and Chiropractic. 81 asthmatic children were placed under chiropractic care. After 60 days of care 90.1% of the children reported improvement compared to their pre-chiropractic scores. 30.9% of them voluntarily decreased their dosage of medication by an average of 66.5%. 24 of the patients who reported asthma attacks 30 days prior to the study had significantly decreased attacks by an average of 44.9%. (8)

Humor

Little Harold was practicing the violin in the living room while his father was trying to read in the den. The family dog was lying in the den, and as the screeching sounds of little Harold's violin reached his ears, he began to howl loudly.

The father listened to the dog and the violin as long as he could. Then he jumped up, slammed his paper to the floor and yelled above the noise, "For Pete's sake, can't you play something the dog doesn't know?!"

The District Attorney stared at the jury, unable to believe its verdict. Bitterly he asked, "What possible excuse could you have for acquitting this man?"

The foreman answered, "Insanity."

The D.A. said, "All twelve of you?"

Some reasons to be grateful if you grew up speaking English:

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) At the Army base, a bass was painted on the head of a bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.
- 11) The insurance was invalid for the invalid.
- 12) There was a row among the oarsmen about how to row.
- 13) They were too close to the door to close it.
- 14) The buck does funny things when the does are present.
- 15) A seamstress and a sewer fell down into a sewer line.
- 16) To help with planting, the farmer taught his sow to sow.
- 17) The wind was too strong to wind the sail.
- 18) After a number of Novocain injections, my jaw got number.
- 19) Upon seeing the tear in the painting I shed a tear.

- 20) I had to subject the subject to a series of tests.
- 21) How can I intimate this to my most intimate friend?
- 22) I spent last evening evening out a pile of dirt.



Bye! Enjoy the summer! Come in and tell us about all your wonderful vacation plans. We can't say it enough: thanks for being our patient and letting us care for you and your loved ones. We really do appreciate you. You are part of the vanguard of people who understand the importance of drug-free, natural healthcare. Write back and let us know what you think of our newsletter. Want free copies for friends? Let us know. Don't forget to stop by for a spinal adjustment so you can be at your best. Remember: friends don't let friends walk around with subluxations in their bodies. We fix spines while you wait so bring in your friends and loved ones for a spinal checkup.

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