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### Healthy Living Chiropractic Newsletter May 2003

**Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you and even inspire you a little.**

*In the depth of winter, I finally learned that within me there lay an invincible summer. – Albert Camus*

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### The Most Popular Natural Healthcare

Chiropractic is the largest, natural, drug-free healthcare system in the world!



Chiropractic helps people recover from illness and disability faster and helps them minimize drugs and surgery. Chiropractic improves physical and emotional health; chiropractic patients report less stress, more vitality and more enjoyment in their lives! (1-3) Is it any wonder why so many millions of people are turning to natural, drug-free chiropractic?

### What Is Chiropractic?

Chiropractic is a system of healthcare that releases a serious stress from your body: the vertebral subluxation complex (spinal nerve stress). This is a spinal distortion that affects your nerves, muscles, internal organs, discs, bones, brain, posture and overall health. If you have one, you can't be fully healthy.

### How Do You Get Subluxations?

Subluxations are caused by stress – any kind of stress: accidents, sitting or working in the same position, poor posture, sports, even emotional upset. A subluxation gotten from a childhood fall can cause problems in adulthood.

### How Do You Get Rid of Subluxations?

Get an adjustment! Your Doctor of Chiropractic is specially trained to analyze your body for subluxations and safely, gently and painlessly correct them using specialized spinal adjustment techniques. Nearly everyone has subluxations in their spine; it is a "hidden epidemic." For that reason spinal checkups by a Doctor of Chiropractic should be a part of everyone's healthcare. You get your eyes, teeth and blood pressure checked! Why not your spine?



Please tell those you care about to come in for a spinal checkup. Friends don't let friends stay subluxated.

### Romantic Intimacy

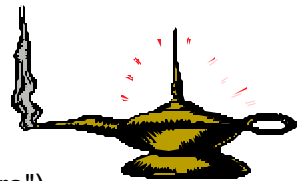


A survey of 94 dating couples (in the relationship for an average of two years) showed that yelling, nagging or throwing insults lowered the feeling of intimacy. Previous studies with couples in long-term relationships show that partners tend to be more affected by negative than positive behaviors. Unhappy relationships have been linked to depression, eating disorders, excessive drinking, heart disease and chronic pain. (4)

### Words of Wisdom

*Vision is not enough. It must be combined with venture. It is not enough to stare up the steps, we must step up the stairs.* – Vaclav Havel

*At the center of the Universe is a loving heart that continues to beat and that wants the best for every person. Anything that we can do to help foster the intellect and spirit and emotional growth of our fellow human beings, is our job. Those of us who have this particular vision must continue against all odds. Life is for service.* – Fred Rogers ("Mister Rogers")  
1928-2003



*Nothing that's forced can ever be right, if it doesn't come naturally leave it.*  
- Al Stewart

## Chiropractic and Spinal Research

Remember, a person with *any* kind of health problem needs chiropractic. Feel free to forward these studies to others.



**Schizophrenia.** 8 children, 4 normal and 4 toe walkers (diagnosed with schizophrenia) had chiropractic care. All 8 children vocalized, verbalized and appeared more alert and responsive after spinal adjustments. Parents of the 4 toe walkers additionally reported no observable dysphagia (difficulty swallowing) during family meals. The parents also reported undisturbed and less disrupted sleeping patterns since the initial adjustment. After 180 days, all toe-walking ceased. (5)

**Allergies, asthma, improved breathing, better digestion and better vision.** In a Swedish study, patients from 87 chiropractic offices reported on conditions helped. Among them were: improvements with asthma/allergies and breathing, improved digestion, clearer/better/sharper vision, improved circulation, and improved acne/eczema. (6)

**Crohn's Disease and Allergy.** 17 Crohn's patients received chiropractic care and 34 acted as controls. All patients continued their medication. 12 of the 17 chiropractic patients showed long-term and stable remission of their symptoms and of these, 9 experienced an alleviation effect. The researchers report "subluxation is a common and characteristic finding in patients with allergies and Crohn's disease." (7)

**Allergy.** Patients at a chiropractic college clinic often presented with ear-infection, sinus problems, allergy, bedwetting, respiratory problems and gastrointestinal problems. Complete or substantial improvement was noted in 61.6% of pediatric patients of their chief complaint with 60.6% receiving "maximum" improvement. 56.7% of adult patients received "maximum" improvement. (8)

## Breastfeeding Affects Intelligence

Breastfeeding appears to confer long lasting increases in a child's cognitive ability and educational achievement into young adulthood. Breast fed children score higher in standardized tests, teacher ratings and academic outcomes in high school. (9)

## Exercise: Do you have to kill yourself to look great?



Do you feel guilty because you don't look like the incredible Hulk or at least Spiderman (and don't they wear body suits anyway?). Don't knock yourself out to get in shape, a new study from Yale shows that even a little exercise, done regularly can work wonders. 173 overweight or obese sedentary women (50-75) were split into two groups: one just did stretching exercises and the other did some moderate exercise such as brisk walking done for an average of 3.5 days/176 minutes a week. The walking group showed significant reductions in fat and

weight. But don't stroll, walk briskly. Why not make an after dinner "constitutional" every evening? It used to be what everyone did. (10)

### Smallpox Vaccination – Worse Than The Disease?

The smallpox vaccine is proving to be the most dangerous vaccine ever made. At least two out of the first 21,600 healthcare workers vaccinated died. That equals about 40 deaths/million but those are only the deaths that appeared right after vaccination. Long term follow-up cannot be done yet. Heart problems developed in at least 17 people who have been inoculated. Cancer has been linked to the smallpox vaccine. Since cancer may take months or years to develop it's too early to tell how much more illness and death the vaccine may cause. California, New York, and Illinois have suspended all smallpox vaccinations and more states may follow.



"Cancer was practically unknown until [smallpox] vaccination began to be introduced. I have had to do with 200 cases of cancer and I have never seen a case of cancer in an unvaccinated person." W.B. Clark, MD

"I am convinced that some 80 percent of these cancer deaths are caused by the [smallpox] vaccinations they have undergone. These are well known to cause grave and permanent disease of the heart also." Dr. Herbert Snow, London Cancer Hospital

"I am convinced that the increase of cancer is due to vaccination." Forbes Laurie, MD Medical Director of the Metropolitan Cancer Hospital, London. (11)

### SARS - Severe Acute Respiratory Syndrome



Worried about SARS? Media hype notwithstanding let's look at the numbers. There are over 200 "probable" or "possible" cases of SARS in the US and no deaths. Worldwide the SARS death rate is 4%, much lower than flu or pneumonia. Of the 10 Canadians that died, the median age of death was 70.2. This illness is not killing the healthy or those born after 1933 and until the facts are in we may learn even more, for example, did those who die have the flu shot, antibiotics or other drugs? So don't panic. The best to defend yourself from any virus or

bacteria is to have a healthy immune system. (12)

### Humor

*I owe the government \$3,400 in taxes. So I sent them two hammers and a toilet seat.* – Michael McShane

From "Disorder in the Court": things people actually said in court, word for word, taken down by court reporters.

Q: What is your date of birth?

A: July fifteenth.

Q: What year?

A: Every year.

Q: What gear were you in at the moment of the impact?

A: Gucci sweats and Reeboks.

Q: How old is your son, the one living with you?

A: Thirty-eight or thirty-five, I can't remember which.

Q: How long has he lived with you?

A: Forty-five years.

Q: What was the first thing your husband said to you when he woke up that morning?

A: He said, 'Where am I, Cathy?'

Q: And why did that upset you?

A: My name is Susan.

Q: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?

Q: The youngest son, the twenty-year old, how old is he?

Q: Mrs. Jamison, were you present when your picture was taken?

Q: So the date of conception (of the baby) was August 8th?

A: Yes.

Q: And what were you doing at that time?

Q: How was your first marriage terminated?

A: By death.

Q: And by whose death was it terminated?

Q: Can you describe the individual?

A: He was about medium height and had a beard.

Q: Was this individual a male, or a female?

Q: Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney?

A: No, this is how I dress when I go to work.

Q: Doctor, how many autopsies have you performed on dead people?

A: All of my autopsies are performed on dead people.

Q: All your responses must be oral, OK? What school did you go to?

A: Oral.

Q: Do you recall the time that you examined the body?

A: The autopsy started around 8:30 p.m.

Q: And Mr. Dennington was dead at the time?

A: No, he was sitting on the table wondering why I was doing an autopsy.

Q: Are you qualified to give a urine sample?

Q: Doctor, before you performed the autopsy, did you check for a pulse?

A: No.

Q: Did you check for blood pressure?

A: No.

Q: Did you check for breathing?

A: No.

Q: So, then it is possible that the patient was alive when you began the autopsy?

A: No.

Q: How can you be so sure, Doctor?

A: Because his brain was sitting on my desk in a jar.

Q: But could the patient have still been alive?

A: Yes, it is possible that he could have been alive and practicing law somewhere.

## Thanks



Thanks for being our patient. We really do appreciate you. Please stop by for a spinal checkup and bring your friends and relatives. **Everyone needs to be free from the damages caused by subluxations** to keep their body and mind functioning at their best. Even chiropractors go to chiropractors – we also get our spines checked so we can function at our best when we take care of you.

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