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## Healthy Living Chiropractic Newsletter

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



*You got to look at things with the eye in your heart, not with the eye in your head.*  
– Lame Deer, Medicine Man of the Oglala people

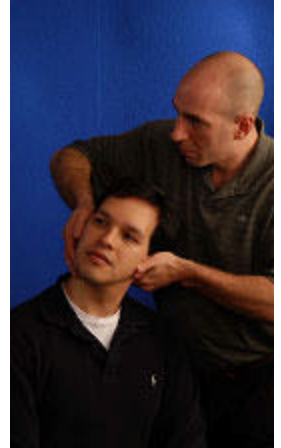
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## What Does Chiropractic Care Do For You?



Chiropractic spinal care helps balance your body structure: your head is more centered; your shoulders are more level; you have less stress upon your spinal column and nervous system and that gives you more energy, greater harmony, increased resistance to disease and improved overall body function.



It doesn't matter what disease or health problem you may be suffering from. When your chiropractor releases your old spinal stress (called vertebral subluxations) your body begins to work better. No matter what problem you may have: skin problems; allergies, asthma, neck or back pain, heart problems, headaches, insomnia or any other health problem – every person needs a healthy spine. A chiropractic spinal adjustment may make the difference between sickness and health and between a quick recovery and a lingering chronic condition.

## Words of Wisdom

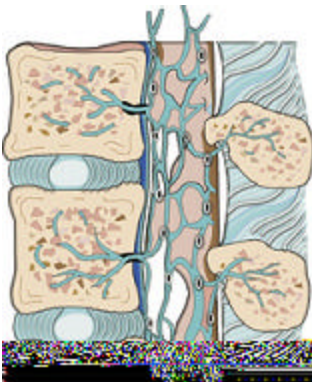
*Accept the things to which fate binds you, and love the people with whom fate brings you together, but do so with all your heart. – Marcus Aurelius*



*Only when sleeping do we make no mistakes. Mistakes are the privilege of the active person, who can start over and put things right. – Ingvar Kamprad, founder of IKEA*

*You can talk all you want, but it gets nothing done. – Yiddish proverb*

## Questions and Answers



Q. Is it possible to have a slipped disc?

A. A disc cannot "slip" because it is knitted into the vertebrae from both above and below. What sometimes do slip are the vertebrae, which may stress the disc and contribute to its damage. Many "slipped discs" would be more accurately called slipped vertebrae or subluxations. According to Robert Mendelsohn, MD, "I have seen more than one case in which spinal surgery was avoided by individuals who decided, as a last resort before going under the knife, to see a chiropractor...." (1) His remark has been underlined by many medical doctors and others

who find that many patients who decide to pursue a non-operative approach towards disc herniation may not need the surgery. Do you know anyone with a

disc problem? Make sure they come in for care before submitting to more dangerous forms of care such as drugs and surgery.

## Chiropractors in hospitals – a step in the right direction

In the US and internationally most chiropractic colleges now have external clinics in hospitals and community healthcare centers, where chiropractic services are offered and students receive clinical training in multidisciplinary environments.... There are now approximately 500 hospitals in the US with chiropractors on their staff. (2)

## Breast-feeding Benefits



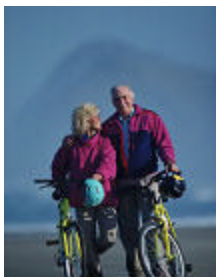
There are many health benefits breast-feeding imparts to babies: healthier brains, stronger immune system, emotional support, protection from cancer diabetes, ear infections, obesity and other conditions Breast feeding also lowers cancer risk in mothers, helps them lose weight and saves nearly \$2,000 a year in formula. For free breast-feeding information visit [www.4woman.gov](http://www.4woman.gov)

## Robert Mendelsohn, MD on Flu shots

“I never can think about flu shots without remembering a wedding I once attended. Strangely enough, no grandparents were among the participants, and no one who was present seemed to be over 60. When I asked where all the older were, I was told they had all received their flu shots a few days before, and they all were at home, recovering from the ill effects of the shots:

“The flu vaccine’s efficacy and potency still are subjects of great debate, particularly since the strains covered by one year’s vaccine often fail to correspond to whatever strains are causing flu at that particular time. The entire effort resembles a game of roulette in which, in any given year, the numbers may or may not match the strains.

We were all afforded a peek into the real dangers of the flu vaccine in 1976 when close governmental surveillance of one strain, the swine flu vaccine, disclosed that 565 cases of Guillain-Barre paralysis were associated with this vaccine, as were the unexplained deaths of 30 elderly persons. One wonders how much more would be known about the ill effects of flu shots if this kind of surveillance had been exercised over everyone who had received other forms of flu vaccine over the years.”



## It’s never too late to start exercising

You are never too old to benefit from exercise. Even if you’re in your 90’s, exercise can be beneficial. One husband and wife

team, ages 92 and 86 respectively, who began exercising after they retired are still going strong. Experts say that older people can increase their ability to function on a daily basis with exercise.

Research has shown that beginning exercise in the 90's can even restore some of the loss of function that comes from lack of activity. (3)

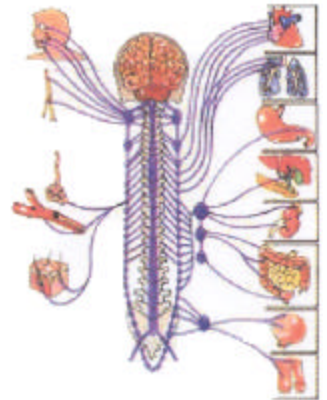
## Chiropractic and Spinal Research

**Multiple sclerosis.** In this review, three of the four people diagnosed with MS reported a significant trauma to the spine that preceded the diagnosis. All patients reported improvement in functional health status and quality of life after chiropractic care. (4)

**Herniated cervical (neck) disc.** This is the case study of a 60-year-old woman with MRI documented herniated cervical disc. Her symptoms included deep, constant, burning ache in the left arm and severe neck and left shoulder pain. Under chiropractic care the patient's pain and numbness disappeared and her grip-strength returned to normal within 5 months. (5)

**Spina bifida and meningomyelocele.** This is the case of a boy born with congenital spina bifida and meningomyelocele (spinal opening) surgically closed 5 hours after birth. The MDs said he would have minimal muscle tone in his legs, little or no bladder or bowel control and always need leg braces. In addition he had constipation, chronic vomiting and urinary infections. The day after his first chiropractic adjustment (age 1) normal bowel movements began; in 2 weeks the vomiting and urinary infections stopped and his disposition "greatly" improved. He now walks with a reverse walker, goes up and down stairs using a railing and crawls on the furniture. Continued improvement is expected. (6)

**Parkinson's Disease.** 10 PD sufferers aged 47 to 76 years with mild to severe symptoms received chiropractic care. All patients had been diagnosed with PD by neurologists and were on medication. Interestingly, nine of ten patients reported having suffered a trauma preceding the onset of PD symptoms. Of the ten patients, 8 improved. They reported an increase in energy level and/or sleep and showed a decrease in spinal pain and/or rigidity. Six out of 10 patients showed 21-43% overall improvement. The two who had not improved were both men over 65 years of age with approximately eight year histories of the disease. (7)



## Humor

If you are going to try cross-country skiing, start with a small country.

Why isn't "phonetic" spelled the way it sounds?

I don't exercise because it makes the ice jump right out of my glass.

My grandmother started walking five miles a day when she was 60. Now she's 97 years old and we don't know where the hell she is.

I have flabby thighs, but fortunately my stomach covers them.

## References

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7. Elster EL. Upper cervical chiropractic management of 10 Parkinson's Disease patients. *Today's Chiropractic*. July/August 2000;36-48.



**Bye, and thanks for reading this far down. Thanks for being our patient, and letting us care for you. We really do appreciate you. Write with any questions. Want your friends to be sent a copy? Let us know and we'll put them on our subscriber list.**