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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 can either complain that rosebushes have thorns or rejoice that thornbushes have roses. – Anonymous

*Rise early. Work late. Strike oil.
– Billionaire J. Paul Getty*

If you aren't fired with enthusiasm, you'll be fired with enthusiasm. – Vince Lombardi

*Don't take yourself too seriously. And don't be too serious about not taking yourself too seriously.
– Howard Ogden*

Chiropractic corrects the hidden distortions within man. – Cash Asher

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What is the Secret Ingredient for a Longer and Healthier Life?

Friendship. As important as good nutrition and exercise are close friends and



relatives. More studies show that those with a large number of friends, relatives and other social ties live a longer, healthier life. Harvard researchers investigated the effect of social ties, death and heart disease, in a 10-year follow-up study of nearly 30,000 men. Those who were more socially isolated were nearly 20% more likely to die from any cause and 53% more likely to die from a heart-related cause than those who reported the highest number of social ties. Those with a moderately low number of social connections had a more than twofold greater risk of death from accidents and suicides than did

their peers with the most social ties.

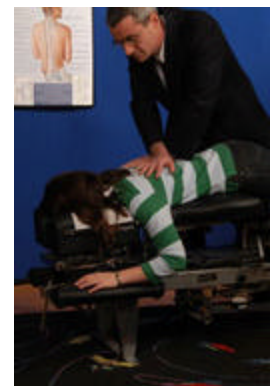
Overall, married men reportedly had a lower risk of death from any cause and a greater than twofold reduced risk of death from accidents and suicides than their unmarried peers. In addition, men who attended at least one religious service per year and those who spent at least 11 hours per week participating in some type of social group also seemed to be protected against all causes of death. Social isolation is a 'risk factor' for ill health that deserves as much attention as other risk factors for cardiovascular disease and other ailments. (1)

Chiropractic Questions and Answers

Q. What does a chiropractic adjustment do to my body?

A. Lots of great things. At the moment you receive a chiropractic adjustment to remove subluxations in your body hundreds or thousands of body functions improve. Scientists are still discovering all the things a chiropractic adjustment does for you. For example, a recent review of 45 research papers, five case studies, 23 review articles, and eight animal studies found the following health improvements:

- Decreased blood pressure (if needed).
- Improvement in breathing and lung capacity in normal and asthmatic patients.
- Relieved symptoms of inflammation in osteoarthritis.
- Enhanced immune function.
- Improved intestinal and urinary function. (2)



Does Aspirin Prevent a Heart Attack?



While it is believed that aspirin prevents some first heart attacks, its fatal side-effects result in a higher death rate and its non-fatal side-effects

such as internal bleeding and cataracts may appear only after years of aspirin use.

Surprisingly, the major study that doctors rely on to “prove” aspirin effectiveness didn’t give patients aspirin alone but buffered aspirin; the calcium and magnesium in buffered aspirin may have been responsible for some of the beneficial heart effects. However, supplemental magnesium and vitamin E have been shown to be more effective than aspirin in lowering heart attack rates as well as overall death rates. Supplemental magnesium and coenzyme Q10 have been shown to be more effective than aspirin in treatment of cardiovascular disease. (3)

Did Immunization Get Rid of Childhood Diseases?

Clean water, sewage removal, nutritious food and better standards of living turned formerly “killer” diseases – typhoid fever, scarlet fever, cholera, measles, pertussis and others – into mild childhood diseases. Germs are everywhere, but when you are healthy, you don’t contract the diseases as easily and if you do get an infection your body fights it off and you get permanent immunity. World famous researcher Ivan Illich, PhD’s words should be read by all (feel free to forward to others):

The combined death rate from scarlet fever, diphtheria, whooping cough, and measles among children up to fifteen shows that nearly 90% of the total decline in mortality between 1860 and 1965 had occurred before the introduction of antibiotics and widespread immunization. In part this recession may be attributed to improved housing and to a decrease in the virulence of micro-organisms, but by far the most important factor was a higher host resistance due to better nutrition.

In poor countries today, diarrhea and upper-respiratory-tract infections occur more frequently, last longer, and lead to higher mortality where nutrition is poor, no matter how much or how little medical care is available.

The study of the evolution of disease patterns provides evidence that during the last century doctors have affected epidemics no more profoundly than did priests during earlier times. Epidemics came and went, imprecated by both but touched by neither. (4)



Non-Vaccinated Children Are Healthier



More studies reveal that non-vaccinated children are significantly healthier than vaccinated children. In a recent study 2.3% of the non-vaccinated children had asthma, while 25.6% of the vaccinated group got it (a ten-fold increase)! In addition less than 10% of the non-vaccinated got any "atopic disorder" (asthma, rashes, or chronic runny nose) while more than 50% of the vaccinated group suffered from at least one atopic

disorder! <http://www.feingold.org/vaccinations.html#Yoneyama> (5)

Vaccines Overwhelm a Child's Body



A single vaccine given to a six-pound newborn is the equivalent of giving a 180 lb. adult 30 vaccinations on the same day. Toxins such as aluminum and formaldehyde are contained in some vaccines. Further, it is very well known that infants do not produce significant levels of bile for mercury removal nor do they have the kidney capacity to remove

aluminum for several months after birth. Additionally, mercury is a well-known inhibitor of kidney function. (6)

Natural Immunity from Breastfeeding

Mothers give their babies immunity to viral illnesses through breast milk and if a baby is sick the mother produces much more immune cells for the baby. In one study the breast milk of mothers with sick babies had a four- to five-fold increase in the total number of white blood cells – which help protect against viral and bacterial infections – compared to the healthy control mothers. Apparently there is an unknown feedback mechanism from the baby to the mother. When the baby is sick

the mother's body somehow knows it and begins to create more immune-fighting chemicals for the baby. (7)

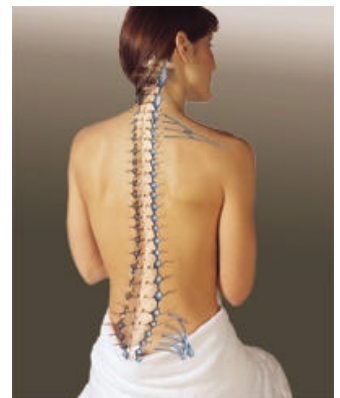
Chiropractic Research

There are thousands of case studies on the wonders of chiropractic. Below is a sampling. Imagine if these people had never seen a chiropractor.

Chronic Chest Pain. A 49-year-old male suffered from chronic chest pain, dyspnea and anxiety for over 4 months. Prior efforts to treat the condition had met with failure. Chiropractic adjustments were given to the thoracic spine and by 14 weeks of care there was a complete recovery that was maintained at 9 months follow-up. (8)

Fibromyalgia and chronic fatigue. Twenty-three patients (aged 11 to 76) suffering from primary fibromyalgia and chronic fatigue syndrome from 2 to 35 years received from 20 to 48 chiropractic adjustments. After care every patient was able to resume normal activities including full time work and maintained their improvements at 1 to 1 ½ years follow up. "Improvement in symptoms of 92-100% was achieved in both these syndromes." (9)

Attention deficit disorder. Following a motor vehicle accident a 7-year-old boy began to suffer from memory loss, inability to concentrate, general agitation, loss of appetite, headache, difficulty chewing, ear pain, hearing loss, difficulty



breathing, neck and leg pain. His MD diagnosed attention deficit disorder (ADD) and prescribed Ritalin. However chiropractic spinal analysis revealed subluxation of C2 with a reversal of the normal neck curve. After 12 weeks of care his neck curve had returned to normal; by 17 weeks his ADD disappeared and Ritalin was stopped. His other symptoms also disappeared and he returned to normal behavior. After the insurance settlement the mother discontinued chiropractic care and the child's symptoms gradually returned. He is back on Ritalin. (10)

Words of Wisdom

If humanity is to survive, happiness and inner balance are crucial. Otherwise the lives of our children and their children are more likely to be unhappy, desperate and short. Material development certainly contributes to happiness – to some extent – and a comfortable way of life. But this is not sufficient. To achieve a deeper level of happiness we cannot neglect our inner development. – Dalai Lama



All the world's problems stem from light being withheld. Our job then, is to correct this. Wherever we find light, we must rip away its casings, exposing it to all, letting it shine forth to the darkest ends of the earth. Especially the light you yourself hold. – Lubavitcher Rebbe

It all depends on how we look at things, and not on how things are in themselves. The least of things with a meaning is worth more in life than the greatest of things without it. – Carl Gustav Jung

Humor

I get my exercise acting as a pallbearer to my friends who exercise. – Chauncey Depew

Early to bed and early to rise; makes a man healthy and wealthy and dead. – James Thurber

My doctor told me that jogging could add years to my life. I think he was right. I feel 10 years older already. – Milton Berle

When I feel like exercising I just lie down until the feeling goes away. – Robert M. Hutchins

The word aerobics comes from two Greek words: aero, meaning "ability to," and bics, meaning "withstand tremendous boredom." – Dave Barry

Muscles come and go; flab lasts. – Bill Vaughn

Doctors cut, burn, and torture the sick, and then demand of them an undeserved fee for such services. – Heraclitus

Half of the modern drugs could well be thrown out of the window, except that the birds might eat them. – Martin Henry Fischer

Health nuts are going to feel stupid someday, lying in hospitals dying of nothing. – Redd Foxx

A hospital is no place to be sick. – Samuel Goldwyn

I was once thrown out of a mental hospital for depressing the other patients. – Oscar Levant

**An important message about Healthcare!
Information you may need to help you choose your next health plan.**

Q. What does HMO stand for?

A. This is actually a variation of the phrase, "HEY MOE." Its roots go back to a concept pioneered by Moe of the Three Stooges, who discovered that a patient could be made to forget about the pain in his foot if he was poked hard enough in the eyes.

Q. I just joined an HMO. How difficult will it be to choose the doctor I want?

A. Just slightly more difficult than choosing your parents. Your insurer will provide you with a book listing all the doctors in the plan. These doctors basically fall into two categories -- those who are no longer accepting new patients, and those who will see you but are no longer participating in the plan. But don't worry; the remaining doctor who is still in the plan and accepting new patients has an office just a half-day's drive away.

Q. Do all diagnostic procedures require pre-certification?

A. No. Only those you need.

Q. Can I get coverage for my preexisting conditions?

A. Certainly, as long as they don't require any treatment.

Q. What happens if I want to try alternative forms of medicine?

A. You'll need to find alternative forms of payment.

Q. What if I'm away from home and I get sick?

A. You really shouldn't do that.

Q. I think I need to see a specialist, but my doctor insists he can handle my problem. Can a general practitioner really perform a heart transplant right in his office?

A. Hard to say, but considering that all you're risking is the \$20 co-payment, there's no harm in giving him a shot at it.

Q. *Will healthcare be different in the next century?*

A. No. But if you call right now, you might get an appointment by then.



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 back and let us know what you think of our newsletter. Want copies for friends? Let us know. Don't forget to stop by for a spinal adjustment so you can be at your best. And remember, friends don't let friends stay subluxated. Bring your friends and loved ones for a spinal checkup.

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