

Healthy Living Chiropractic Newsletter

**Lowey Chiropractic: A Creating Wellness Center
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Enjoy the benefits of chiropractic – the largest natural, drug-free, surgery-free, expressive healthcare system in the world.

More and more families are discovering that periodic chiropractic checkups and adjustments promote health and healing without drugs and dangerous medical treatments.

More and more people are turning away from symptom treatment and choosing natural ways of achieving and maintaining health.

Tired of taking drugs? Welcome to the world of chiropractic – discover how natural health can be.

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It's still summer!



Don't pay attention to that man behind the curtain holding the calendar (kids, if you don't get the joke, watch *The Wizard of Oz*).

Everything is sunshine, light and warmth – with an occasional thunderstorm thrown in for good measure.

Don't let the scary headlines about swine flu bother you (see articles below) – eat well, get lots of sun, exercise, relax, laugh, love, pray, explore and come in for chiropractic care.

Blind man suddenly sees again after visit to chiropractor

KCRG-TV CHANNEL 9 NEWS IN DUBUQUE - Doug Harkey's visits to a chiropractor had been helpful, but not spectacular, until Thursday, January 3. Harkey is a legally blind 38-year-old Dubuque resident who parachuted out of an airplane in 2006. Not even that adventure prepared him for what followed his January 3 visit to chiropractor Tim Stackis. "My left eye was watering for 45 minutes straight," Harkey said. That left eye had been devoid of sight for 12 years. Goodbye blindness, hello restored sight. "Oh my God, I can see!" Harkey told a friend.



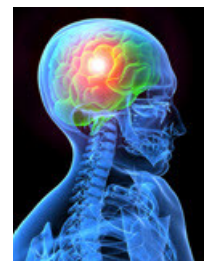
Harkey and Stackis believe a chiropractic adjustment ... restored the lost sight. "Your nerve system controls and regulates every function of your body," said Stackis, who believes chiropractic care can influence healing throughout the body.

<http://www.facebook.com/home.php#/video/video.php?v=47668573581&ref=nf>



Vision and Chiropractic – what's the connection?

The nerves from the brain and spinal cord affect the eyes. Nerves exit your brain and travel down your back in your spinal cord (which sits inside your spinal column). These nerves then branch out of your spine and travel up to your neck and into your head. These nerves can affect your vision, hearing and even the very functioning of your brain.



Over a hundred years of clinical research demonstrates that chiropractic care can affect brain function. That's why anyone with a vision or hearing problem should get a chiropractic checkup.

Epidural injections for neck and back pain are useless



We see it time and time again. Patients who were given injections for neck and back pain by their medical doctors fill chiropractors' offices looking for relief.

Here is another study showing the lack of long-term pain relief from epidural injections for people with neck and back pain. Three hundred (300) patients with neck and back pain were given epidural injections. In two to six weeks, most epidural blocks lost their effectiveness. There was no improvement at 3 months, 6 months or 1 year after injection. The epidurals had no impact on day-to-day functioning, the need for surgery or long-term pain control. Why didn't the shot work? The reason is simple – injections don't correct subluxations (chiropractors do). (1-2)



Did you know...?

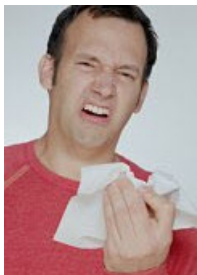
When you take care of something it really does last. We mean it *really* lasts! Look at what this woman did with her car with regular checkups and a small handgun (gun is optional).

540,000 miles in the same car – original engine, owner 89 years old.

(It looks like she's been taking care of herself also.) Click on this cool story:

<http://growingolder.com/media/technology/vehicles/romancing-the-road-259598..html>

Swine flu



- The swine flu is no worse than a mild flu.
- The majority of those who get swine flu recover from it without medical care.
- There are cases of children coming down with the "flu" a week or two after they've been vaccinated. Please avoid vaccinations for your children; they weaken their immune systems.
- The swine flu vaccine is untested and unproven (as are all flu vaccines).
- The swine flu vaccine contains dangerous chemicals linked to serious neurological and immunological illness.
- The last time we had a swine flu scare the vaccination killed and paralyzed hundreds of people. One person died from the flu and that was because he went on a strenuous hike while he was sick.
- By the way, if you feel sick don't go on a hike.

When it comes to the flu...

- In most all cases in relatively healthy people the flu should run its course.
- Suppressive medical care such as antibiotics, fever reducers, other drugs and vaccinations can make the illness far worse.
- Comfort the patient with natural healthcare methods such as chiropractic, homeopathy, acupuncture, naturopathy, etc.
- Give nutritional support – broths, light foods. Avoid refined and non-organic foods.
- The flu for most is a temporary inconvenience that leaves a less toxic, healthier person in its wake.



Damn the data, full speed ahead

The swine flu vaccine has been rushed to the market even *before* safety tests are complete. A federal advisory panel said the FDA should move ahead to approve or license the new H1N1 vaccine without waiting to receive data from clinical trials to test its safety and efficacy. (3)

Does the swine flu vaccine increase the risk of cancer?

German health expert Dr. Wolfgang Wodarg is a specialist in lungs, hygiene and environmental medicine. He is also the chairman of the health committee in the German parliament and European Council. He warns us that the solution that the vaccine is grown in consists of cancerous cells from animals.

There is fear that the risk of cancer could be increased by injecting these cells with the vaccine. Johannes Löwer, president of the Paul Ehrlich Institute, says that the swine flu shot can cause worse side effects than the actual swine flu virus.

Dr. Wodarg reports that the swine flu is milder than normal flu. "If you look at the number of cases it is nothing compared to a normal flu outbreak," he added. (4-5)

Myths and facts about Tamiflu™ and Relenza™

Myth: Tamiflu™ and Relenza™ prevent flu complications.

Fact: There is no proof antiviral drugs prevent complications.

A *British Medical Journal* study shows Tamiflu™ and Relenza™ rarely prevent complications in children who have normal seasonal flu and are unlikely to help children who catch the H1N1 virus. "For most children these antiviral drugs are probably not going to have much of an effect," says study author Matthew Thompson, MD in a BBC interview. The drugs have little or no effect on asthma, ear infections or the likelihood of children needing antibiotics. Tamiflu™ is linked to headaches, stomachaches, fatigue, diarrhea, vomiting, nausea, insomnia, nightmares, self-injury, confusion and neuropsychiatric problems. (5-6)

Chiropractic research

Still more reasons to show that everyone – no matter what their health – needs chiropractic care.



Cerebral palsy and chiropractic. A mother brought her 2-year-old son diagnosed with cerebral palsy to explore chiropractic care. The child had multiple surgeries and the mother had been told that her child would never be able to walk. When he entered the clinic he was indeed unable to walk unassisted and made very little eye contact.

Chiropractic care was utilized to locate and correct the child's vertebral subluxations. After four visits the boy began to walk on his own, sleep through the night, gain weight and make more eye contact. He also showed improvement in muscle strength, cognitive function and fine motor skills.

He is still under chiropractic care and continues to show improvement with each visit. (7)

Child with motor tics. A 6-year-old girl presented for chiropractic care with a medical diagnosis of "transient motor tic disorder" of six months duration. She had repetitive eye blinking and rolling of the eyes in multiple directions every 3 to 5 seconds, bilateral shoulder shrugging and backward arching of the head and neck with an open mouth. She had suffered trauma to the spine. Examination revealed subluxations of the atlas, C7 and T4 vertebrae and the right sacroiliac joint.

She received chiropractic adjustments to correct subluxations. After 6 visits over a period of 5 weeks her disorder resolved. She returned for care 2½ months later with complaints of eye rolling and repetitive blinking following an ice-skating fall with complete resolution again after care. (8)

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. (9)

Fibromyalgia and chronic fatigue. Twenty-three patients (aged 11 to 76) suffering from primary fibromyalgia and chronic fatigue syndrome, of 2 to 35 years duration, 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 1½ years follow up. "Improvement in symptoms of 92-100% was achieved in both these syndromes." (10)

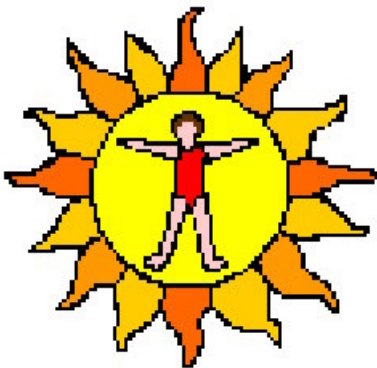
Skip the Skippy®

Buy some organic peanuts and make your own peanut butter. It's easy and it tastes so much better. Avoid conventional peanut butter. Not only is it full of unhealthy sugar, it's loaded with pesticides. More than 99% of peanut farmers use conventional farming techniques including fungicides and other toxins. So skip the Skippy® – it's bad for you and your children.



Sunlight – nature's healing miracle

The most powerful cancer fighter ever discovered is naturally occurring Vitamin D, which we get from sunlight.



Thirteen malignancies have an inverse correlation to solar radiation ... especially breast, colon, ovary and prostate cancer and non-Hodgkins lymphoma. (11) Vitamin D has the potential to lower the risk of all cancers in women by 77%. (12) Researchers at the University of San Diego found a direct link between **lower** amounts of sunlight and increased breast cancer risk in 107 countries (13), which has been confirmed by yet another study. (14)

Words of Wisdom

Our body is a machine for living. It is organized for that, it is its nature. Let life go on in it unhindered and let it defend itself, it will do more than if you paralyze it by encumbering it with remedies.

– Leo Tolstoy



Humor

The History of Medicine (unknown author)

"Doctor, I have an earache."

2000 B.C. - "Here, eat this root."

1000 A.D. - "That root is heathen. Here, say this prayer."

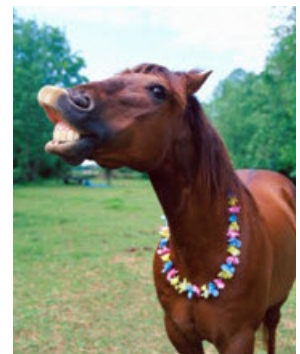
1850 A.D. - "That prayer is superstition. Here, drink this potion."

1940 A. D. - "That potion is snake oil. Here, swallow this pill."

1985 A. D. - "That pill is ineffective. Here, take this antibiotic."

2000 A. D. - "That antibiotic doesn't work anymore. Here, eat this root."

When I got my first television set, I stopped caring so much about having close relationships. – Andy Warhol



Why should people go out and pay money to see bad films when they can stay home and see bad television for nothing? – Samuel Goldwyn

My grandfather always said, "Don't watch your money; watch your health." So one day while I was watching my health, someone stole all my money. It was my grandfather. – Jackie Mason

Bye!!!



Enjoy the summer. Please write or stop by and give us your feedback. Are there any subjects you'd like to hear about? Anything you dislike? Feedback is always important to us. And, of course, if you'd like hard copies of this newsletter stop by the office and we'll give you some for your friends and relatives. If they have email, have them write to us and we'll add them to our subscriber list.

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