

Healthy Living Chiropractic Newsletter

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Chiropractic is the largest natural, drug-free, non-invasive healthcare system in the world. 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.

Like the elephant, we are unconscious of our own strength. When it comes to understanding the power we have to make a difference in our own lives, we might as well be asleep. If you want to make your dreams come true, wake up. Wake up to your own strength. Wake up to the role you play in your own destiny. Wake up to the power you have to choose what you think, do, and say.

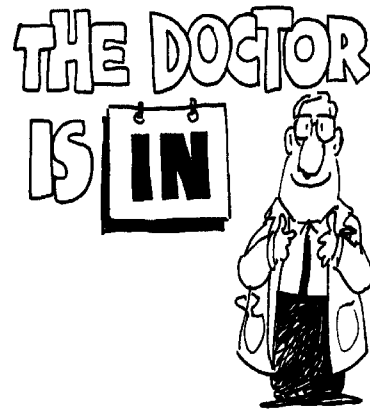
– Keith Ellis, Bootstraps

Ah, summer. May you enjoy a midsummer night's dream every evening ...



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Asthma and chiropractic



There are possibly millions of asthmatic children who are destined to a life dependent upon medication; these children may never have the chance to see if chiropractic spinal adjustments can help their asthma and provide them with a better quality of life.

– Peter Fysh, DC, researcher

Asthma, a once rare disorder, has exploded in incidence and is now the most common chronic disease in children. It causes more time lost from school than any other pediatric disorder. Asthma was almost never a fatal disease, but now it's attributed to up to 5,000 deaths a year. Childhood vaccination is increasingly implicated as the reason asthma is increasing. (1)

For over a hundred years sufferers of all types of respiratory conditions have sung the praises of chiropractic care. Typical among case histories is that of a 6-year-old girl with three years of uncontrolled asthma. She was on several different drugs daily. In 30 days of chiropractic care she was off all medications, and upon subsequent visits to the pediatrician she demonstrated a marked increase in lung volume. (2)

A study involving 385 chiropractors in seven countries found significant improvement in those patients with asthma and other diseases. The longer the patients stayed under chiropractic care, the more improvements they noted. (3)

In a study of 81 children, 73 showed significant improvement after chiropractic; 25 of them voluntarily decreased their medication by an average of 66.5% and 24 had significantly decreased incidences of attacks by an average of 44.9%. (4)

Anyone with asthma, bronchitis, emphysema or other chronic lung conditions needs to ensure their lungs and bronchi are receiving uninterrupted nerve communication from their brain and spinal cord. Chiropractic is a healing art dedicated to keeping the nerve passages in the body open and unobstructed.

It's OK to worry



We all want to live lives of peace, joy, and happiness so why are fear, wariness, caution and worry such a common part of life?

Fear, worry and other uncomfortable feelings are necessary emotions, protective mechanisms that serve a purpose – they keep us aware of danger and help protect us.

Watch a bird at a birdfeeder. It may have been there once, twice, a hundred, or even a thousand times and yet it is always on guard, always listening, always alert and ready to spring at the slightest hint of danger.

Like birds at a feeder we are always on guard. Our eyes are always scanning the path we are on for danger – and for opportunity.

We watch our children to make sure they are safe and protected. We worry about them all the time. And we worry not just about our children – we also worry about our business, our job, our health, our grades, our future....



But when the danger is over we relax – or do we? When our children are safe at home, when we lock up the business after a hard day's work, when we clock out we can stop worrying – or can we?

Worries, fears and concerns have a place – but for so many they don't stay in their place, they are all over the place. Our protective mechanisms keep us safe so we can enjoy life but we have to be able to turn them off. Too many people are so obsessed with protecting themselves that they cannot enjoy life. Ironic, isn't it? Lost in our fears and worries, we can forget the good stuff of life: the joy, wonder, awe, excitement, beauty, peace and happiness that are also a part of life. We need them; we need the perspective they give us so our lives are balanced.

So it's OK to worry. Worry about the kids but be happy you have kids and reflect on all the joy they've given you and all the lessons they've taught you.

Be concerned about the future, but feel the awe and promise in each sunrise. Be wary of economic downturns, but remember we live in a world of abundance, opportunity and potential.

Be concerned about your health, but know that too much worry about your health can make you sick. Never forget that your body is an amazing creation, full of wonders and mysteries with a marvelous healing ability that has the potential to cure any disease, from the common cold to cancer.

It's ok to worry, just don't beat yourself up. Don't risk closing the door to the health and happiness that is closer to you than you may realize.

Appreciate and accept all the emotions you experience, the "good" and the "bad," and you will grow in understanding, wisdom and happiness amidst the tumult of day-to-day life.

Swine flu vaccine – no thanks



In the 1976 swine flu fiasco millions heeded the call from the government's medical directors to get a swine flu shot because the "killer flu" was coming. Thousands of Americans were either killed or paralyzed but not from the flu – from the swine flu shot. There was no swine flu.

This year is going to be a replay of 1976 – perhaps worse because now they are going to vaccinate nearly everybody, including children – not just adults.

This is a poorly tested vaccine. How do we know this? Because it's only been tested for five days. That's right, you read that correctly – five days. Not everyone who gets a reaction drops dead or becomes paralyzed within a day or two of the shot. For others it may take weeks or months for neurological illness to come to the surface. By that time they probably won't even link it to the shot.

Do yourself and your family a favor – rely on natural methods of health and be wary of injecting *any* dangerous chemicals. Make sure you and your loved ones are free of health compromising subluxations.

Please view and pass on to all your friends and family this Sixty Minutes report on the swine flu of 1976:

http://www.dailymotion.com/video/x9mh9f_swine-flu-1976-propaganda_webcam

Swine flu vaccine rushed through safety checks

The European Medicines Agency said fast-tracking would not be at the expense of patient safety, adding: "The vaccines are authorized with a detailed risk management plan. There is quite a body of evidence regarding safety on the trials of the mock-up, and the actual vaccine could be assessed in five days." (5)

Did you know?

Antibacterial soaps are a waste of money?

A study comparing antibacterial to regular soaps and detergents (cleaning, laundry and hand washing) found no differences between either group in incidence of sore throats, runny noses, coughs, fevers and diarrhea.

Not only do antibacterial soaps make no difference, they are full of chemicals that make them more expensive and may cause health problems such as thyroid damage. (6)

Ritalin™ associated with increased risk of sudden death in children

A case-control study provides support for an association between the use of stimulants and sudden unexplained death among children and adolescents. Although sudden unexplained death is a rare event, this finding should be considered in the context of other data about the risk and benefit of stimulants in medical treatment. (7)

Chiropractic Research

Ear infection, Neck Pain, Headache & Sinus Infection. An 8-year-old girl with a 3-year history of ear infection, head and neck pain and sinus infections had bilateral ear tube surgery twice, antibiotics and sinus surgery with no improvement. She was brought to a chiropractor who found that she had subluxations in her neck. After chiropractic care she reported a dramatic decrease in headaches; sinus and ear infections; and ear, head and neck pain. (8)

Infertility. Three women with a chief complaint of infertility had vertebral subluxations and underwent chiropractic care. All three women conceived following chiropractic care. (9)

Attention Deficit Hyperactivity Disorder. This is a case report of an 11-year-old boy with medically diagnosed Attention Deficit Hyperactivity Disorder (ADHD) who responded to chiropractic and multidisciplinary care. His history included early disruptive experience, repeated ear infections, consistent temporomandibular joint (TMJ) dysfunction, heavy metal intoxication, food allergy, environmental sensitivity and multiple levels of biomechanical alteration. This report emphasizes the need for care of all aspects of the structural, chemical and mental triangle of health in children with ADHD. (10)

Sunlight prevents many different cancers

We've got to remind you: Now's the time to get your vitamin D injected into every pore of your body using a special high tech device called SUNLIGHT.

Yet another study found that a high level of vitamin D in your blood is associated with "substantially" lower rates of colon, breast, ovarian, renal, pancreatic, aggressive prostate and other cancers. (11)

The authors predict that increasing vitamin D levels would prevent approximately 58,000 new cases of breast cancer and 49,000 new cases of colorectal cancer each year. (12)

Other researchers have reported that sunlight lowers the risk of melanoma as well. (13)

Get lots of sun, just don't burn.

Words of wisdom from Voltaire

All history is little else than a long succession of useless cruelties.

I have never made but one prayer to God, a very short one: "O Lord, make my enemies ridiculous." And God granted it.

Common sense is not so common.

He who is not just is severe, he who is not wise is sad.

Perfection is attained by slow degrees; it requires the hand of time.

Prejudice is the reason of fools.

Humor

Italian pasta diet – it really works!!

1. You walka pasta da bakery.
 2. You walka pasta da candy store.
 3. You walka pasta da ice cream shop.
 4. You walka pasta da table and fridge.
- You will lose weight!

How observant are you?

There are 29 questions about things we see every day or have known about all our lives. How many can you get right?

These simple questions are harder than you think – it just shows you how little we pay attention to the commonplace things of life. No cheating! Can you beat 18?? (The average score is 7.)

1. On a standard traffic light, is the green on the top or bottom?
2. How many states are there? (Don't laugh, some people don't know.)
3. In which hand is the Statue of Liberty's torch?
4. What six colors are on the classic Campbell's soup label?
5. What two letters don't appear on the telephone dial? (No cheating!)
6. What two numbers on the telephone dial don't have letters by them?
7. When you walk does your left arm swing w/your right or left leg?
8. How many matches are in a standard pack?
9. On the United States flag is the top stripe red or white?
10. What is the lowest number on the FM dial?
11. Which way does water go down the drain, counter or clockwise?
12. Which way does a "no smoking" sign's slash run?
13. How many channels on a VHF TV dial?
14. Which side of a women's blouse are the buttons on?
15. On a NY license plate, is New York on the top or bottom?
16. Which way do fans rotate?
17. Whose face is on a dime?
18. How many sides does a stop sign have?
19. Do books have even-numbered pages on the right or left side?

20. How many lug nuts are on a standard car wheel?
21. How many sides are there on a standard pencil?
22. Sleepy, Happy, Sneezzy, Grumpy, Dopey, Doc. Who's missing?
23. How many hot dog buns are in a standard package?
24. On which playing card is the card maker's trademark?
25. On which side of a Venetian blind is the cord that adjusts the opening between the slats?
26. On the back of a \$1 bill, what is in the center?
27. There are 12 buttons on a touchtone phone. What 2 symbols bear no digits?
28. How many curves are there in the standard paper clip?
29. Does a merry-go-round turn counter or clockwise?

Answers: 1. Bottom 2. 50 (please tell me you got this one!) 3. Right 4. Blue, red, white, yellow, black, & gold 5. Q, Z 6. 1, 0 7. Right 8. 20 9. Red 10. 88 11. Counter (north of the equator) 12. Towards bottom right 13. 12 (no #1) 14. Left 15. Top 16. Clockwise as you look at it 17. Roosevelt 18. 8 19. Left 20. 5 21. 6 22. Bashful 23. 8 24. Ace of spades 25. Left 26. ONE 27. *, # 28. 3 29. Counter



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 e-mail, have them write to us and we'll add them to our subscriber list.

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