



Healthy Living

newsletter



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

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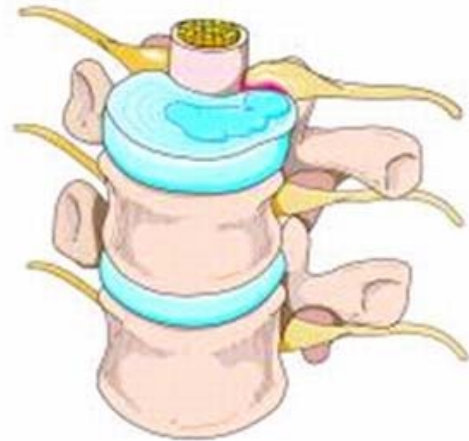
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Your discs – chiropractic keeps them happy

Between your spinal bones (vertebrae) are flexible, gel-like pads called intervertebral discs. You have 23 discs and they help give your spine its curves, flexibility and strength (a curved, flexible spine is much stronger than a straight, rigid one). Discs act like shock absorbers so your vertebrae don't crash into each other when you walk (which would be very painful); they also connect your vertebrae together.



Discs affect your height too – you are about ¼" - ½" taller when you wake up than when you went to bed the night before because walking and sitting make your discs thin a little each day; they expand back while you lie in sleep (astronauts gain about 1" in height due to weightlessness).



A proper alignment between the disc, the vertebrae and other structures in the spine is essential for healthy discs and that is why chiropractic has such an excellent record with disc sufferers, often saving them from the bleak prospect of back surgery. MRI and CT scans have shown that chiropractic care can reduce and correct lumbar disc protrusion or herniation.

Chiropractic spinal care may help prevent disc deterioration and herniation in the first place. Can you visit a chiropractor even if you've already had surgery? Yes! Chiropractors have helped many people relieve the pain and frustration of failed back surgery and may help prevent future operations. However surgery permanently changes the body – it's far better to prevent such operations, especially since they often don't work. See the next article.



Spinal surgery for disc and back pain? Think chiropractic.



Half a million Americans will get back surgery this year and many doctors believe most of them don't need it. Why? First, because the operation has a very high failure rate (the pain comes back, never leaves or gets worse); second, surgical accidents can cause impotence and bladder problems; and

third, natural approaches such as chiropractic can get most people better at a fraction of the cost without the dangers of surgery.

For disc herniations or painful “pinched” nerves thousands of Americans who aren’t lucky enough to try chiropractic care go under the knife and have spinal surgery. From 1993 to 2003 the number of spinal fusion surgeries more than quadrupled, from 60,972 to 297,883 according to the Health-Care Cost and Utilization Project. Costs went from \$24,045.00 to \$48,672.00. If you know anyone facing this surgery, please refer them to our office.

Note: The National Institutes of Health is spending \$14 million to find out if back surgery even works. (1)



Don't be shy... about referring others



The chances are that you found out about our office from a friend, relative or co-worker so please return the favor and tell others. There are millions of people – adults, the elderly, infants and children with the vertebral subluxation complex in their bodies – living with pain, disease, and all kinds of physical and emotional stresses and conditions that may arise when subluxations are present. Please tell others they often have an alternative to drugs and surgery. They'll thank you.

Chiropractic and Spinal Research

Do you know anyone living on drugs? They may have years of uncorrected subluxations in their body. Please tell them about chiropractic.

Surveys show people are very happy with their chiropractors. In one survey 83.3% rated their chiropractic experience as excellent. As many as 92.5% stated they would definitely recommend their chiropractor to others. MDs are jealous. (2)

Improvement in hearing. The first chiropractic patient had his hearing restored after 17 years of deafness. A more recent study was performed to see if a single chiropractic adjustment showed improvement in hearing. Fifteen patients (9 male, 6 female) were all classified as hearing impaired. After one adjustment 6 had hearing restored, 7 improved and 2 had no change at 40dB while 11 improved, 4 had no change and 3 missed a tone at 25dB. (3)

Learning and behavioral problems. A 1975 study compared chiropractic care with drug treatment in children with learning and behavioral dysfunction. Chiropractic was found to be "more effective for a wide range of neurological dysfunctions (13 different conditions were compared). (4)



Study: More medical care doesn't mean more health

Here is another study showing that more medical care doesn't improve health or affect longevity. This study of California hospitals showed that more care could be harmful because exposure to infections, accidents and errors could increase patients' death rate. (5)

Low fat = low health

You need fat in your diet. You need fat for a healthy life. Low fat, low-cholesterol diets weaken bones (fats are needed for calcium absorption into bones), make you more susceptible to cancer, mental illness (most of your brain is cholesterol), and suicide and also weaken your immune system. Get rid of trans-fats such as margarine, which is practically plastic and use butter, natural oils and fats instead.



Remember, fat doesn't make you fat – carbohydrates do. Stay away from fluffy food so you won't become fluffy. Avoid bread, pasta, pastries, wheat and sugar and you'll see less inflammation, weight problems, diabetes, heart disease and body fat. (6)

Diet soda makes you fat?

Stop drinking this stuff. It's bad for your body, your brain, your overall health and it doesn't make you thinner. It can even be addictive. Now a 26-year heart study at the University of Texas Health Science Center (San Antonio) found that diet soda drinkers tend to be overweight. Even in normal weight people, "the risk of being overweight or obese increased 65% more with each diet drink per day." (7)

Words of Wisdom

Every human being is the author of his own health or disease.

– Buddha

Your vision will become clear only when you look into your heart.

Who looks outside, dreams. Who looks inside, awakens. – Carl Jung

I don't believe in pessimism. If something doesn't come up the way you want, forge ahead. If you think it's going to rain, it will. – Clint Eastwood



Flu vaccine a big failure



The ads say "The flu shot saves lives" but it's not so; the flu vaccine isn't preventing death in the elderly, the "high risk group" that is told to get a flu shot to reduce mortality

according to a study in the Archives of Internal Medicine.

Although immunization rates in those over 65 have increased 50% in the past 20 years there has been no decline in flu related deaths. In addition to ineffectiveness the flu shot's typical ingredients include aluminum, which is associated with Alzheimer's and seizures, mercury which is linked to brain damage, ADHD and autism and phenol, a carcinogen.

Additionally mortality rates for those over 85 between 1968 and 2001 showed no change as well. The authors add: "Studies substantially overestimate vaccination benefit." A more diplomatic way of saying it's useless. (8)

Breastfeeding prevents leukemia



Leukemia is the leading cause of cancer death in children under the age of 15. In a recent study it was discovered that breastfeeding lowers a child's risk of acute lymphoblastic leukemia (ALL) by 24%. Even breastfeeding for less than 6 months had a (lesser) protective effect. Breastfeeding also protects against acute myoblastic leukemia (AML). (9)

Humor

I wonder if other dogs think poodles are members of a weird religious cult.

– Rita Rudner

My dog is worried about the economy because Alpo is up to \$3.00 a can. That's almost \$21.00 in dog money. – Joe Weinstein

If there are no dogs in Heaven, then when I die I want to go where they went. – Will Rogers

A man and his dog were walking along a road. The man was enjoying the scenery, when it suddenly occurred to him that he was dead. He remembered dying, and that his dog had been dead for years.

After a while, they came to a high stone wall with a magnificent gate in the arch that looked like mother of pearl. He saw a man at a desk to one side. He called out, "Excuse me, where are we?"

"This is Heaven, sir," the man answered.

"Wow! Would you happen to have some water?" the man asked.

"Of course, sir. Come right in, and I'll have some ice water brought right up."

The gate began to open. "Can my friend come in, too?" the traveler asked.

"I'm sorry, sir, but we don't accept pets."

The man thought a moment and then turned back toward the road and continued the way he had been going. After another long walk, he came to a dirt road which led through a farm gate that looked as if it had never been closed. He saw a man inside, leaning against a tree and reading a book.

"Excuse me!" he called to the reader. "Do you have any water?"

"Yeah, sure, there's a pump over there, come on in."

"How about my friend here?" the traveler gestured to the dog.

"There should be a bowl by the pump."

The traveler filled the bowl and took a long drink himself. When they were full, he and the dog walked back toward the man who was standing by the tree waiting for them.

"What do you call this place?" the traveler asked.

"This is Heaven," was the answer.

"Well, that's confusing," the traveler said. "The man down the road said that was Heaven, too."

"Oh, you mean the place with the gold street and pearly gates? Nope. That's Hell."

"Doesn't it make you mad for them to use your name like that?"

"No. They screen out the folks who'll leave their best friends behind."



We hope you enjoyed the dog jokes and wisdom. Why dogs? We don't know. Perhaps we'll have cat jokes and wisdom in a future issue. See you next month. Don't forget to stop by for a spinal checkup and an adjustment. And bring in the family too – for a healthier winter.

Want hard copies of this newsletter? Click on the send button. Friends with no e-mail? Stop by the office and we'll give you hard copies. We'll be happy to add your friends and relatives with e-mail to our mailing list.

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