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Welcome to our patient newsletter

Nobody can go back and start a new beginning, but anyone can start today and make a new ending. – Maria Robinson

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Neck and lower back pain



Did you know that neck and lower back pain often accompany one another? Nearly every chiropractic patient who complains of chronic or even occasional lower back pain reports that they have occasionally woken up with neck pain or neck stiffness. Coincidence?

It's no coincidence – although your spine is made up of many different spinal bones (vertebrae) going from your lower back (lumbar area) up to the top of your neck (cervical area), your spine is one entire unit. Therefore, each part can affect the other parts.

By the way, that includes more than your spine. Your entire body may be affected: your arms, hands, legs, feet, head,

internal organs, brain, muscles, tissues, glands and more may be affected.

Now you know why chiropractic care is so powerful. When your subluxations are located and corrected, your entire body benefits in many ways. Chiropractic helps your nerves communicate better so all your parts work together more efficiently.

Traditional eating

The greatest cancer fighter

The most powerful cancer fighter ever discovered is naturally-occurring vitamin D. One study found that low vitamin D significantly increases overall cancer risk. (1) While another study showed that the vitamin D you make from sunshine lowers your chances of dying from *15 kinds of cancer*. (2) Another study found that vitamin D can lower the chance you'll get cancer by 77% (3) and production in the skin decreases the likelihood you'll get stomach, colorectal, liver and gallbladder, pancreas, lung, breast, prostate, bladder and kidney cancers. (4)

Vitamin D also enhances mood; boosts your immune system; prevents bone and muscle weakness; fights heart disease; prevents diabetes; fights arthritis, pain and inflammation; prevents Parkinson's disease and multiple sclerosis.

The easiest, safest and cheapest way (it's free) to increase the amount of vitamin D your body produces is through regular exposure to sunlight, which is not easy, especially during the winter months. Many nutritionists therefore recommend 5,000 IU every day with the D3 form especially important.



Nutritional sources of Vitamin D include: fatty fish (like herring, sardines, tuna, mackerel, and salmon), beef liver, cheese and egg yolks.

Words of wisdom

Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom. – Jennifer M. Granholm

Harry & Bess



It's nice to reflect that America has been blessed with presidents who respected the traditional values on which our nation was founded.

Harry Truman, for example, probably made as many (or more) important decisions regarding our nation's

history as any of the other 42 Presidents preceding him. However, a measure of his greatness may rest on what he did after he left the White House.

The only asset he had when he died was the house he lived in, which was in Independence, Missouri. His wife had inherited the house from her mother and father and other than their years in the White House, they lived their entire lives there.

When he retired from office in 1952 his income was a U.S. Army pension reported to have been \$13,507.72 a year. Congress, noting that he was paying for his stamps and personally licking them, granted him an 'allowance' and, later, a retroactive pension of \$25,000 per year.

After President Eisenhower was inaugurated, Harry and Bess drove home to Missouri by themselves. There was no Secret Service following them.

When offered corporate positions at large salaries, he declined, stating, "You don't want me. You want the office of the President, and that doesn't belong to me. It belongs to the American people and it's not for sale."

Even later, on May 6, 1971, when Congress was preparing to award him the Medal of Honor on his 87th birthday, he refused to accept it, writing, "I don't consider that I have done anything which should be the reason for any award, Congressional or otherwise."

As president, he paid for all of his own travel expenses and food.

Modern politicians have found a new level of success in cashing in on the Presidency, resulting in untold wealth. Today, many in Congress also have found a way to become quite wealthy while enjoying the fruits of their offices. Political offices are now for sale.

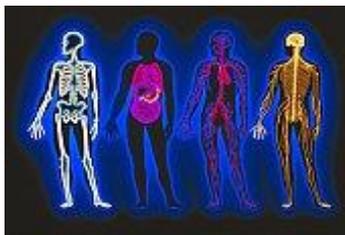
Harry Truman said, "My choices in life were either to be a piano player in a whore house or a politician. And to tell the truth, there's hardly any difference."

Did you know?

- The smallest bones in the human body are found in your ear?
- Cats spend 66% of their life asleep?



Researching chiropractic



Chiropractic clinical case histories have been a regular feature of our patient newsletter since its inception. There seems to be no limit to the health problems that respond to chiropractic care. How many people suffering, on

drugs, facing a life of limitation could be helped by chiropractic care?

Probably most of them.

Two children with neurodevelopmental issues.

Case 1: An 11-year-old girl with ADHD. She had difficulties with reading comprehension, handwriting and mathematics. Since beginning chiropractic care, her social interaction and emotional state improved. By her 23rd visit she was in the A

range and selected to be tested for the honors program. (5)

Case 2: Developmental delays in crawling and walking in a 13-month-old girl. The mother described the child's crawling as a 'scooting' motion since the patient's buttocks remained in contact with the ground. She also was not standing on her own or trying to walk. After four adjustments, she was crawling normally, had taken four steps unassisted, and had not performed the scooting motion since the second visit. (6)

Humor

Did you ever wonder? ...

- If you got into a taxi and the driver started driving backward, would the taxi driver end up owing you money?
- What would a chair look like if your knees bent the other way?
- Why is a carrot more orange than an orange?
- When two airplanes almost collide why do they call it a near miss? It sounds like a near hit to me!!
- Do fish get cramps after eating?
- Why are there 5 syllables in the word "monosyllabic"?
- Why do they call it the Department of Interior when they are in charge of everything outdoors?
- Why do scientists call it research when looking for something new?
- When I erase a word with a pencil, where does it go?
- Why is it, when a door is open, it's ajar, but when a jar is open, it's not a door?
- If you tell someone that there are 400 billion stars they'll believe you. So why, when you tell them the bench has wet paint, do they touch it?
- How come Superman could stop bullets with his chest, but always ducked when someone threw a gun at him?
- If "con" is the opposite of "pro," then what is the opposite of progress?

Bye!!!



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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- Wear socks to bed ...
- ... But not a bra
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Wear socks to bed ...

Swiss researchers found that people fell asleep quickest when their hands and feet were warmest. This happens because warm feet and hands cause blood vessels to enlarge, allowing more heat to escape your body, which in turn lowers your core temperature faster and causes you to fall asleep. Putting on socks may help you fall asleep in half the time it normally takes. (1)



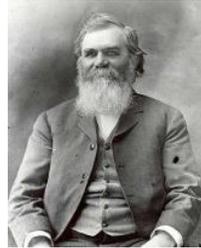
... But not a bra

Bras, with their straps and hooks and especially underwires, dig into the skin and interfere with the flow of lymph through your lymphatic system. The result can be health problems that, apart from irritations, welts, indentations and cysts, include an increased risk of breast cancer. One 1991 Harvard study found that wearing a bra 24/7 increased the incidence of breast cancer by 100%. (2)

Questions and answers about chiropractic

Question: What diseases do chiropractors treat?

Answer: None of them and all of them. Chiropractic is not a treatment for named diseases but should be sought out no matter what conditions or diseases a person suffers from or is diagnosed with – back pain, depression, cold, flu, cancer, autism, allergies, asthma – everything from A to Z. How can that be? It's because chiropractic's purpose is to release subluxations – blockages or interferences in your body that prevent you from functioning at your best.



Think of chiropractic subluxation correction as you would good nutrition. What diseases do you need good nutrition for? All of them! The chiropractic message is simple: do not live with subluxations and do not let your children, your spouse and your friends and relatives live with subluxations.

One day going to the chiropractor for a subluxation checkup will be done by most everyone on a regular basis. We need to start more conversations with, "Hey, did you see your chiropractor this week?"

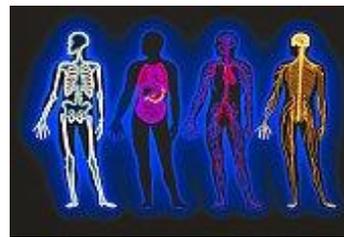
Words of wisdom

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. – Albert Einstein

Did you know?

- Money is the number one thing that couples argue about?
- When lightning strikes, it can reach up to 54,000 degrees Fahrenheit?

Researching chiropractic



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Bilateral sciatica in a 77-year-old man. The patient was examined for the presence of vertebral subluxation complex using infrared thermography, radiography and video fluoroscopy. Vertebral subluxations and a deviated sacrum were located. After 1½ months of care there was a marked reduction in sciatica symptoms. (3)



Fatigue, loss of energy and depression in a 30-year-old male. He also complained of occasional headaches and acid reflux. Over an eight-month period the SF-36 general health survey demonstrated significant improvement particularly in the

areas of General Health, Mental Health, and Mental Component Summary with improvements in fatigue and malaise. (4)

Humor

19 really funny seconds – holistic car repair:

<https://www.youtube.com/watch?v=Lu4wzVmzz30>

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BONUS

You read this far down – you deserve a bonus.

Shakespeare in our daily lives

For many English-speakers, the following phrases are familiar enough to be considered common expressions, proverbs and/or clichés. All of them originated with or were popularized by Shakespeare.

Swift as a shadow (*A Midsummer Night's Dream*)
Tedious as a twice-told tale (*King John*)
Set my teeth on edge (*1 Henry IV*)
Tell truth and shame the devil (*1 Henry IV*)
Thereby hangs a tale (*Othello*; in context, this seems to have been already in use)
There's no such thing (?) (*Macbeth*)
There's the rub (*Hamlet*)
This mortal coil (*Hamlet*)
To gild refined gold, to paint the lily ("to gild the lily") (*King John*)
To thine own self be true (*Hamlet*)
Too much of a good thing (*As You Like It*)
Tower of strength (*Richard III*)
Towering passion (*Hamlet*)
Trippingly on the tongue (*Hamlet*)

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