

Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic
111 7th Street S. Lethbridge, AB
403.320.8080 January 1, 2017

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 and the medical runaround? Welcome to the world of chiropractic – discover how natural health can be.

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Holidays can be stressful

Chiropractic to the rescue



During holidays families often get together and drive each other crazy. But it doesn't have to be that way. Get your holiday adjustment and have a less stressful holiday season. Come in a few times. You (and your loved ones) will feel better, have more energy, be more balanced and be in a better place to deal with relatives who sit across from you and eat with their mouths open. Or whatever it is that they do to annoy you.

What better way to enjoy a festive season than to have your subluxation stress released? OK, maybe there are a few better ways, but good health is up there with them. It'll be the icing on the cake – and its organic icing.

Get your chiropractic care right away, avoid the holiday rush. Who wants to suffer from carrying lots of heavy gifts? Standing for hours cooking and cleaning? Standing in the check-out line at the post office, at the bank (somebody's gotta pay for all those goodies)? Standing for hours caroling? Praying?

Standing for hours sleeping? (Not you, we mean other people.)

And let's not forget lying in weird positions on the couch watching football – those linebackers think they're tough, they should try that!

But in all seriousness, with all the giving to others this time of the year, don't forget to give to yourself. Attend to yourself so you can stay healthy and happy and strong, and so you may continue to give to and help others. We're there for you – may this season, and 2017 be filled with more light and life and less drugs, medication, surgery (a lot less surgery) and medical care in general. May you and your family have a wonderful Christmas, Hanukkah and New Year.

A powerful way to release stress this holiday season

Compliment your spouse

An unhappy marriage increases your chances of getting sick and shortens your lifespan. An easy way to instantly improve a marriage (and your health) is to regularly tell your spouse what you admire and respect about him or her.

"It takes less than a minute and it can have a profound impact," says marriage counselor Mario Alonso, PhD. "Partners who feel secure and well-loved suffer from less depression." In a study sponsored by the National Institutes of Health, 74 percent of the happiest couples reported that their spouses "often" made them feel good about the kind of person they are (in comparison to 27 percent of moderately happy or unhappy couples).

Traditional eating

Cranberries

Which is more American, apple pie or cranberry pie? The apple is a native of the Caucasus Mountain region of Russia but the cranberry is one of the three fruits native to America (the other two are the blueberry and concord grapes).

Pilgrims and Native Americans shared this treat. Let's enjoy it during Christmas and Hanukkah (OK, they didn't have cranberries in the Holy Land. But they didn't have Santa Claus and electric lights either.).



It is generally agreed that the Pilgrims gave the berry the name we use today. The nodding pink flowers with their long pistils reminded them of the heads of cranes, so they called the plant the "craneberry" – which was later abbreviated.

What did traditional cooks do with this incredibly tart berry? They didn't open a can. The American Indians made pemmican, a rich "comfort food," with cranberries, dried deer meat and melted fat. Don't have any dried deer meat around? Well how about using real cranberries and making pies mixing the cranberries with pears and sweetening it with good old

maple syrup? Some great recipes for cranberry sauce and pies can be found on the Weston A. Price website at <http://www.westonaprice.org/health-topics/the-holiday-berry/>. It's where we got this story as well.

Words of Wisdom

Life is either a daring adventure or nothing. Security does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than exposure. Helen Keller

Did you know where these phrases come from?

Ladies wore corsets, which would lace up in the front. A proper and dignified woman was 'straight laced' – she wore a tightly tied lace.

Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TVs or radios, the politicians sent their assistants to local taverns, pubs and bars. They were told to 'go sip some ale and listen to people's conversations and political concerns.' Many assistants were dispatched at different times. 'You go sip here' and 'You go sip there.' The two words 'go sip' were eventually combined when referring to the local opinion, and thus we have the term gossip.

At local taverns, pubs and bars, people drank from pint and quart-sized containers. A bar maid's job was to keep an eye on the customers and keep the drinks coming. She had to pay close attention and remember who was drinking in 'pints' and who was drinking in 'quarts,' hence the phrase 'minding your 'P's and Q's.'

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.

Breastfeeding and latching difficulty. A four-week-old baby girl was brought in for chiropractic care by her mother who was concerned about the child's inability to effectively latch onto her left breast when held in the traditional cradle position or any other position.

Multiple subluxations with spasm, limited motion and tenderness were found at the sacrum, the fifth thoracic vertebrae (T5), the atlas (C1) and right TMJ.

Following a specific adjustment to the upper cervical spine and temporomandibular joint (TMJ) the infant could turn her head better and there was a decrease in spasm of the right TMJ-related musculature and the left neck. Immediately afterwards the baby could breastfeed with success and no further issues remained.

The mother reported the baby was able to latch perfectly and nursed without interruption for 30 minutes. The mother returned the next week and reported total resolution of the infant's inability to latch onto her left breast. (1)

Humor

My luck is so bad that if I bought a cemetery, people would stop dying. Rodney Dangerfield

We could certainly slow the aging process down if it had to work its way through Congress. Will Rogers

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.

References

1. Drobbin D, Stallman J. Resolution of breastfeeding and latching difficulty following subluxation based chiropractic care: case report and review of the literature. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2015;3:102-108.

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40 years in the desert

There is a profound meaning in the story of Exodus that many preachers and teachers have mentioned. We'd like to repeat it this holiday season because it has an inspiring message for all of us – believers and non-believers alike.



After the Hebrews had a powerful spiritual experience – hearing the

voice of God at Mt. Sinai, experiencing a powerful revelation – things didn't exactly continue on an upswing.

They lost the vision, lost faith and had to wander for 40 years in the desert before entering the promised land, the Holy Land.

It often happens like this in our lives – we get an initial glimpse of or actually experience inspiration, and even accomplish great things. But then, after a time, the other shoe drops and life seems like a desert, devoid of beauty, nourishment and meaning. Before we once again enter the Holy Land where we are more whole, healthy and content, we suffer. The suffering serves a purpose – it deepens us, stirs our dullness into action, awakens us from our sleep. Such is the cycle of life – we may experience highs and lows many times.

As we begin the new year, may our highs be ever higher and our lows be higher too.

A sneaky way to lose weight this holiday season

(And have more food for leftovers too.)

The trick? Make thinner slices. Slicing thinly will make your portions seem bigger and more satisfying.

Japan's National Food Research Institute did a study and discovered that people who compared equal amounts of sliced and whole vegetables rated the sliced piles up to 27 percent larger. Apparently when you slice things up people believe they are eating more food! People actually trick themselves into feeling more satisfied with fewer calories.



But does that mean there's more room for cake and ice cream?

Questions and answers about chiropractic

Q: When should I come in for care?

A: There is no "one size fits all" schedule but there are general guidelines you can follow.

Definitely come in when you are under a lot of stress. Why? Because stress – whether it is physical (from accidents or carrying Christmas tress), chemical (toxicity in our foods and environment) or emotional (it's holiday season) – causes subluxations in your body. You may not feel any pain, but they are there and sapping your energy.



Did you know there is macro-stress, for example, getting hit by a car or falling, and micro-stress, for example, using a mouse or sitting in a bad position. Both can cause damage – micro-stress takes longer of course – but in time both cause subluxations. It's the same with emotional and toxic stress.

That's why we will often tell you to come back even if you have no pain or other symptom so we can find subluxations before the pain and suffering and before real damage has occurred.

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Edema and lower back pain in pregnancy. A 28-year-old mom-to-be, pregnant for 33 weeks, presented at a chiropractic office. Her chief complaint was tingling and numbness in the second through fourth fingers on her right hand. She also reported low back pain and right leg swelling. She also had endometriosis, ovarian cysts and two miscarriages.



She was scheduled for 9 visits of care. Within that period of time she received chiropractic adjustments. Her presenting complaints resolved within the time of care. (1)

Chiropractic & exercise: perfect for fibromyalgia. Fifty-five women with fibromyalgia ages 21-59 years old were divided into two groups: some completed resistance training and the others received chiropractic adjustments in addition to resistance training. The patients who received chiropractic care were more likely to follow the exercise program consistently and had more significant improvements in functionality, balance, flexibility and endurance.

This study confirmed the power of exercise and resistance training to ease the pain of fibromyalgia. At the same time, it demonstrates that combining chiropractic adjustments and physical therapy may enhance the benefits of both treatments. (2)

Humor

May your troubles be less, may your blessings be more, and may nothing but happiness come through your door. Irish saying

I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: 'No good in a bed, but fine against a wall.' Eleanor Roosevelt

Bye!!!



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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.

Shall I compare thee to a summer's day (*Sonnets*)
Make short shrift (*Richard III*)
Sick at heart (*Hamlet*)
Snail paced (*Troilus and Cressida*)
Something in the wind (*The Comedy of Errors*)
Something wicked this way comes (*Macbeth*)
A sorry sight (*Macbeth*)
Sound and fury (*Macbeth*)
Spotless reputation (*Richard II*)
Stony hearted (*I Henry IV*)
Such stuff as dreams are made on (*The Tempest*)
Smooth runs the water where the brook is deep ("Still waters run deep") (*2 Henry VI*)
The short and the long of it (*The Merry Wives of Windsor*)
Sweet are the uses of adversity (*As You Like It*)
Sweets to the sweet (*Hamlet*)

References

1. Edwards J, Alcantara J. Resolution of peripheral neuropathy, lower extremity edema, and low back pain in a pregnant female undergoing chiropractic care. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2015;3:86-91.
2. Panton LB, Figueroa A, Kingsley JD et al. Effects of resistance training and chiropractic treatment in women with fibromyalgia. *Journal of Alternative and Complementary Medicine*. 2009;15(3):321-328