

Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic
111 7th Street S. Lethbridge, AB
403.320.8080 March 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.

You cannot swim for new horizons until you have courage to lose sight of the shore.

– William Faulkner

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- What exactly does a chiropractor do?
- You have a secret super power
- Questions and answers about chiropractic
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What Exactly Does a Chiropractor Do?



Maybe you're wondering about going to a chiropractor or maybe you're asking yourself, "What is the doctor doing when I'm in his office?" We're glad you asked. Here's a simple explanation and it's the reason why chiropractic has become the most popular drug-free healing art in the world today.

Using his/her hands and various instruments, Doctors of Chiropractic locate and release a serious form of stress in your spine and body structure called a subluxation. Chiropractors are the only professionals trained to do this.

What is a subluxation?

A subluxation is a tiny distortion in your spine and structural system that irritates your nervous system and stresses your entire body. These distortions may be tiny but they can cause big problems. How?

Subluxations make you off balance. This causes your ligaments, tendons and muscles to work harder because an off-balance person is not in harmony with gravity. Sitting, standing and moving take more energy resulting in fatigue and ultimately a feeling of being exhausted all the time.

A person who is out of balance often has "hot spots" or painful areas in their muscles and joints due to overworking certain muscle groups and underworking other muscle groups.

Additionally, subluxations can affect your internal organs and glands – even your brain.

And/or by not letting us detoxify properly.

You Have a Secret Super Power

Just like a super hero you have a super power. If you use it you'll be happier, live with reduced stress, avoid depression and even have more energy. We call it vitamin G. You don't get this vitamin in your foods – you can make it yourself. What is this mysterious vitamin? Gratitude. Research shows that expressing gratitude makes people happier, healthier and more alive.

How do we cultivate vitamin G? Some ideas:

Start by making an effort to thank people more often. Then advance to counting your blessings at least once a day for 30 seconds. Do it now! We'll wait. OK, finished? Don't you feel better? See, it didn't take long and you can do it whenever you have down time.



Here are some more gratitude ideas:

- If you're in the car thank it for running properly and even thank your mechanic for doing such a good job (we realize at times this is a bit of a stretch).
- Be grateful for your health (be sure to mention your chiropractor).
- If you don't have ideal health send gratitude to your parts that are working properly.

Be grateful for your family and friends and always thank the Rocky in you. The Rocky in you? We mean your ability to go ten rounds with the champ, getting punched and clobbered, and still be standing. Nurture your inner Rocky – no matter what life hits you with, you can take it, grow and learn from it.

You can do it – it's really powerful. Those who use this secret super power always benefit from it. (1)

Questions & Answers About Chiropractic

Q: Can chiropractic care help reading and schoolwork?

A: You might be surprised to learn that students (including adults) under chiropractic care have shown improvements in school work and even IQ.



Many parents have noticed improvements in grades, concentration and conduct of their children after they've seen their Doctor of Chiropractic. Chiropractic doesn't only help people with learning problems, chiropractic also helps good students become great students. (2-5)

Words of Wisdom

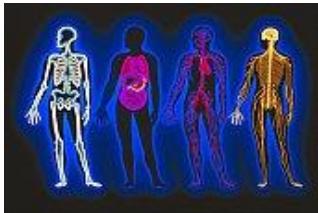
Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive. – Howard Thurman

Did You Know?

- Each time you see a full moon you always see the same side.
- Stewardesses is the longest word that is typed with only the left hand.



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.

Ear infections and prenatal drug exposure. A 13-month-old baby boy with otitis media had been born premature and delivered through cesarean section with a vacuum used for extraction. At birth his blood contained opiates, methamphetamine and other amphetamines. He had been experiencing bouts of otitis media since three months of age and had previously been managed by medical doctors with rounds of antibiotics and nasal saline.

Chiropractic analysis revealed subluxations in the cervical, thoracic, lumbar and sacroiliac regions. The boy was checked and adjusted where vertebral subluxations were found and corrected. His mother reported that his otitis media resolved the following week. He continues regular chiropractic care and has not been on any antibiotics since 13-months of age. (6)



Humor

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

Money can't buy you happiness but it does bring you a more pleasant form of misery. – Spike Milligan

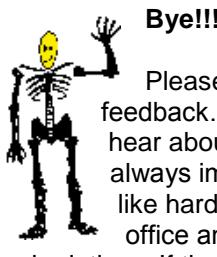
I don't feel old. I don't feel anything until noon. Then it's time for my nap.
– Bob Hope

I never drink water because of the disgusting things that fish do in it. – W.C. Fields

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

Maybe it's true that life begins at fifty ... but everything else starts to wear out, fall out, or spread out. – Phyllis Diller

By the time a man is wise enough to watch his step, he's too old to go anywhere. – Billy Crystal



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

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- Are you scared of germs?
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Are You Scared of Germs?

We're full of germs, bugs, micro-organisms, bacteria, virus, protozoa and more at all times. Billions of these tiny life forms cover every part of our bodies on the outside and on the inside. In fact, germs outnumber our body cells by about 10 to 1. There are more bugs in our bodies than there are cells of us. We can't get rid of germs and shouldn't get rid of germs. Without all these germs in our bodies we would die – we need them, they are a necessary part of living.

Do germs make us sick? If germs made us sick, there wouldn't be a person alive who wasn't lying in bed sick and moaning with

a fever, diarrhea, achiness, rashes, eruptions and more. Germs live in an ecological balance inside and outside us. If we have a good balance of germs we will be healthy. If we are toxic and chemically out of balance these germs that live quietly within us will multiply and get off balance.

Antibiotics

Antibiotics do not make us healthy. They actually make us sicker by driving disease deep and/or by not letting us detoxify properly.

Traditional Eating

High Fructose Corn Syrup (HFCS)

HFCS is a highly processed chemical used in lots of commercial products as a cheap substitute for regular sugar. And if sugar is bad for your health then HFCS is horrible. Not only does it contribute far more to obesity than sugar (1) it produces (in animal studies):

- Impaired glucose tolerance
- High insulin levels
- Insulin resistance
- High triglycerides
- High blood pressure



HFCS also contributes to fatty liver and the buildup of dangerous deposits in your blood vessel walls. (2) This leads to plaque buildup, causing increased susceptibility to both strokes and heart attacks, and accelerated aging. (3) As if that weren't bad enough, HFCS has now been found to contain mercury. In January 2009, the journal *Environmental Health* reported that mercury had been found in nearly half of all tested samples of commercial HFCS. (4)

How can you avoid HFCS?

That's simple, merely read food labels. Other processed sugars to avoid are "inulin," "iso glucose," "glucose-fructose syrup," "dahlia syrup," "tapioca syrup," "glucose syrup," "corn syrup," "crystalline fructose," "fruit fructose" and "agave."

Most sodas are loaded with HFCS as are many fruit juices, ketchup, salad dressings, sauces, baked goods, crackers, cornflake crumbs, chicken broth, stuffing mixes, cereals and more.

Words of Wisdom

A 'No' uttered from the deepest conviction is better than a 'Yes' merely uttered to please, or worse, to avoid trouble. – Dalai Lama

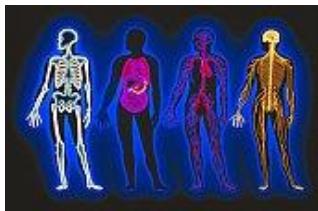
Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome. – Helen Keller

Did You Know?

- Honey is the only natural food which never spoils.
- The longest street in the world, Yonge Street in Toronto, Canada, is 1,178 miles long.



Researching Chiropractic



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

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Infertility. A 24-year-old woman began chiropractic care with a chief complaint of back pain and a 3.5-year history of infertility. She had infrequent progesterone-induced menstrual cycles.



Physical examination showed postural abnormalities, paraspinal muscular tenderness, myospasm and vertebral subluxations. She was managed for vertebral subluxations through specific chiropractic care. By the ninth visit she had her first normal menstrual cycle since the start of chiropractic care and by the twelfth visit she was pregnant. (5)

Humor

In Richardson, Texas a State Trooper was running radar. He had a perfect spot to watch for speeders, but wasn't getting any. Then he discovered the problem. A 12-year-old boy was standing up the road with a hand painted sign which read "RADAR TRAP AHEAD!"

The officer later found a young accomplice down the road with a sign reading "TIPS" and a bucket full of money. (And we used to just sell lemonade!)

A young woman was pulled over in Austin, Texas for speeding. As the Texas State Trooper walked to her car window, flipping open his ticket book, she said, "I bet you are going to sell me a ticket to the Texas State Police Ball." He replied, "Texas State Troopers don't have balls." There was a moment of silence while she smiled and he realized what he'd just said. He then closed his book, got back in his patrol car and left. She was laughing too hard to start her car.

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.

Truth will out (*The Merchant of Venice*)
Violent delights have violent ends (*Romeo and Juliet*)
Wear my heart upon my sleeve (*Othello*)
What the dickens (*The Merry Wives of Windsor*)
What's done is done (*Macbeth*)
What's in a name? A rose by any other name would smell as sweet (*Romeo and Juliet*)
What fools these mortals be (*A Midsummer Night's Dream*)
Wild-goose chase (*Romeo and Juliet*)
Wish is father to that thought (*2 Henry IV*)
Witching time of night (*Hamlet*)
Working-day world (*As You Like It*)
The world's my oyster (*Merry Wives of Windsor*)
Yeoman's service (*Hamlet*)