

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.

Work as if you were to live a hundred years, pray as if you were to die tomorrow.

– Benjamin Franklin

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Poison Ivy, Poison Ivy

The song *Poison Ivy* is catchy, with exceptional lyrics and the best sung version by the Coasters. Listen here:

<https://www.youtube.com/watch?v=ZRfRITVdz4k>

*Measles make you bumpy and mumps'll make you lumpy
And chicken pox'll make you jump and twitch
A common cold'll cool you and whooping cough'll fool you
But poison ivy's gonna make you itch*

*You're gonna need an ocean
Of calamine lotion
You'll be scratching like a hound
The minute you start to mess around*

*Poison ivy, poison ivy
Well late at night when you're sleeping
Poison ivy comes a creeping around*

But if the plant's oils touch your skin while you are gardening, walking in the field, even petting your dog or cat who rolled in it – you better wash with some good poison ivy soap ASAP to

wash off the oil causing irritations (urushiol). The oil can last for years, so wash any utensils, gloves and tools you used too.

If it got into your skin you may suffer from intense burning and itching with ugly looking pustules and red raw skin. Scratching makes it worse and if you start you may do it until you bleed. What to do?

There are some natural, safe, effective and inexpensive ways of getting rid of poison ivy symptoms. Save this information for future use.

Use essential oils. Use a blend of lavender, melaleuca (tea tree oil) and peppermint oils. Even one oil by itself will work but the blend is best.

Use homeopathy. An excellent homeopathic remedy for poison ivy is *rhus toxicodendron*. Fortunately, most health food stores are carrying homeopathic remedies. A strength of 12C or 30C is recommended.

The above work very well. People have reported using others remedies such as topically applying witch hazel, cold coffee, oatmeal paste, baking soda bath or paste, alcohol and apple cider vinegar to the affected areas.

The next time you find yourself in a potentially dangerous garden, do yourself a favor and wear gloves, long pants, long sleeves or even better, pay an expert to remove it all.

Chiropractic care is not a treatment for poison ivy but it does reduce stress on your nervous and immune systems and can help your body work more effectively to rid it of toxins. We recommend coming in for an adjustment. Don't worry, the rash is not contagious (even if it looks yeechy).

Questions and Answers About Chiropractic

Question: How do Doctors of Chiropractic locate and correct my subluxations?

Answer: Good question. There are over 100 different analysis and correction/adjustment procedures (techniques) that the chiropractic profession has developed over its 100+ year history. Chiropractic students (and graduates) spend hundreds or even thousands of hours mastering some of the more complex ones.

Ask us which techniques we use and why.

P.S. Feel free to write to us with any questions.

Words of Wisdom



Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits.

– Thomas Jefferson

Did You Know?

One of the top causes of home fires is the clothes dryer

Prevent home fires – take 10 seconds to empty the lint trap in your clothes dryer every time you add a load. Then take 30 seconds once a month to clean the lint and other highly flammable bits from underneath the dryer.

Doing so can help prevent a dryer fire (and it'll lower your dryer's energy use by 30 percent). More than 13,000 lint-fueled dryer fires occur in U.S. households every year, killing 15 people on average, injuring 300 and causing 80 million dollars in property damage.

Another Reason Why Families Need Chiropractic Care

Over 1 Million 0-5 Year Olds Prescribed Psychiatric Drugs!

The data, as reported by IMS Health, the largest and most credible source of prescribing data in the United States, is staggering: 274,804 babies, 370,778 toddlers and 500,948 preschoolers have been prescribed psychiatric drugs so powerful that they carry 386 international drug regulatory warnings. In total, the number of 0-5 year olds prescribed dangerous and life-threatening psychiatric drugs is 1,080,168, all before most have ever entered kindergarten.

See more at <http://www.healthfreedom.org/disturbing-us-fact-over-1-million-0-5-year-olds-prescribed-psychiatric-drugs/>

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.

Glaucoma, carpal tunnel, hand numbness and chiropractic care.

A 40-year-old woman suffering from numbness in her arms and hands, and other problems such as neck and shoulder pain, dizziness, headaches, migraines, vertigo, anxiety, low back pain, right hip pain and clicking, numbness in the bottom of her feet, chronic fatigue, and cervical and lumbar intervertebral disc "problems" began chiropractic care.



Subluxations were located in her sphenoid (cranial bone), occiput (base of skull), neck (C1, C2, C5, C7), sacrum and coccyx (tailbone). The patient reported moderate improvement in low back pain and headaches, much improvement in neck pain, shoulder pain, hip pain and clicking, and dizziness, and resolved numbness in both her hands and feet. By the 15th visit she reported a 90% overall improvement and decided to cancel scheduled carpal tunnel syndrome (CTS) surgery.

She had also been diagnosed with borderline glaucoma that was steadily worsening. Glaucoma is increased pressure inside the eyeball (intraocular) and is the second leading cause

of blindness. By her 15th visit her intraocular pressure had dropped and her ophthalmologist felt that medical intervention was no longer necessary. (1)

Humor

Did You Ever Wonder?

- Why is it that when you're driving and looking for an address, you turn down the volume on the radio?
- Why is lemon juice made with artificial flavor and dishwashing liquid made with real lemons?
- Are part-time band leaders semi-conductors?
- Can you buy an entire chess set in a pawn shop?
- Daylight savings time – why are they saving it and where do they keep it?
- Did Noah keep his bees in archives?
- Do jellyfish get gas from eating jellybeans?

Bye, 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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Football, Sports and Chiropractic



On the left is a photo of Roger Craig, three-time Super Bowl champion who when asked about chiropractic said, "Do I believe in chiropractic? Let me answer it this way: I've sent over 30 of my teammates, including All-Pro quarterback Joe Montana, to the chiropractor and, because of chiropractic, I never missed a game in 8 years! We won four Super Bowls in the 1980's with chiropractic. It must be doing something right."

Since we're more active in the summer time follow the example of professional football and baseball players and see your chiropractor. Not only will chiropractic care help you run faster, jump higher and have better coordination but you'll heal faster if you are injured.

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Burn an Extra 500 (or More) Calories

A report in a biomedical journal that compared those who work out alone to those who work out with friends states that people who work out with friends burn on average 500 more calories. Any kind of exercise, or doing anything with friends, burns more calories. Friendship also gives you a longer life, more fun and a healthier life as well.



Doing things with enemies may burn even more calories – but it might not be as much fun. (1)

Traditional Eating

Good News: Butter Consumption Rising

Americans are eating more butter—consumption has risen 25 percent in the last decade. Americans now eat 5.6 pounds of butter per person per year, up from a low of 4.1 pounds in 1997. This is a far cry from the 18 pounds per person per year Americans consumed as late as 1934, before the Great Depression, World War II and the advent of margarine changed the nation's eating habits.



A report in the *Los Angeles Times* (January 7, 2014) credits butter's growing popularity with "more understanding about the health hazards of its processed counterparts" namely margarines containing *trans* fats. But

the *Times* report states as fact that "it's not a health food. In a word, butter is fat—and not the good kind. It's loaded with saturated fat, which has been linked to heart disease."

Fortunately, more and more Americans are rejecting this kind of propaganda. Food manufacturers "are working hard to take advantage of [the new] demand by labeling their cookies and frozen pies as 'made with real butter'." Even "healthier" margarine is struggling to stand out in a nation "increasingly captivated by foodie culture. Butter has become a symbol of America's growing appreciation of authentic cooking. (2)

Words of Wisdom



What is not in nature can never be true. – Voltaire

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Breech baby turns after chiropractic care. A 26-year-old female in her 27th week of pregnancy with her second child presented for a chiropractic visit after experiencing low back pain. One week later an ultrasound determined the baby was in a breech position. She had a previous natural birth with no complications and was beginning chiropractic care with hopes of avoiding a cesarean section.

After a series of chiropractic adjustments, the baby moved from a breech position to a normal vertex (or head down) position confirmed through ultrasound. (3)

Arnold-Chiari malformation, headache, motion sickness and hearing deterioration. A six-year-old male diagnosed with vertebral subluxation and Arnold-Chiari malformation suffered with headache, motion sickness and progressive hearing deterioration.

The boy's chiropractic examination consisted of spinal heat reading and X-rays. A subluxation was detected at C1 – the top cervical or neck vertebrae – and the patient was adjusted there. A post adjustment X-ray analysis determined that more care was needed at C2 after which the child received a C2 adjustment. After the first adjustment, the patient reported that his headaches had been eliminated. (4)

Breaking news

Medical doctor explains why he no longer vaccinates:
<http://vaccineimpact.com/2017/medical-doctor-who-escaped-vietnam-as-a-child-in-the-1970s-explains-why-he-no-longer-vaccinates/>

Humor

Did You Ever Wonder?

- Do pilots take crash-courses?

- Do stars clean themselves with meteor showers?
- Do you think that when they asked George Washington for ID that he just whipped out a quarter?
- Have you ever imagined a world with no hypothetical situations?
- Have you ever seen a toad on a toadstool?
- How can there be self-help "groups"?
- How do you get off a non-stop flight?
- How do you write zero in Roman numerals?
- How many weeks are there in a light year?
- If a jogger runs at the speed of sound, can he still hear his Walkman?



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2. <https://www.westonaprice.org/health-topics/caustic-commentary/caustic-commentary-summer-2014/>
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4. Drury R, O'Keefe C. Resolution of symptoms from Arnold-Chiari malformation in a 6-year-old male following reduction of vertebral subluxation with knee-chest upper cervical care: case report & selective review of the literature. *Journal of Upper Cervical Chiropractic Research*. May 1, 2017:12-21.

BONUS

You read this far down – you deserve a bonus. This is one we hope you'll never need.

Hospital Self-Defense – Have Someone Stay with You

If you ever do find yourself in a hospital there are things you can do to ensure you will survive your stay and be treated better. Charles Inlander, president of People's Medical Society says, "Hospital patients are often too ill to look after themselves – and some are too passive to question the treatment they get. So, have a friend or family member stay with you 24 hours a day – to call the nurse if there's trouble and to ask about medication or treatments. Visiting hours don't matter. You are entitled to have someone with you all the time as long as that person does not interfere with your care. Courts have upheld challenges to this. *Bottom Line Personal*. April 1, 2002;11.