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

The cost of freedom is always high, but Americans have always paid it. And one path we shall never choose, and that is the path of surrender, or submission.
– John F. Kennedy

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Happy 4th of July – America is an idea



America is unique in human history, a “great experiment” as Abraham Lincoln called our nation. America is unlike other countries that were founded on geography or race.

To be an American is to accept the unique ideas or principles on which America was founded. Philosopher Dennis Prager calls them “The American Trinity” and describes them as:

Liberty – personal freedom, a free economy, a small government, and the pursuit of happiness.

In God We Trust – America’s founders were all deeply religious and in agreement that the universal values that America embodies were derived from Biblical God-based principles and that America would lose its way and ultimately fail if it became godless.

E Pluribus Unum – out of many, one. No matter what our backgrounds and beliefs we come together as Americans. (1)

America was founded on these ideals; it has not been a perfect land (no land is) but has become a “light unto the nations” as it strives to achieve them. Many people gave their lives to defend and protect these ideals. We can take pride that America fought for liberty, stood strong and saved the world from the horrible isms of the last decades – Nazism, Fascism and Communism.

The values that made America the unique land of freedom and opportunity it has become, and as a result the land of great wealth, continue to make it a magnet to millions of people all over the world searching for a better life. These values need to be taught to our children and their children so they are never forgotten.

America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves. – Abraham Lincoln

Are There Incurable Diseases?

When a person is told that they have an “incurable disease,” that is usually an incorrect phrase. The accurate phrase would be: “incurable by orthodox medicine.”

The problem is people often don’t know that there is much more they can do than drugs and surgery. There is almost always a more effective, less expensive and much, much safer alternative than the orthodox medical approach.

Even medical journals contain articles about “incurables” that recovered using natural means or even without any care. The list is long and can include day-to-day illness such as colds, flu and the “24-hour virus.” It can also include chronic and serious health issues such as allergies, asthma, ADD, autism, cancer, stroke ... and more. The important thing is: don’t give up and don’t stop searching.

For example, here is an interview with a mother who was told by her MDs that her autistic son was so damaged he should be institutionalized. Today he is a 26-year-old aerospace engineer living a normal life. [http://autism-and-treatment.com/beat-
autism/what-marcia-thinks-about-
autism/](http://autism-and-treatment.com/beating-autism/what-marcia-thinks-about-autism/)

Everyone has an inborn, natural, God-given healing ability that is more powerful than any drug.

The technical term to describe such amazing healings is: spontaneous remission. Such healings are far more common than most people realize:

Spontaneous regression of cancer is not a rare occurrence as thought to be; in an average month during 2002, medical journals published more than four articles on the subject.... Spontaneous regression occurs in most types of cancer. (2)

Spontaneous remission is just another way of saying that your body’s natural healing ability kicked in. The goal of all natural healthcare is for there to be more and more “spontaneous remissions” of all diseases and conditions.



For that reason, anyone who is suffering from any condition, no matter if it's labeled "incurable," needs chiropractic care to remove blockages to optimal functioning so their natural healing ability may address their body's challenges. Chiropractic may make the difference.

The chiropractic approach is to unblock or unlock subluxations that interfere with your natural healing ability – for you and your children. This is essential for optimal functioning of your brain and body. Your immune system especially needs a healthy nervous system to optimize detoxification and healing.

Traditional Eating

Chinese Restaurant Syndrome



It sounds like a bad joke, but Chinese Restaurant Syndrome (CRS) is a real condition suffered by people who are over-sensitive to MSG (monosodium glutamate), a substance that is often added to Chinese food to enhance its flavor. CRS symptoms are most commonly headaches shortly after having a meal. But actually, those with headaches are the lucky ones – their body knows they are eating a poison that causes

brain overstimulation and even brain cell death and diabetes, obesity, heart disease and possibly cancer.

Yes, MSG is not good for you. People who don't have an acute reaction and notice nothing are the ones who are in trouble. The MSG may be accumulating over time in their brains as they happily continue to consume MSG and not know anything – perhaps for years. It's even worse if you drink diet soda with aspartame (NutraSweet™) because then the glutamate (the chemical that causes brain damage) levels increase much more.

By the way, MSG is found in commercial soups, frozen dinners and junk foods such as potato chips. Sadly, MSG is often called by other names so you wouldn't know it was in the food so avoid foods that use the words hydrolyzed protein, soy protein, natural flavoring, spices, enzymes, stock and broth in their ingredients. (3) To be extra sure contact the manufacturer or preparer.

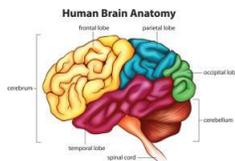
Words of Wisdom

A miracle cannot prove what is impossible; it is useful only to confirm what is possible.

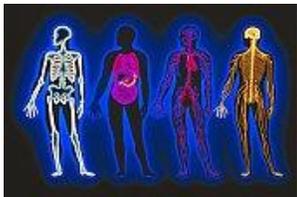
– Maimonides

Did You Know?

- The study of the brain and nervous system is called neurology or neuroscience.
- Your spinal cord is about 20 inches long and weighs about 35 grams or 1¼ ounces.
- The human brain weighs on average three pounds, or 1.5 kg and is about the size of a cantaloupe.



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.

Scoliosis reduction in a 7-year-old boy after chiropractic care.

A 7-year-old boy was brought in by his parents because of a recent diagnosis of scoliosis. His mother was worried about the diagnosis especially since the orthopedic surgeon told her that he should wear a brace because the curve was worsening: the angle of his scoliosis (Cobb angle) was measured at 25°. The mother decided to seek an alternative approach. The child had no pain or other complaints.



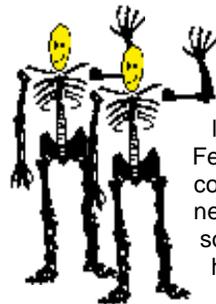
Chiropractic examination revealed subluxations in the cervical and thoracic spine as well as in the sacrum. The child was seen three times a week for a total of 16 visits.

After the adjustments, he was X-rayed again. His scoliosis (Cobb angle) decreased over 50%, from 25° to 11°. In addition, his high left shoulder was level and the muscle tone in his mid-back was more relaxed (less hypertonicity). The

child continues to receive weekly chiropractic visits and future improvements are expected. (4)

Humor

- Would a fly without wings be called a walk?
- Why do they lock gas station bathrooms? Are they afraid someone will clean them?
- If a turtle doesn't have a shell, is he homeless or naked?
- Why don't sheep shrink when it rains?
- Can vegetarians eat animal crackers?
- If the police arrest a mime, do they tell him he has the right to remain silent?
- How do they get the deer to cross at that yellow road sign?



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.

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BONUS

You read this far down – you deserve a bonus.

I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection. 'Tis the business of little minds to shrink, but they whose heart is firm, and whose conscience approves their conduct, will pursue their principles unto death. – Leonardo da Vinci



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Singing, Dancing, Boxing and Chiropractic

Are you a singer?

What do the Rolling Stones, Pink Floyd, Kiss, Neil Diamond, The Who, Madonna, Santana, Guns and Roses and loads of other singers and rock and rollers have in common? The receive chiropractic care (often backstage before the performance). (1) How about coming in and serenading the office while you receive care?



Are you a dancer?

Dancers love chiropractic. Come in and have better balance, control and coordination. Even top companies use chiropractors. (2) How about coming in and dancing for everyone in the office?

Are you a boxer?

Did you know that the world's greatest boxers see chiropractors? (3) How about coming in to the office and punching somebody? Ooops, forget that. We got carried away. Maybe just sign autographs instead.

Questions and Answers About Chiropractic

Question: Will I feel better immediately after chiropractic care?

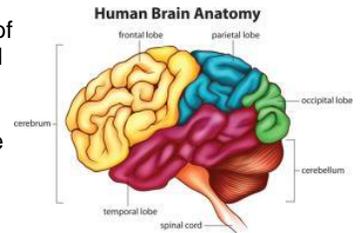
Answer: While we want everyone to feel wonderful after chiropractic care, and most do, we must be prepared for retracing. What is that? It's the return or emergence of old pains or other symptoms as one heals. It might seem odd but the adage "sometimes you feel worse before you get better" is often true.

Words of Wisdom

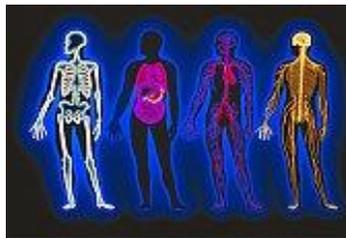
A miracle cannot prove what is impossible; it is useful only to confirm what is possible.
– Maimonides

Did You Know?

- An adult's brain requires around 20% of the body's oxygen and 20% of the blood from the heart.
- The biggest part of the brain is the cerebrum, the thinking part. It makes up 85% of the brain's weight.
- Myelinated or insulated nerves send messages at a speed of 10 to 100 meters per second. Uninsulated nerves only transmit at about 1 meter per second.



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respond to chiropractic care. How many people suffering, on drugs, facing a life of limitation could be helped by chiropractic care?

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Post neck fusion adjustment. This is the case report of a 43-year-old woman suffering from neck and mid-back pain and stiffness, migraines, shoulder pain, low energy

and decreased performance of activities of daily living. She had undergone a surgical fusion of her neck (cervical spine) to help her symptoms, but after the surgery her symptoms remained.

The woman received chiropractic care 36 times over 3 months and follow up X-rays showed improvement in neck curve and posture. Her head was sitting atop her spine in a more balanced position.

She reported improvements in neck and mid-back pain/stiffness, shoulder pain, energy levels, performance of activities of daily living, and frequency, duration, and severity of migraine episodes. (4)

Parkinson's and chiropractic care. Parkinson's is the second most common neurodegenerative disease after Alzheimer's. Neurodegenerative diseases are increasingly a source of suffering and death. Can chiropractic help?

This is the case of a 76-year-old man with Parkinson's disease. He came to the office with right-sided tremors, memory loss, balance issues, constant leg pain, occasional poor circulation, and decreased muscular strength. He needed to use a walker. He had been diagnosed with Parkinson's disease by his neurologist in 2010 and was taking 10 doses of levo-dopa a day.

A chiropractic analysis revealed the patient to have many postural distortions in addition to an upper cervical (C-1) subluxation that was affecting his brain stem.

After the first adjustment, the patient no longer needed a walker and his tremors decreased.

He continues care and his tremors and other Parkinson's symptoms continue to lessen. His neurologist decreased his medication by 50%. He remains under care. (5)

Humor

- Is it true that cannibals don't eat clowns because they taste funny?
- How come wrong numbers are never busy?
- Do people in Australia call the rest of the world "up over"?
- Does that screwdriver really belong to Philip?
- Can a stupid person be a smart-ass?
- Does killing time damage eternity?
- Why is it that night falls but day breaks?
- Why is the third hand on the watch called a second hand?



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Some quit due to slow progress. Never grasping the fact that slow progress is progress. – Unknown

Gratitude is not only the greatest of virtues, but the parent of all the others. – Cicero

Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning. – Albert Einstein