

Healthy Living Chiropractic Newsletter

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

The whole problem with the world today is that fools and fanatics are always so certain of themselves, and wiser people are so full of doubts. Bertrand Russell

This issue's table of contents

- Chiropractic and Halloween: A Super-Natural Combination
- Chiropractic for Better School Performance
- Incredible New Findings – Ultrasound and Leukemia
- Questions and Answers About Chiropractic
- Words of Wisdom
- Did You Know?
- Researching Chiropractic
- Humor
- References



Chiropractic and Halloween: A Super-Natural Combination



Is there a special ghoulish adjustment? A special ghost adjustment?

What does chiropractic have to do with Halloween anyway? Well ... nothing. But why should that stop us from wishing you

a Happy Halloween?

Stop by for great Halloween treats and our special Halloween adjustments. We'll make sure the treats are healthy (the adjustments are always healthy, of course).

Chiropractic for Better School Performance

Chiropractors correct abnormalities of the intellect as well as those of the body.

D.D Palmer, Discoverer of Chiropractic

Want to give your child an edge in his or her studies for their academic (and athletic) best? For over a century chiropractic's beneficial effect on brain and neurological function has helped students improve their school experience.

Clinical studies and case histories have reported on the effectiveness of chiropractic care for brain function, concentration, balance and coordination. This is especially important information for the millions of children in the US with a neurological and/or learning disorder such as dyslexia, ADD (attention deficit disorder) ADHD (attention deficit hyperactivity disorder), minimal brain damage, Tourette's syndrome, seizures, asthma, depression, obsessive-compulsive disorder, bipolar disorder, autism, Asperger's syndrome and many others.



Exactly how does chiropractic improve brain function? Initial research indicates that blood flow to the brain improves (1-3) and that chiropractic adjustments decrease inflammation and stress on the nervous system leading to decreased anxiety, improved well-being and improved brain function. (4-6) Adjustments appear to balance nerve reflexes in the spinal cord. (7-9) Other mechanisms may be involved as well.

It is most important that all students get their spines checked by a Doctor of Chiropractic so they may function at their best. Give your child a winning edge – bring them in for a chiropractic checkup.

Incredible New Findings – Ultrasound and Leukemia

British physician Alice Stewart, MD in the early 1980s discovered a higher incidence of leukemia in children who had been exposed in the womb to x-rays and ultrasound. Dr. Stewart was persecuted professionally and financially for her unpopular research but she didn't back down.

Here is an interview with Gayle Green, PhD on this amazing woman:

<https://reachmd.com/programs/book-club/alice-stewart-the-woman-who-knew-too-much/3066/>

From the interview:

She was not looking for it. She was tracking the causes of childhood leukemia, and she came across this amazing fact that if you x-ray pregnant women, as was being done in the 1950s, you doubled the risk of a childhood cancer. Not just leukemia, but all cancers ... this is why doctors don't x-ray pregnant women anymore...



Hiroshima scientists thought there was threshold beneath which radiation ceased to be dangerous and Alice was

discovering that that threshold did not exist and in fact she said, small dose radiation can cause mutations. The cell attempts to repair itself and that can give you cancer or birth defects down the line....

For more information:

https://www.press.umich.edu/16780/woman_who_knew_too_much

Questions and Answers About Chiropractic

Question:

How often should I receive chiropractic care?

Answer:

The answer is – whenever you have subluxations. Because subluxations are painless and may occur anytime it's good to get checked periodically.

This photo (1900) is of Dr. DD Palmer who discovered chiropractic. The first chiropractic patient was deaf and his hearing returned while the second patient had heart problems that resolved after an adjustment. Chiropractic is not, and never was, a backache treatment.

Just as you get your eyes, your blood pressure and your teeth checked periodically so you need to get your spine checked. That's especially true if you are under a lot of stress – physical, emotional and even chemical.

Subluxations damage your spine, nerves, discs, ligaments, muscles and tendons and can cause immune system and overall body malfunction (dis-ease). Because subluxation damage builds up and can cause dis-ease we recommend that entire families, all the generations, receive periodic chiropractic care.

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



Words of Wisdom

The cost of starting over is being willing to let go. Guy Finley

Did You Know?

- A bear has 42 teeth?
- An ostrich's eye is bigger than its brain?
- Lemons contain more sugar than strawberries?

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.

Chronic constipation in a 5-year-old. A 5-year-old girl suffering from abdominal pain (gastritis) and chronic constipation began chiropractic care. MDs could not find any



cause. A high fiber diet and laxative use as directed by her medical doctor was not effective.

Chiropractic care was initiated. She was seen and adjusted two times a week for two weeks, followed by one visit a week for 10 weeks.

At visit number 12, the patient no longer complained of abdominal pain and the patient's mother reported an improvement in the patient's demeanor as well as a complete resolution of her chronic constipation. (13)

Humor

Henny Youngman was king of the one liners. Here are a few of them:



Getting on a plane, I told the ticket lady, "Send one of my bags to New York, send one to Los Angeles, and send one to Miami." She said, "We can't do that!" I told her, "You did it last week!"

A doctor gave a man six months to live. The man couldn't pay his bill, so he gave him another six months.

My doctor grabbed me by the wallet and said, "Cough!"

The doctor called Mrs. Cohen saying, "Mrs. Cohen, your check came back." Mrs. Cohen answered, "So did my arthritis!"

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. How about some more from Henny Youngman:

A drunk was in front of a judge. The judge says, "You've been brought here for drinking." The drunk says, "Okay, let's get started."

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- A New Discovery of How Your Body Works
- 90% of Pregnant Women Refusing the Flu Shot
- Questions and Answers About Chiropractic
- Traditional Eating
- Words of Wisdom
- Did You Know?
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A New Discovery About How Your Body Works

You'd think we knew pretty much everything we need to know about how the body works. But we are in the dark ages in many ways. For example, earlier this year it was discovered that the brain connects to the immune system and that communication is especially important when we sleep.

And more recently, UC San Francisco scientists have discovered that the lungs do more than breathe. The

lungs play an important role in blood production. Yes, blood is made in the lungs. Using a special tracking system, researchers discovered that the lungs produce more than half of the platelets – blood components needed for clotting to stop bleeding, among other critical roles, in many conditions.

Blood cells were also found to travel back and forth between the lung and bone marrow. It appears that the stem cells that produce blood travel in the bloodstream to other organs and adapt to their needs. (10)

90% of Pregnant Women Refusing Flu Shot

A mother's instinct is very powerful and that may be why an overwhelming majority of pregnant women are now refusing the flu vaccine in spite of medical doctors telling them the vaccine is safe for their unborn baby.

A shocking report from the National Coalition of Organized Women (NCOOW) presented data from two different sources demonstrating that the 2009/10 H1N1 vaccines contributed to an estimated 1,588 miscarriages and stillbirths. A corrected estimate may be as high as 3,587 cases. (11)

Alessandro Bertoucci, PhD analyzed the practices of 256 physicians treating more than 600,000 patients. He reported that 91% of pregnant women are declining influenza vaccines due to fears of miscarriage and suspected toxins in the vaccine itself. (12)

Traditional Eating: Oil Pulling

Oil pulling is an inexpensive, simple and ancient way to improve your teeth and gums and more! What is oil pulling?

Oil pulling is an ancient Ayurvedic Medicine (Indian) dental technique that involves swishing a tablespoon of oil in your mouth on an empty stomach for around 20 minutes. Then you spit it out. Don't swallow it. Dental infections have been linked to many serious illnesses, including heart disease and cancer. Done once or twice a day, oil pulling is designed to draw out toxins in your body, improve oral health and to improve your overall health.

Ancient Ayurvedic texts claim that oil pulling can cure about 30 systemic diseases including chronic headaches, migraines, diabetes and several skin conditions.

Some of the reported benefits from users are:

- Whiter teeth
- Cavity and gingivitis prevention
- Better breath (halitosis sufferers also reported greatly improved morning breath)
- Stronger teeth and gums

- Less jaw pain (TMJ sufferers noted great improvement), sleep problems and sinus issues
- Alleviation of headaches, hangovers and skin issues (reports have shown improvement in acne, psoriasis and eczema)

Why not try it regularly between dental visits? Your dentist (or hygienist) will notice a difference.

Learn more at:

http://www.activebeat.co/your-health/oil-pulling-and-what-it-can-do-for-you/?utm_medium=cpc&utm_source=google&utm_campaign=AB_GGL_US_DESK-SearchMarketing&utm_content=g_c_163719824348&cus_widget=&utm_term=oil%20pulling&cus_teaser
and <https://prepforthat.com/oil-pulling-coconut-oil-changed-life/>

Words of Wisdom

The cost of starting over is being willing to let go. Guy Finley

Did You Know?

- 8% of people have an extra rib?
- 85% of plant life is found in the ocean?
- Ralph Lauren's original name was Ralph Lifshitz?
- Rabbits like licorice?
- The Hawaiian alphabet has 13 letters?

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.

Brain wave improvement, emotional improvement. A 7-year-old female had slow physical skill acquisition, difficulty with coordination (since birth), an aversion to using utensils (preferring to use her fingers to eat), emotional outbursts, and low self-esteem. This had been going on for two years.

After two months' care, analysis revealed improved brain alpha waves, improved coordination, spontaneous use of silverware for self-feeding and an improvement in emotional regulation. (14)

A 26-year-old with MS. A 26-year-old patient with multiple sclerosis, numbness and neck pain sought chiropractic care. A complete history and objective examination revealed several vertebral subluxations and a reversed neck (cervical) curve.

He was seen twelve times in one month while receiving nine adjustments for vertebral subluxation correction. His neck curve improved 60%, and neck pain, headaches and numbness greatly improved. His multiple sclerosis symptoms dramatically reduced. (15)

Humor



Henny Youngman was king of the one liners. Here are a few of them:

A doctor says to a man, "You want to improve your love life? You need to get some exercise. Run ten miles a day." Two weeks later, the man called the doctor. The doctor says, "How is your love life since you have been running?" "I don't know, I'm 140 miles away!"

The patient says, "Doctor, it hurts when I do this." "Then don't do that!"

The doctor says to the patient, "Take your clothes off and stick your tongue out the window". "What will that do?" asks the patient. The doctor says, "I'm mad at my neighbor!"

A doctor has a stethoscope up to a man's chest. The man asks, "Doc, how do I stand?" The doctor says, "That's what puzzles me!"

A man goes to a psychiatrist. "Nobody listens to me!" The doctor says, "Next!"

A man goes to a psychiatrist. The doctor says, "You're crazy." The man says, "I want a second opinion!" "Okay, you're ugly too!"

Bye, bye!!



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BONUS

You read this far down – you deserve a bonus. How about some more from Henny Youngman:

Another drunk goes up to a parking meter, puts in a quarter, the dial goes to 60. The drunk says, "Huh. I lost 100 pounds!"