

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.

I know the price of success: dedication, hard work, and an unremitting devotion to the things you want to see happen.
Frank Lloyd Wright

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How Do the Elderly Benefit from Chiropractic Care?

The elderly are among our most drugged citizens. It is not unusual for an elderly person to be taking many different medications and suffering from serious reactions to them.



In fact, drugs can interact in many unusual ways that are more damaging than if they are taken individually. The side effects are sometimes addressed by giving the patient more drugs. This is known as polypharmacy.

Chiropractic offers a drug-free alternative to an over-drugged population. Why? Because your body is the world's greatest drugstore, able to make every drug and chemical you need. Chiropractic helps turn on this internal pharmacy.

Studies show that the elderly benefit very much from chiropractic and take fewer drugs, are more active and see doctors and hospitals much less. (1-2)

Questions and Answers About Chiropractic

Question: Can I receive chiropractic care even if I've had back surgery, a spinal fusion or have implanted rods?

Answer: First let us say that anyone who is told they need spinal surgery such as a spinal fusion or "disc" operation should first see if they are a good candidate for chiropractic care. For over a hundred years Doctors of Chiropractic have saved people from unnecessary back and neck surgery.

In fact, the majority of spinal fusion operations (the most common form of spinal surgery) are unnecessary and even worse, end up as failures – the pain comes back, except this time the spine is weakened from the surgery, there may be internal scar tissue and there may be incomplete healing. (3)

But sadly, many people don't know about the chiropractic alternative and submit to spinal surgery. In so many cases the pain returns after a few months or years. They may be advised to have a second operation, or a third.

Can they receive chiropractic care after surgery? Yes! Can they receive chiropractic care even if they have metal rods or screws in their spine? Yes!

Low back surgery has a terrible success rate. Before anyone rushes in to this procedure they should read this and go to a chiropractor: <https://www.regenexx.com/low-back-surgery-success-rate/>

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

Cell Phone Crime Warning

A woman's cell phone was stolen. When she called her husband from a pay phone he said, "I received your text about our PIN number and replied." Their money was withdrawn. The thief used her stolen cell phone to text "hubby" in the contact list to obtain the PIN number.



Moral of the story:

- Do not disclose the relationship in your contact list. Avoid names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc.
- When sensitive info is being asked through texts, CONFIRM by calling back.
- When texted by friends or family to meet them somewhere, call back to confirm the message came from them. If you don't reach them, be suspicious about going places to meet "family and friends" who text you.

A Quick Way to Burn Extra Calories

Go food shopping to lose weight. 45 minutes of cart-pushing burns 117 calories, carry your groceries inside (5 minutes of schlepping them upstairs burns 43) and put them away (40 calories in 14 minutes). Of course, if you don't eat any of the food you purchase you'll lose even more weight.

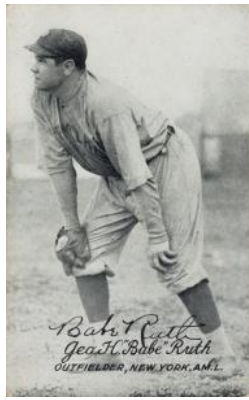
Did You Know?

For much of early baseball, professional baseball uniforms were made of wool. During the summer months, the “boys of summer” were an uncomfortable sweaty mess.

It was none other than Babe Ruth who came up with an idea to help the situation. He separated the leaves from a head of cabbage and spread them over ice in a cooler.

Once sufficiently chilled, a leaf under the cap would supply much-needed relief for a few innings before needing to be replaced. The Babe’s teammates copied him. Did this help the Yankees win so many pennants? It certainly didn’t hurt.

By the way, it was not until the 1950s that professional players began to be issued more breathable (and far more comfortable) uniforms.



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.

Vaginal birth after multiple cesareans.

A 39-year-old woman wanted to have a vaginal birth after three prior caesarean sections. She was referred for chiropractic care initially for pregnancy-related low back pain. However, she was pleased to know that chiropractic care could increase her chances.



Her spine and structural system was analyzed using static and motion palpation, postural analysis, prone leg checks, thermography and surface EMG. Following the spinal examination, specific chiropractic adjustments were initiated. She came in for 14 visits over an 8-week period prior to giving birth.

The woman was happy to deliver her baby vaginally. (4)

Humor

English is a crazy language:

- If teachers taught, why didn't preachers praught?
- In what other language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell?
- How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites?

- You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which an alarm goes off by going on.
- English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all.
- That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

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.



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Prevacid™, Prilosec™, Nexium™

Speaking of dangerous drugs. There is a type of drug referred to as a proton pump inhibitor or PPI – drugs that are commonly used to mask the symptoms of heartburn, ulcers and other gastrointestinal problems. These PPIs have been found to increase the risk of death by 50%, according to a new study carried out at the Washington University School of Medicine.

Millions of people take these drugs. They are easily obtainable as non-prescription, over-the-counter drugs marketed as Prevacid™, Prilosec™, and Nexium™. They are not safe.

In addition to increased death rates, these heartburn medications are linked to an increased risk of kidney damage, bone fractures and dementia. (1)

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Traditional Eating

Some of the world's best nutritionists have been dentists. That may be because teeth reveal a lot about a person's nutritional status and history.

Not many people are aware that a major sign of poor nutrition is crooked teeth, needing braces and/or not having room for wisdom teeth and needing wisdom teeth removed. The poor nutrition is due to the fetus not having enough minerals and trace elements.

To protect your child's teeth (and save a lot of money from dental bills) pregnant women, nursing mothers and children all need to eat nutrient dense foods. An excellent description of nutrient dense nutrition can be found at www.westonaprice.org.



Words of Wisdom

Doubt is a virus that attacks our self-esteem, productivity and confidence. Faith that you and your life are perfectly unfolding is the strongest vaccine.
– Sean Stephenson

There Is a Scientific Way to Hang Toilet Paper?

It may sound like a joke but there really is an ideal way to hang toilet paper. Hanging it the wrong way can cause problems in business such as absenteeism, worker's comp payments and even lawsuits. How can that be? Read on.

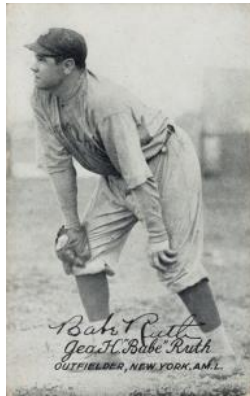
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Improvement in a child with autism following chiropractic care. A 6-year-old autistic boy with aggressive behavior, hindered social and physical activities, poor eating habits and sleep difficulties was brought in for chiropractic care. The boy was previously diagnosed with autism by a neurologist.

The child was assessed for vertebral subluxations and his subluxations were addressed. He had 15 visits to correct his subluxations over a 6-week period. After that period he was assessed using a thermal scan, static surface electromyography, motion and static palpation.

The child improved in the following ways: he would fall asleep in less time after being put to bed and his sleep quality and sleep time increased. His aggressive behavior decreased and he exhibited increases in alertness, focus and school work. The parents were especially happy to see their child was able to discontinue use of prescription medications he had been prescribed. (3)

Resolution of seizures in a 20-year-old male. A 20-year-old man had been suffering from seizures of “unknown origin.” The seizures had been occurring for the prior 10 months. He was also reporting anger and aggression. He reported having night tremors and waking up multiple times per night.

The seizures were so bad that he was hospitalized three times over the course of a one-year period. He also suffered from

severe neck and low back pain.

A case history and physical examination including spinal and structural analysis revealed right head flexion and left posterior pelvis rotation as well as moderate to severe muscle spasms in every area of the spine with limited range of motion and pain/tenderness. Surface EMG (electromyography) scan was performed as well. After the analysis subluxation-based chiropractic care (spinal adjustments) were initiated.

After the patient’s first week of chiropractic adjustments, he reported that he no longer experienced any seizures, he also reported sleeping better. The patient remained seizure-free and was eventually taken off all seizure medications by his neurologist after 13 weeks of chiropractic care. (4)

Humor

Famous last words. Voltaire, one of the greatest European thinkers of all time, was attended by a priest on his death bed. The priest asked him to renounce the Devil. Voltaire responded by saying: “This is no time to be making enemies.”

Best comeback ever. The Earl of Sandwich tried to insult John Wilkes by telling him “Sir, I do not know whether you shall die on the gallows or of the pox”, to which Wilkes replied, “That will depend on whether I embrace your Lordship’s morals or his mistresses.”



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