

Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic
111 7th Street S, Lethbridge, AB
403.320.8080 January 1, 2018

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.

This is sunset at the North Pole. The moon is at its closest point. A scene you will probably never get to see in person, so take a moment and enjoy.

This is the lesson: never give in, never give in, never, never, never, never – in nothing, great or small, large or petty – never give in except to convictions of honour and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy. – Winston Churchill

This Issue's Table of Contents

- Some Wisdom for The New Year
- How Does This Relate to Healthcare?
- Questions and Answers About Chiropractic
- Alzheimer's Disease Is Increasing. What Can Be Done?
- Frankincense for The Brain
- Words of Wisdom
- Researching Chiropractic
- Did You Know?
- Humor
- References



Some Wisdom for the New Year

- **Lighten up**
If only we'd stop trying to be happy we'd have a pretty good time.
– Edith Wharton
- **You don't need much**
All you need for happiness is a good gun, a good horse and a good wife.
– Daniel Boone
- **Be humble**
Never take top billing, you'll last longer that way. – Bing Crosby
- **Look within**

Never believe in mirrors or newspapers. – Jon Osborne

How Does This Relate to Healthcare?

The more we give politicians, bureaucrats and “professionals” permission to control and manage our lives, the less free, the more dependent and the less capable we become.

As the Elders of the Oraibi Arizona Hopi Nation remind us: “We are the ones we've been waiting for.”

The world-renowned sociologist Ivan Illich, Ph.D. applied this understanding to health in his famous book *Medical Nemesis*:

A world of optimal and widespread health is obviously a world of minimal and only occasional medical intervention. Healthy people are those who live in healthy homes on a healthy diet in an environment equally fit for birth, growth, work, healing, and dying; they are sustained by a culture that enhances the conscious acceptance of limits to population, of ageing, of incomplete recovery and ever-imminent death. Healthy people need minimal bureaucratic interference to mate, give birth, share the human condition, and die. (1)



May 2018 be a year of increased freedom from drugs and surgery, and from sickness, weakness and dependency. May 2018 be a year of ever-increasing physical, emotional and spiritual health and happiness for you and your loved ones.

Questions and Answers About Chiropractic

Q: What Do Doctors of Chiropractic Do?

A: Doctors of chiropractic promote physical and emotional wellbeing. Chiropractic has become the largest natural, drug-free healthcare system in the US (and world) because chiropractors perform a unique service. Doctors of chiropractic are able to locate and correct subluxations, a condition that damages nerves, muscles, fascia, meninges and other tissues. Subluxations cause joints to “freeze” or lose normal movement, causing damage to the involved area.



Subluxations cause imbalance, weakness, pain, inflammation, abnormal body function – and much more.

Under chiropractic care your head is more balanced, your hips and shoulders are more level and stress is taken off the joints and muscles throughout your body. Because less of your energy goes into supporting an unbalanced spine and skeleton,

you may immediately discover more energy, greater ease in movement and improved relaxation.

A healthy spine and structural system can make the difference between a life of pain, suffering and disability and one of ease, healing, happiness and freedom. Subluxations may be caused by stress that overwhelms us. For that reason, it is important to see your chiropractor to be “de-stressed” periodically. Why wait? Come in before it causes damage. And bring your family so everyone can enjoy a healthier holiday season and New Year.

Before You Get a Flu Shot, Watch This

Great Canadian video satire on the flu shot:
<https://www.youtube.com/watch?v=I88fDGPATwM>

Frankincense for the Brain



Aromatherapy (the use of essential oils) has been employed for thousands of years in nearly every culture. Recently Israeli researchers have discovered that the incense known as frankincense can be a very effective mood-altering tool. It affects the same part of the brain as anti-anxiety and anti-depression drugs and increases oxygen to the brain by nearly 30%. (2)

Use of frankincense and other essential oils is ancient. Because of its amazing health benefits frankincense was more valuable than gold.

Essential oils have been used to change mood, improve the immune system, heal and promote wellness. Why not add some aromatherapy to your life?

Words of Wisdom

Our job in this life is not to shape ourselves into some ideal we imagine we ought to be, but to find out who we already are and become it. Steven Pressfield

The best way to predict your life is to create it. Abraham Lincoln



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.

Multiple Sclerosis (MS) and chiropractic. A 39-year-old wheelchair bound woman with a 20-year history of MS wished to begin chiropractic care. MRI confirmed her diagnosis revealing that she had multiple brain lesions. The patient had been under medical care and was experiencing increased disability with multiple movement and sensory deficits. She also had pain, visual loss and inability to walk.

Vertebral subluxations were located. X-ray and other analysis revealed C2 and C3 (upper neck) subluxations. Chiropractic adjustments were given only at the C2 vertebral segment level. The patient's care plan was over 18-36 months.

A follow-up MRI revealed no active plaques in her brain. Concurrently she experienced decreased multiple sclerosis symptoms. She had improved function that included the ability to walk. (36)

Breech delivery turned with chiropractic. A 38-year-old woman pregnant with twins began chiropractic care in her 30th week of pregnancy. The twins were breech, in a “footling” presentation.

Over a two-week period, she received five chiropractic visits that included correction of a sacral subluxation, following the principles of the Webster Technique. Both turned to normal vertex presentation and the woman was able to have a successful vaginal birth of twins without medication. (4)



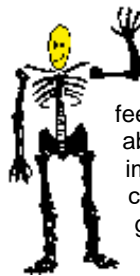
the

Did You Know?

- Switzerland has accidentally invaded Liechtenstein 3 times.
- In England, after the Norman invasion (11th century), English was considered a language for “commoners”; the British elite spoke French.
- Until the Nazi party adopted it, the swastika was considered a symbol of goodness and luck, even featured in ads from Coca-Cola.

Humor

Oh my God, look at you. Anyone else hurt in the accident? – Don Rickels, comedian, to actor Ernest Borgnine (5)



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

1. Illich I. *Medical Nemesis: the Expropriation of Health*. New York: Bantam Books, 1977.
2. Moussaieff A et al. Incense acetate, an incense component, elicits psychoactivity by activating TRPV3 channels in the brain. *The Federation of American Societies for Experimental Biology Journal*. 2008;22:3024-3034.
3. Tabick C, Quintero-Villa J. Improved health outcomes in a multiple sclerosis patient undergoing chiropractic care for vertebral subluxation: a case report & review of the literature. *Annals of Vertebral Subluxation Research*. November 9, 2017:221-231.
4. Shtulman I, Alcantara J. Resolution of double footling breech presentation and successful vaginal twin birth following adjustment of vertebral subluxation. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2017;4:185-188.
5. Petras R, Petras K. *The 776 Nastiest Things Ever Said*. New York: HarperPerennial, 1995.

Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic
111 7th Street S, Lethbridge, AB
403.320.8080 January 15, 2018

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.

This Issue's Table of Contents

- Our Unique Heritage
- How Does This Relate to Healthcare?
- Questions and Answers About Chiropractic
- Alzheimer's Disease Is Increasing. What Can Be Done?
- Words of Wisdom
- Researching Chiropractic
- Did You Know?
- Humor
- References



Our Unique Heritage

America is a unique nation – founded on the recognition that all people have inalienable rights: life, liberty and the pursuit of happiness. But what does inalienable mean? It means that the government doesn't give us those rights; we have them by right of birth. Our founders understood that our rights are derived from our Creator; they are our natural rights.



Government, kings, potentates, parliaments, committees, politicians, dictators, etc. can take our natural rights away. History is replete with such abuses. The American government was founded to protect our inalienable rights. Government, laws and courts are created to protect those rights. Once our

unique constitutional system was put into place, the definition of that principle, and its limits, needed to be understood by all.

For example, in his famous 1790 letter to the Jewish congregation in Newport, Rhode Island, President George Washington went out of his way to set up a critical distinction between a false type of tolerance – by which “one class of people” might condescendingly extend certain privileges to another, inferior class – and the American system, in which all enjoy “their inherent natural rights” equally, provided only that they “demean themselves as good citizens.”



How Does This Relate to Healthcare?

The more we give politicians, bureaucrats and “professionals” permission to control and manage our lives, the less free, the more dependent and the less capable we become.

As the Elders of the Oraibi Arizona Hopi Nation remind us: “We are the ones we've been waiting for.”

The world-renowned sociologist Ivan Illich, Ph.D. applied this understanding to health in his famous book *Medical Nemesis*:

A world of optimal and widespread health is obviously a world of minimal and only occasional medical intervention. Healthy people are those who live in healthy homes on a healthy diet in an environment equally fit for birth, growth, work, healing, and dying; they are sustained by a culture that enhances the conscious acceptance of limits to population, of ageing, of incomplete recovery and ever-imminent death. Healthy people need minimal bureaucratic interference to mate, give birth, share the human condition, and die. (1)

May 2018 be a year of increased freedom from drugs and surgery, and from sickness, weakness and dependency. May 2018 be a year of ever-increasing physical, emotional and spiritual health and happiness for you and your loved ones.



Questions and Answers About Chiropractic

Q: What Do Doctors of Chiropractic Do?

A: Doctors of chiropractic promote physical and emotional wellbeing. Chiropractic has become the largest natural, drug-free healthcare system in the US (and world) because chiropractors perform a unique service. Doctors of chiropractic are able to locate and correct subluxations, a condition that damages nerves, muscles, fascia, meninges and other tissues. Subluxations cause joints to “freeze” or lose normal movement, causing damage to the involved area.



Subluxations cause imbalance, weakness, pain, inflammation, abnormal body function – and much more.

Under chiropractic care your head is more balanced, your hips and shoulders are more level and stress is taken off the joints and muscles throughout your body. Because less of your energy goes into supporting an unbalanced spine and skeleton, you may immediately discover more energy, greater ease in movement and improved relaxation.

A healthy spine and structural system can make the difference between a life of pain, suffering and disability and one of ease, healing, happiness and freedom. Subluxations may be caused by stress that overwhelms us. For that reason, it is important to see your chiropractor to be “de-stressed” periodically. Why wait? Come in before it causes damage. And bring your family so everyone can enjoy a healthier holiday season and New Year.

Alzheimer’s Disease (AD) Is Increasing. What Can Be Done?

Alzheimer’s is now the third leading cause of death in the United States (after heart disease and cancer). Scientists have no idea why this condition, which was so rare it wasn’t even noticed until 1911 (when it was first named), has exploded to epidemic proportions. Today nearly half of all people over 85 die from AD. Dr. Dale Bredesen, Director of Disease Research at the University of California, Los Angeles (UCLA) School of Medicine states:

It is a trillion-dollar global health problem. It was the sixth leading cause of death... Now, it has become the third leading cause of death in the United States. This is something that’s set to bankrupt Medicare... Many are walking around with early Alzheimer’s without realizing it. (2)



Can anything prevent AD? Medical care is ineffective. However, researchers report that avoiding vaccines, especially the flu shot, will prevent toxic chemicals from affecting the brain, and diet appears to be essential for preventing AD. Avoid all artificial sweeteners such as NutraSweet, Splenda, Equal, etc., because they cause brain inflammation. Especially get on a high-fat/oil (ketogenic) diet because it improves brain function and body chemistry. The type of fats and oils are important: add lots of tallow, lard, coconut oil, avocado oil, olive oil, butter and ghee to your diet every day and especially avoid cheap, unnatural oils such as corn, cottonseed and canola oils. See below:

Canola oil linked to Alzheimer’s complications in new study

Canola oil is inexpensive and is advertised as being healthy. However researchers at the Alzheimer’s Center at Temple University’s Lewis Katz School of Medicine discovered its potential dangers in this experiment: two groups of mice received either regular chow or chow supplemented with canola oil for 6 months. The mice on the canola diet showed a decline in their working memory capacities, less healthy brain chemistry and had gained much more weight than the non-canola oil group.

The authors write, “While more studies are needed, our data do not justify the current trend aimed at replacing olive oil with canola oil.” (3)

Words of Wisdom

Anger is short-lived madness. Horace, 65-8 BCE

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.

Resolution of blindness in an 18-year-old. An 18-year-old woman was complaining of migraines; seizures; mid-back, neck and low back pain; shoulder pain and numbness and tingling in both arms and into her left leg and foot. She had suffered a stroke four years prior and had brain surgery. Immediately following the surgery, she reported blurry vision and a loss of the lateral portion of the visual field of her left eye which continued to diminish before becoming completely blind. She suffered from migraines and seizures as well.

Immediately after the adjustment was given the patient reported seeing “sparkles” in the left eye. She was left to rest on the table. After approximately 15 minutes of rest, the patient experienced a full resolution of the vision loss in her left eye.

After 11 weeks care her eyesight was still intact and her migraines and seizures reduced in frequency and severity. Her neck and back pain resolved and her arm and foot symptoms continue to improve. (4)

Did You Know?

- US President Ronald Reagan was a life guard in high school. He has been credited for saving 77 lives.
- The *New York Daily Tribune* had a correspondent in Germany: Karl Marx.
- In the middle ages, people believed that sperm coming from the left testicle produced girls. Men who wanted sons only had it removed

Humor

Oh my God, look at you. Anyone else hurt in the accident? – Don Rickels, comedian, to actor Ernest Borgnine (5)



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

1. Illich I. *Medical Nemesis: the Expropriation of Health*. New York: Bantam Books, 1977.
2. Bredesen D. *The End of Alzheimer’s*. New York: Random House, 2018.
3. Lauretti E, Pratico D. Effect of canola oil consumption on memory, synapse and neuropathology in the triple transgenic mouse model of Alzheimer’s disease. *Nature. Scientific Reports* 7. Published online: 07 December 2017 <https://newatlas.com/canola-oil-linked-to-alzheimers/52526/> and <https://www.nature.com/articles/s41598-017-17373-3>
5. Saffron B, Murdock B. Resolution of vision loss in a teenage girl following upper cervical chiropractic care: a case study & review of the literature. *Journal of Upper Cervical Chiropractic Research*. July 24, 2017:40-44.
8. Petras R, Petras K. *The 776 Nastiest Things Ever Said*. New York: HarperPerennial, 1995.