



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.

A people that values its privileges above its principles soon loses both.– Dwight D. Eisenhower

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Spring Resolutions are Better

People like to make a big to-do about “New Year’s Resolutions,” but springtime is really the best time to make them. After all there’s no difference between December 31st and January 1st. The weather is still cold, rainy and snowy in many places; it’s still dark, the ground is frozen and bare. Life is hunkering down to survive the elements and you may even have a hangover from the celebrations the night before. How inspiring is that? Is it any wonder we don’t follow through with all our grand plans and ideals?



But we get another chance. Spring is the true time for renewal and growth. The earth is thawing, transforming and awakening; sunlight is much stronger and lasts longer and new life is appearing. So here we offer you a better recommendation: make your resolutions now. What better time than the season of renewal to get more sun (it’s easier), eat better, go for walks, exercise, call your mother and father more, play with the young ones more, write, make music, dance more and take better care of yourself? With that in mind don’t forget a resolution to come in for regular chiropractic checkups and adjustments.

There’s another reason why springtime is the ideal time to commit to the resolutions you probably forgot about on January 1st. Who can think about exercising when you have a hangover?

Questions and Answers About Chiropractic

Question: If I’m feeling fine do I really need chiropractic care?

Answer: More than ever. Why?

By the time a person has symptoms they may have been in a weakened, dis-ease state for a long time. Don’t wait until you have serious symptoms; chiropractic can locate hidden blockages or interferences to proper function (subluxations) now before they become more obvious and painful or disturbing later.

It’s sometimes helpful to think of chiropractic as you would dental care. For example, you may have dental cavities, an infected root canal or other dental infections and yet you may feel no pain. All the while, there is a problem silently festering, sometimes for years, that may be affecting your entire body and can ultimately ruin your health. You get your teeth checked periodically – what about your spine and structural system? That’s where chiropractic comes in.

You can also think of chiropractic care as similar to good nutrition – always important to maintain good health and absolutely necessary if a person has a health problem.

Want to make sure you are healthy? Visit your chiropractor for a checkup on a regular basis.

So even though you might be feeling fine you may be carrying in your body serious stress causing dis-ease preventing you from functioning at your potential.

So, do you really need to come in for chiropractic care if you aren’t in pain or suffering from a disease? Absolutely. Don’t wait until there is long-standing stress and possible damage. Make an appointment today.

PS. Tell your friends too!

Nourishing Traditions



We have heard about “dangerous” cholesterol for years, but cholesterol is essential for proper brain function, energetic muscles, a strong immune system and even a long, healthy life. Cholesterol is so important it is made

by nearly every cell in your body. In fact, recent studies reveal that the higher the cholesterol level in the elderly, the longer they live! (1-2) High cholesterol has repeatedly been shown not to cause heart attacks or cardiovascular disease.

If a person’s cholesterol is higher than average that is a sign that there is inflammation somewhere in the body. Inflammation is associated with cancer, heart disease, arthritis, diabetes – in fact all the “diseases of civilization.”

Cholesterol is anti-inflammatory; it fights inflammation. Cholesterol molecules are like firemen in your body – they help put out the fire of inflammation. If you see high cholesterol you should put out the fire (the inflammation), not shoot the firemen.

What can cause elevated cholesterol? Stress – physical, chemical and emotional stress – such as dental infections, subluxations, toxicity and an unhealthy diet full of bad oils, poor quality fats, refined foods, sugar, high fructose corn syrup, etc.

Because your body needs cholesterol to work properly, if you eat a “low-cholesterol” diet your cells will simply make more cholesterol to keep your amount at a healthy level. That is why cholesterol-lowering drugs (statins) such as Lipitor™ and Crestor™, that interfere with cholesterol synthesis, cause muscle pain, cancer, dementia, suicide, depression and paradoxically, sudden heart death! In addition, cholesterol-lowering drugs don’t get to the cause of inflammation; they are suppressing a beneficial symptom.

Do your heart, brain, nerves and muscles a favor and enjoy cholesterol. Include lots of healthy fats in your diet such as butter; coconut, olive and avocado oils; lard, tallow (beef fat), chicken fat and duck fat to fight inflammation. Just as importantly avoid unhealthy fats such as vegetable oils like canola, soy, corn, cottonseed, safflower, peanut and other unnatural oils. Especially stay away from trans-fats and hydrogenated fats such as Crisco™ and margarine and fake butter “spreads.” They are a “heart attack in a can.”

Great information about cholesterol, good fats and bad fats can be found at www.westonaprice.org. For example, type “cholesterol” in the search engine and see what comes up.

Words of Wisdom

Quotes of Winston Churchill:

- We make a living by what we get, but we make a life by what we give.
- If you’re going through hell, keep going.



See more Churchill quotes at <https://www.goalcast.com/2017/06/20/top-24-winston-churchill-quotes-to-inspire-you-to-never-surrender/>.

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.

Adolescent idiopathic scoliosis (AIS). A 21-year-old woman began chiropractic care complaining of low back pain and of radiating numbness into her legs and feet. X-ray and

other analysis revealed a left-sided scoliosis (her spine was twisted to the left) plus an exaggerated mid-back (thoracic) and lower back (lumbar) curve.

She was analyzed for subluxations. Her chiropractic care addressed and corrected her subluxations and over a period of five months of care (a total of 62 visits) her left-leaning scoliosis reduced from 20° to 12.5°. Additionally, her mid-back curve reduced from 63° to 40° and her low-back curve reduced from 70° to 65°.

By seven months of care she experienced improvement of over 50% in well-being and a 50% reduction of her physical complaints. (3)

Did You Know?

Raw, whole (non-pasteurized, non-homogenized) milk is one of nature’s perfect foods. It is safe, nutritious, full of living enzymes and healthy bacteria for your gut health and other living nutrients that are not found in pasteurized milk.

The myth that raw milk is unsafe was exploded when government statistics revealed that food-borne illness was nearly unheard of from raw milk and that other foods were thirty-five thousand times (35,000!) more likely to cause illness than raw milk. (4)



Indeed, raw milk has traditionally been used to heal chronic illness because of its life-giving nutrition. Avoid low-fat, reduced fat and skim milk – full fat milk is much healthier and nutritious – and tastes much better too!

Also, did you know that baby cows (calves) die when they are fed pasteurized milk? Why would it be considered nutritious for humans?

Humor

Mark Twain tells of a doctor at the bedside of a very sick, elderly lady. The doctor told her that she must stop drinking, cussing and smoking. The lady said that she'd never done any of those things in her entire life. The doctor responded, "Well, that's your problem, then. You've neglected your habits."

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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How do Adults Benefit from Chiropractic Care?

Let us count the ways....



Physical, emotional and chemical stresses accumulate as we age. Every system in our body needs energy, and stress interferes with the flow of energy. Our ability to heal, to grow and to repair is diminished. We age faster than we should and dis-ease (body malfunction) eventually causes disease.

For improved function of your immune, digestive, eliminative, cardiovascular and other systems, your body needs unobstructed communications. You need to reverse the damage stress causes.

That's why, for a healthier life, chiropractic care for everyone is absolutely essential. Chiropractic helps people live free of obstructions caused by subluxations – structural distortions that interfere with internal nerve communication and energy flow. Study after study shows how important a subluxation-free body is to your health. And the millions of chiropractic patients over a hundred years prove it works. No matter what the named disease or condition a person may be diagnosed with, a subluxation-free body is essential. (1-5).

For that reason, you and your loved ones need periodic chiropractic checkups and adjustments. Everyone, from newborn babies to the elderly, needs a body free from the severe stress caused by subluxations.

Nourishing Traditions

We have heard about “dangerous” cholesterol for years, but cholesterol is essential for proper brain function, energetic

muscles, a strong immune system and even a long, healthy life. Cholesterol is so important it is made by nearly every cell in your body. In fact, recent studies reveal that the higher the cholesterol level in the elderly, the longer they live! (6-7) High cholesterol has repeatedly been shown not to cause heart attacks or cardiovascular disease.

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Words of Wisdom

Quotes of Winston Churchill:

- You have enemies? Good. That means you've stood up for something, sometime in your life.
- Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen.



See more Churchill quotes at <https://www.goalcast.com/2017/06/20/top-24-winston-churchill-quotes-to-inspire-you-to-never-surrender/>.

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Crohn's disease and chiropractic. A 60-year-old man diagnosed with Crohn's disease was suffering from abdominal pain and cramping, stiffness all over his body, diarrhea and a generalized feeling of sickness and malaise. His symptoms had begun six years prior and developed gradually.

When he began chiropractic care, he was taking multiple medications for his condition that he felt were not helping. He was unable to go more than one hour without experiencing symptoms.

Chiropractic examination revealed subluxations at multiple levels as well as a poor diet. Subluxation-centered chiropractic care was initiated and his diet was addressed to restore proper intestinal gut flora. The patient reported immediate relief following his first and second adjustments with complete resolution of Crohn's disease over the course of care. He was able to stop taking all medications after nine months of care. The patient's complete remission was confirmed by his endocrinologist. (8)

Fainting. A 57-year-old woman complaining of sudden blackouts (fainting) was diagnosed with "vasovagal syncope" (VVS), a sudden, brief, temporary loss of consciousness (LOC).

She also had constant neck pain primarily on the right and inability to turn her head fully to the right.

She had tried prescribed medication and her MD recommended surgically implanting a pacemaker to regulate her nerve function. She refused.

Chiropractic examination and X-ray analysis revealed vertebral subluxations of the upper neck or cervical vertebrae (C1 and C2).

Her VVS completely disappeared and never returned after her first visit. By her fourth visit her neck pain and limited range of motion greatly diminished. (9)

Humor



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BONUS

You read this far down – you deserve a bonus.

