

Healthy Living Chiropractic Newsletter

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

Earth teach me to forget myself as the melted snow forgets its life.

Earth teach me resignation as the leaves which die in the fall.

Earth teach me courage as the tree which stands all alone.

Earth teach me regeneration as the seed which rises in the spring.

– William Alexander

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In This Issue ...

Here we are, enjoying the winter. Admit it, winter has its charms. A gentle snow can be beautiful; or sipping hot chocolate (organic of course) in front of a cozy fire or spending time with loved ones or skiing and sledding. At the very least winter makes us appreciate spring. This month let's explore some very important issues and have a little fun.

Because we like to help as many people as possible, feel free to forward this issue to others. Let us know if you'd like us to add someone to our mailing list. If you have any questions, comments, ideas or suggestions about anything you read please feel free to contact us.

Help! The Flu Vaccine is Coming!

Once again, the media and medical organizations seem to be doing their best to scare people into getting a worthless, dangerous flu shot. For example, CBS This Morning had a special report "Why is this year's flu season so bad?" People like scary news telling us "The End is Near." But accurate headlines such as "This year's flu season no big deal" or "Few people get sick from the flu" or "Deaths from the flu are rare" don't sell newspapers, vaccines or drugs.



Most people (as much as 80% or more) who think they have the flu don't have the flu; they have an ILI – an "influenza-like illness." That's right, laboratory testing finds no "flu" virus in most people. Yes, they feel sick, have a fever, feel tired and achy and in a few days, are better. What they experienced was a badly needed natural detoxification, and they have a healthier body in the wake. Studies show that the more fevers and colds a person has throughout their lives, the less cancer they develop. (1)

The facts don't agree with anyone getting a flu shot. For example, when the percentage of the population getting flu shots jumps there is no change in pneumonia, death or hospitalization. For example, one study found that "Influenza vaccination was not associated with a significantly reduced risk of community-acquired pneumonia in people aged 65 and older." (2)

The flu vaccine contains 25,000 times more mercury than is legally allowed in drinking water (as established by the EPA). That is just one reason why more money is paid for damages from the flu shot than from any other vaccine. Among health problems after the flu shot are miscarriage, seizures and paralysis. Do yourself a favor, don't get a flu shot. A short common-sense video about the flu vaccine is available at http://thinktwice.com/flu_show.htm

Great Canadian video satire on the flu shot



<https://www.youtube.com/watch?v=I88fDGPA7wM>

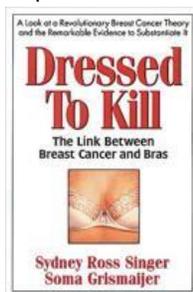
Breast Cancer, Bras and Deodorants

Research continuously reveals that a major cause of cancer is toxicity. Toxins are deposited in fat tissue and the breast is mostly fat tissue. Tissue samples show that many toxic chemicals are found in breast tumors, especially parabens.

Parabens bind to estrogen-receptors and encourage cancer cell growth. They are found in thousands of cosmetics and drugs including deodorants. (3) In addition to being absorbed through intact skin, shaving the underarms creates tiny cuts, creating a direct pathway for the deodorant chemicals into the bloodstream and surrounding tissues

Additionally, there are reports that women who wear bras for long periods have more breast cancer. Underwire bras are especially constrictive and cause lymphatic pooling of toxins, leading to an increase in breast cancer. For example:

- Women who wore their bras 24 hours per day had a 3 out of 4 chance of developing breast cancer.
- Women who wore bras more than 12 hours per day but not to bed had a 1 out of 7 risk.
- Women who wore their bras less than 12 hours per day had a 1 out of 152 risk.
- Women who wore bras rarely or never had a 1 out of 168 chance of getting breast cancer. The overall difference between 24 hours wearing and not at all was a 125-fold difference. (4)



Words of Wisdom

The mind is its own place, and in itself, can make heaven of Hell, and a hell of Heaven.
John Milton

The last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way. Viktor Frankl



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.

Neck pain. The patient is a 55-year-old female who presented with a chief complaint of neck pain, exacerbated by prolonged sitting and standing. The patient also presented with reduced neck range-of-motion (ROM), spasms and tenderness of her left neck muscles, and postural abnormalities.

A patient health history and chiropractic examination was performed and subluxations were located and corrected. By the end of care, the patient's Verbal Pain Scale score went from a 5/10 pain level to 0/10 pain level. (5)



Foot drop. A 24-year-old male weight lifter presented with insidious onset of foot drop upon waking from bed. There were no preceding signs or symptoms prior to the foot drop. The pain was intolerable and pressure could not be applied while standing. He went to the hospital emergency department the morning the initial symptoms appeared. All medical testing and imaging were negative.

He then followed up with the chiropractic clinic and following an exam and adjustments his symptoms began to diminish. After four visits the patient had complete resolution of all signs and symptoms. (6)

Did You Know?

- 1 nautical knot equates to 1.852 KPH (1.150 mph)?
- Every day is a holiday somewhere in the world?
- French fries are originally from Belgium?

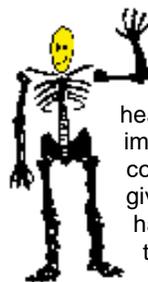
Humor

From *The 776 Nastiest Things Ever Said* by Ross and Kathryn Petras (NY: Harper Perennial, 1995)

On hitters: *He couldn't hit a curve ball with an ironing board.*
Bob Feller, Hall of Fame Pitcher on basketball star Michael Jordan's bid to play for the Chicago White Sox

On hearing the boss is sick: *My God, I hope it's nothing trivial.* Irwin S. Cobb, journalist

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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Questions and Answers About Chiropractic

Question: What Does a Doctor of Chiropractic Do?

Answer: The goal of chiropractic is to locate and remove a serious form of stress and energy blockage from your body. This is called a subluxation. Without subluxations, your body is

able to function more optimally with higher resistance to disease, improved digestion and elimination, a stronger immune system and greater potential for radiating happiness, balance, poise, grace and energy.

Exactly what are subluxations?

Subluxations are internal distortions in your body structure that interfere with your nervous system. Because your nervous system controls your entire body, subluxations can interfere with the function of your muscles, bones, organs, glands and tissues. Over time subluxations weaken your body, unbalance your skeletal system and even affect the function of your brain.



Nearly everyone has subluxations – many people have them for years and even decades. The goal of the Doctor of Chiropractic is to locate and correct subluxations in your body. And don't forget your children! Babies, infants and children often have severe subluxations that can adversely affect their health. For that reason, bring your family; make visiting your Doctor of Chiropractic a family affair.

Football Injuries – Can Chiropractic Help?

The excitement of this most American game of modern gladiators battling over territory cannot be denied. Football must touch an ancient part of our psychology and that is why it draws in millions of people around the globe. Football widows would enthusiastically agree.



However, football, along with so many other sports and human activities, has a dark side: you can get hurt. Badly hurt. We're not just talking about broken bones. It appears that football (and boxing) causes brain damage known as CTE – chronic

traumatic encephalopathy associated with repetitive head trauma.

The problem is worse than we thought. In a recent study published in the *Journal of the American Medical Association*, CTE was diagnosed on autopsy (post-mortem) in a high proportion of former football players whose brains were donated for research. The study found that 110 of 111 National Football League (NFL) players had brain damage. That's over 99%! Researchers also found brain injury to a lesser degree in non-professional players. For example, CTE was found in 3 of the 14 high school players (21%) studied but 48 of 53 college players (91%) and 9 of 14 semiprofessional players (64%). (1)

Can chiropractic help? Absolutely! Before and after every game (even during the game) all players should be checked and, if necessary, adjusted by a Doctor of Chiropractic for subluxations.

Words of Wisdom

To conceal anything from those to whom I am attached, is not in my nature. I can never close my lips where I have opened my heart. Charles Dickens

The greatest part of our happiness or misery depends on our dispositions and not on our circumstances. Martha Washington



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Systemic lupus erythematosus (SLE). A 34-year-old woman with SLE went to a chiropractic office for detection of subluxations. Her symptoms included constant chronic pain; constant fibromyalgia-related symptoms; chronic fatigue, anxiety and depression-related symptoms; stiffness in the neck; thyroid problems; menstrual disorder; stomach disorder; mid back pain; irritable bowel; numbness in her feet; low back pain and leg pains.

Using chiropractic analysis, several vertebral subluxation complexes were located. She received 11 spinal adjustments over the first twelve visits and upon re-examination, she was "much improved." Her right and left leg pain and numbness in her feet completely resolved and her menstrual disorder completely resolved. In addition, her stomach disorder, irritable bowel syndrome symptoms, systemic lupus erythematosus related symptoms and ADD/ADHD related symptoms were much improved. At her next re-examination, her Raynaud's, systemic lupus erythematosus, depression and nausea were all completely resolved. She also stopped taking seven medications including hydrocodone, tramadol, flexeril, gabapentin and Wellbutrin®.

Her blood work revealed resolution of systemic lupus erythematosus. (2)

Did You Know?

- Coca-Cola originally contained cocaine?
- Toilets account for 35% of indoor water use?
- Your foot has 26 bones in it?

- The average human brain contains around 78% water?

Humor

From *The 776 Nastiest Things Ever Said* by Ross and Kathryn Petras (NY: Harper Perennial, 1995)

On kissing: *When you enter a room, you have to kiss his ring; I don't mind but he has it in his back pocket.* Comedian Don Rickles on Frank Sinatra's fame

On Hollywood: *Hollywood is a place where your best friend will plunge a knife in your back and then call the police and tell them that you're carrying a concealed weapon.* George Frazier, writer

On generosity: *When Billy Martin reaches for a bar tab, his arm shrinks six inches.* Tommy Lasorda, L.A. Dodgers manager



Bye, bye!!

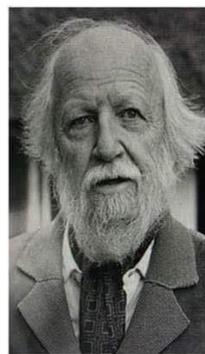
Please write or stop by and give us your feedback. Are there any subjects you'd like to hear about? Anything you dislike? Feedback is always important to us. And, of course, if you'd like hard copies of this newsletter stop by the office and we'll give you some for your friends and relatives. If they have email, have them write to us and we'll add them to our subscriber list.

References

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BONUS

You read this far down – you deserve a bonus.



William Golding
British Novelist, Playwright & Poet
1911 --1993

I think women are foolish to pretend they are equal to men. They are far superior and always have been. Whatever you give a woman, she will make greater. If you give her sperm, she will give you a baby. If you give her a house, she will give you a home. If you give her groceries, she will give you a meal. If you give her a smile, she will give you her heart. She multiplies and enlarges what is given to her. So, if you give her any crap, be ready to receive a ton of shit!