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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 am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live up to what light I have. – Abraham Lincoln

In This Issue...



In addition to inspiring words and the fact that Spring is here we have some great information for you and your family. Especially, can you tell if your child has a subluxation? Find some easy ways below.

Also, we ask the question: is it a medical breakthrough or just hot air?

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- Has Spring Really Sprung?
- How Can You Tell if Your Child Has a Subluxation?
- Questions and Answers About Chiropractic
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Has Spring Really Sprung? Don't Ask.

Remember when the weather was just about the weather? Now it's become a political hot potato. So, don't ask us about Spring. We'd rather not discuss politics in this newsletter. Still, hasn't this year been ... trying?

How Can You Tell if Your Child Has a Subluxation?

There are many simple things that can tell you. Let us count the ways....

- Does one foot turn out or turn in when she walks?
- Does he have trouble concentrating?
- When she is laying face up (supine) does one leg appear longer than the other?
- Is one shoulder higher than the other?
- Does one arm appear longer than the other when touching palms together and placing hands in front of the body?
- Is he fidgety? Clumsy? Unable to stay still?
- When she stands on one foot for a few seconds, then switches her feet, does she have trouble balancing?

But there's much more to consider too; children exhibiting any neurological or immunological condition need to be checked by a chiropractor for subluxations (and adjusted if any are found).



Subluxations relate to allergies, asthma, ASD, ADD, poor immune function, headaches, even cancer (see below), colds, heart conditions, eye/vision problems, ear/hearing problems, digestive problems, poor energy, and much, much more. Got it? Your children get their eyes, teeth, etc. checked – how about their spines? All children need to be checked for subluxations. Bring in the whole family.

Questions and Answers About Chiropractic

Question: Is your head on straight?

Having "brain fog?" Is your mood not the greatest at times; is your energy off?

Perhaps your head is not on straight!

If your head is even a tiny bit unbalanced, your energy is diverted. We find this especially in people who have "Dowager's Hump." Their head is thrown a little bit forward and their energy is drained. They often have back pain because their forward head posture puts pressure on their lower back.

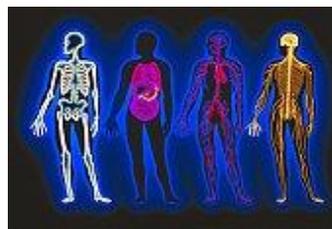
Words of Wisdom



The only thing worse than being blind is having sight but no vision. Helen Keller

Against your will you are formed, against your will you are born, against your will you live, against your will you die.... Rabbi Elazar HaKapor, Ethics of the Fathers, 4:22

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.

Bedwetting and ear infections. A 12-year-old girl had years of bedwetting and recurring ear infections (otitis media). Five sets of tubes (tympanostomy) were placed in her ears with no benefit.

Her chiropractic examination revealed subluxations of the upper neck (C2, C4), mid back (T5-8), hips and sacrum.



After two chiropractic adjustments, she woke to use the restroom during the night, which was unusual. After 1½ months and nine adjustments her bedwetting was less frequent. Additionally, she hadn't had an episode of ear infections in the 1½ years she had been under care. (1)

Did You Know?

Dr. Daniel David Palmer was the discoverer of modern day chiropractic in 1895.

He was from humble beginnings and a self-made man. His research was so extensive that he had one of the largest private medical libraries in the US. His collection of anatomical specimens was also one of the most extensive in private hands.



Dr. Palmer's insights today are as valuable and useful as they were when he first wrote them over 100 years ago.

A little-known fact – Dr. Palmer initially restricted his teaching to professionals – MDs, Doctors of Naturopathy and Doctors of Osteopathy. Most of the first chiropractors were graduates of various healing schools. He later agreed to permit “lay” people to enter chiropractic school without first obtaining an advanced degree. He conferred upon them the degree of DC – Doctor of Chiropractic, that is still in use today.

Chiropractic is an American miracle. It grew from one person in the American mid-west in 1895 to over 50,000 DCs today and has become the largest and most popular natural, drug-free healing art in the world.

Breakthrough or Just Hot Air?

Every week we hear headlines about another “medical breakthrough” whether it be for cancer, the common cold or hangnails. But then a funny thing happens – we don't hear about these great breakthroughs anymore. Our lives go on and so do the diseases. What happens to these amazing discoveries that would save us from suffering, extend our lives and make us healthy, wealthy, wise and give us better singing voices (OK, at least healthy)?



These “breakthroughs” are fake news (to coin a phrase) but they sell. Many of these so-called “breakthroughs” are produced by professional advertising agencies who give it to the media and they just run with it. After all, it does sell. Who doesn't hope that

they (whoever they are) will finally cure (fill in the blank)? We read all about it.

No one remembers the stories that have disappeared. We won't ever read or hear, “News flash, remember that exciting breast cancer cure from last month? Well, never mind.” Or at best it'll be buried on page 39 near the obituaries (where it would belong).

What we need is for media reporters to perform an unnatural act: report on past medical breakthroughs. Recently some researchers did just that and did follow-ups of the so-called cures.

What did they find? The majority of the medical breakthroughs were found to be just so much hot air. They couldn't be replicated by other scientists. (2)

In an interview, lead author, Dumas-Mallet advises: “When a study is an initial study, even if it's very exciting and amazing ... it still needs to be confirmed.” (3)

This seems like a good time to remember Ronald Reagan's famous dictum, “Trust, but verify.”

Humor



Bye, bye!!

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- Questions and Answers About Chiropractic
- This Has Gone Viral: The "Crazy Mother"
- Nourishing Traditions
- Words of Wisdom
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The Crown Jewel

The human body is the crown jewel of God's creations, crafted in His image. It is a masterpiece of perfection that operates without flaw when given the proper environment to be healthy. There are no "accidents" in structure or function. Every survival



process (symptom) has a specific reason for occurring, even cancer. If the body can create it, the body can heal it.

The goal of chiropractic is to enhance your body's natural healing ability. For that reason, every person needs chiropractic care.

Questions and Answers About Chiropractic

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head posture puts pressure on their lower back.

This Has Gone Viral: The "Crazy Mother"

<https://www.facebook.com/hillary.simpson.98/videos/10155458025635893/>

In line with the above "Crazy Mother," boys who received three doses of the thimerosal (mercury)-containing Hepatitis B vaccine had over nine times the need for special education services compared to boys receiving no doses of the vaccine.

This could mean that almost 1.3 million US boys born from 1994-2000 received special education services because they received the Hepatitis B vaccine (cost: \$180 billion). (1)

Nourishing Traditions

Raw milk is healthier and safer

Raw milk is completely fresh and unprocessed (not pasteurized). Raw milk has more nutrients, enzymes and minerals than pasteurized milk where the heating process damages vitamins and enzymes. Raw milk promotes health.

Studies show that raw milk protects against asthma, allergies, eczema and respiratory infections. Reports gathered by the Weston A. Price Foundation indicate that you are at least thirty-five times more likely to contract illness from other foods than from raw milk. There has never been a confirmed death from raw milk, but there have been more than 70 deaths from pasteurized milk and pasteurized milk products.

Pasteurized milk is much more dangerous than raw milk. Even more significant is that higher mortality rates in men and women, with a higher fracture incidence, were found in those using pasteurized as opposed to raw milk. (2)

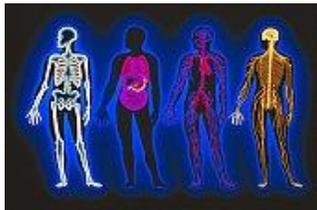
For more information about nutrition go to www.westonaprice.org and put "raw," "pasteurized," "milk," etc. in the search engine and see what you find.

Words of Wisdom



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Researching Chiropractic



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on drugs, facing a life of limitation could be helped by chiropractic care?

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Lower back pain after delivery. A 33-year-old woman presented for chiropractic consultation and care with chronic low back pain. The pain began after a pregnancy approximately three years prior, after she had a C-section.

X-ray analysis showed subluxation/displacement of her pelvis (sacrum). She had two chiropractic care visits. After the first sacral adjustment the next X-ray revealed a 72% correction of the sacral subluxation and she had complete relief of her symptoms. (3)

Hypothyroidism. A 49-year-old man with neck, back and shoulder pain began chiropractic care. Three years earlier his MD diagnosed him with hypothyroidism and prescribed Synthroid®.

His spine was analyzed and adjusted using chiropractic techniques and although there were no changes in his lifestyle, diet or exercise levels his blood tests revealed his thyroid TSH blood levels returned to normal range. His need for synthetic thyroid hormone decreased. His cervical curve additionally improved and his neck, back and shoulder pain resolved. (4) ivate medical libraries in the US. His collection of anatomical specimens was also one of the most extensive in private hands.

Humor

The HMO story

Q: What does HMO stand for?

A: This is actually a variation of the phrase "HEY MOE." Its roots go back to a concept pioneered by Moe of "The Three Stooges," who discovered that a patient could be made to forget about the pain in his foot if he was poked hard enough in the eye.

Q: I just joined an HMO. How difficult will it be to choose the doctor I want?

A: Just slightly more difficult than choosing your parents. Your insurer will provide you with a book listing all the doctors in the plan. These doctors basically fall into two categories -- those who are no longer

accepting new patients, and those who will see you but are no longer participating in the plan. But don't worry; the remaining doctor who is still in the plan and accepting new patients has an office just a half-day's drive away and received his training in Bombay.

Q: Do all diagnostic procedures require pre-certification?

A: No. Only those you need.

Q: Can I get coverage for my preexisting conditions?

A: Certainly, as long as they don't require any treatment.

Q: My pharmacy plan only covers generic drugs, but I need the name brand. I tried the generic medication, but it gave me a stomach ache. What should I do?

A: Poke yourself in the eye.

Q: What if I'm away from home and I get sick?

A: You really shouldn't do that.

Q: I think I need to see a specialist, but my doctor insists he can handle my problem. Can a General Practitioner (or his Physician's Assistant, if he's not free) really perform a heart transplant right in his office?

A: Hard to say but considering that all you're risking is the \$20 co-payment, there's no harm in giving him a shot at it.

Q: Will health care be different in the next century?

A: No. But if you call right now, you might get an appointment by then.



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