

Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic
111 7th Street S. Lethbridge, AB
403.320.8080 July 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.

You can make positive deposits in your own economy every day by reading and listening to powerful, positive, life-changing content and by associating with encouraging and hope-building people. Booker T. Washington

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Questions and Answers About Chiropractic

Question: How do infants benefit from chiropractic care?

Chiropractic for infants? They have back pain? Infants need chiropractic care to ensure that the stress of labor and delivery hasn't damaged their spines and structural systems. In addition, nearly half of all babies have had a fall from a height (changing table, bed, etc.). Chiropractic helps ensure a baby has better resistance to disease and the ability to discharge toxins, and helps a baby who is ill return to health more quickly.

There are many case histories of chiropractic helping babies and children with asthma, colic, difficulty breastfeeding, ear infections, autism spectrum disorder,

vision and hearing disorders, and neurological conditions. (1-4)

Brain Health

Alzheimer's disease and other forms of dementia are growing at an epidemic rate. The Alzheimer's Association says that more than 5 million Americans are living with Alzheimer's disease and other dementias. By 2050 that number could rise to as high as 16 million! What is fueling the increase? Toxicity!



The main sources of toxicity and the resultant inflammation come from dental infections (root canals, wisdom teeth sockets, mercury), vaccinations (especially flu shots) and poor diet (especially refined sugars, MSG and unhealthy fats and oils).

Conversely, healthy fats and oils fight inflammation and toxicity, improve your blood sugar, promote healthy weight and are good for your brain. See below for more information on healthy and unhealthy fats and oils.

Words of Wisdom

Doubt is not a pleasant condition, but certainty is absurd. Voltaire



Gardasil (HPV) Vaccine Linked to Destruction of Ovaries

Disturbing reports of ovarian failure (premature menopause) in young women after the HPV shot are appearing in the medical literature. Recently the case of a 16-year-old Australian girl whose ovaries were destroyed after the HPV shot appeared in the *British Medical Journal*:

This patient presented with amenorrhoea [lack of menstruation] ... following vaccinations against human papillomavirus.... Premature ovarian failure was notified as a possible adverse event following this vaccination. (5)

Merck, the developer of the vaccine, did not do any safety research to see what Gardasil could do to the ovaries.



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.

Colic and failure to thrive. A 3½-month-old girl with severe infantile colic, poor weight gain and breastfeeding difficulties was diagnosed with failure to thrive.

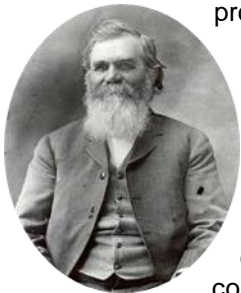
MDs prescribed Zantac®, Prevacid® and Kerafe® medications for acid reflux with no improvements. She was hospitalized for a few days due to weight lost early in the first month of her life.



She received eight chiropractic adjustments. The pediatrician at follow-up saw she had gained weight and referral to a gastrointestinal specialist was cancelled. (6)

Did You Know?

Early chiropractors were arrested for practicing “medicine and surgery without a license” even though they performed neither medicine nor surgery. The medical profession had the laws written up to restrict all healing to MDs.



Chiropractors practiced in violation of these unfair state laws and were usually turned in to the district attorney’s offices by local MDs. At times patients actually picketed the courthouse or juries would refuse to convict the chiropractor. However often

chiropractors were fined and/or imprisoned. Chiropractors and the public lobbied for laws protecting the chiropractic profession which were eventually passed in every state.

DD Palmer, (pictured left) the discoverer of chiropractic, was one of those who were jailed for giving spinal adjustments.

Humor

From an actual newspaper contest where entrants age 4 to 15 were asked to imitate “Deep Thoughts by Jack Handey.”

My young brother asked me what happens after we die. I told him we get buried under a bunch of dirt and worms eat our bodies. I guess I should have told him the truth – that most of us go to Hell and burn eternally – but I didn’t want to upset him. Age 10

I once heard the voice of God. It said “Vrrrrmmmm.” Unless it was just a lawn mower. Age 11

I like to go down to the dog pound and pretend that I’ve found my dog. Then I tell them to kill it anyway because I already gave away all of his stuff. Dog people sure don’t have a sense of humor. Age 14

I believe you should live each day as if it is your last, which is why I don’t have any clean laundry because, come on, who wants to wash clothes on the last day of their life? Age 15



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.

The following is a direct quote from the Center for Strategic and International Studies report on GLOBAL ORGANIZED CRIME; the author who introduces the story swears it’s true.

FBI agents conducted a raid of a psychiatric hospital in San Diego that was under investigation for medical insurance fraud. After hours of reviewing thousands of medical records, the dozens of agents had worked up quite an appetite. The agent in charge of the investigation called a nearby pizza parlor with delivery service to order a quick dinner for his colleagues. The following telephone conversation took place and was recorded by the FBI because they were taping all conversations at the hospital.

Agent: Hello. I would like to order 19 large pizzas and 67 cans of soda.
Pizza Man: And where would you like them delivered?

Agent: We’re over at the psychiatric hospital.
PM: The psychiatric hospital?

Agent: That’s right. I’m an FBI agent.
PM: You’re an FBI agent?

Agent: That’s correct. Just about everybody here is.
PM: And you’re at the psychiatric hospital?

Agent: That’s correct. And make sure you don’t go through the front doors. We have them locked. You will have to go around to the back to the service entrance to deliver the pizzas.
PM: And you say you’re all FBI agents?

Agent: That’s right. How soon can you have them here?
PM: And everyone at the psychiatric hospital is an FBI agent?

Agent: That’s right. We’ve been here all day and we’re starving.
PM: How are you going to pay for all of this?

Agent: I have my checkbook right here.
PM: And you’re all FBI agents?

Agent: That’s right. Everyone here is an FBI agent. Can you remember to bring the pizzas and sodas to the service entrance in the rear? We have the front doors locked.

PM: I don’t think so. (Click).

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- Nourishing Traditions
- Words of Wisdom
- Researching Chiropractic
- Did You Know?
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What Do Chiropractors Do?

Chiropractors are specially trained in locating and correcting tiny distortions that interfere with energy and information traveling over your nervous system and body. These distortions, referred to as subluxations, can occur as a result of any kind of stress: physical, emotional or chemical (toxins, etc.).

The most important thing to remember is that most subluxations are painless. You may have many in your body and not know it.

Chiropractors spend thousands of hours learning how to locate and correct these health-damaging distortions in your body.

For a healthier pregnancy, infancy, childhood, adolescence and adulthood, keep your body free of subluxations: see your chiropractor for periodic checkups.

Nourishing Traditions – Oops!

Did you hear the “Oops!” coming from nutritionists who kept telling people to avoid animal fats and saturated fats and have a low-fat diet? It turns out low-fat diets were making people physically and mentally unhealthy.

Low-fat diets are associated with depression, hormone imbalances, psychological problems, fatigue, osteoporosis, violence and suicide. (1)

The more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower the person's serum cholesterol.... We found that the people who ate the most cholesterol, ate the most saturated fat, ate the most calories, weighed the least and were the most physically active. (2)

If you follow the advice below you'll be healthier, more energetic and thinner (yes, thinner). Dr. Weston Price discovered good fats were very high in the diets of healthy, primitive peoples who had no cancer, diabetes or heart disease. For Dr. Price's research go to www.westonaprice.org.

EAT PLENTY OF THESE GOOD FATS!

- Butter – on bread, vegetables, everything!
- Cream – on everything!
- Tallow (beef fat), lard, bacon fat, duck fat and goose fat – great for cooking
- Olive oil – for salad dressings and to pour over vegetables
- Coconut oil – for cooking and making “bulletproof” coffee
- Cod liver oil – for vitamins A and D

AVOID THESE BAD FATS (they're toxic)!

- Industrially processed liquid vegetable oils (corn, soy, canola, safflower, sunflower)
- “Healthy” fake butter spreads
- Partially hydrogenated vegetable oils (margarine and shortening)
- Commercial fried foods
- All processed foods containing industrial fats and oils

Words of Wisdom

Remember, no matter where you go, there you are. Confucius



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 and arm tingling. A 28-year-old man came to the chiropractor's office with neck pain, right-hand numbness and nerve sensations that he had been suffering with for five months.

The chiropractic examination revealed a subluxation of the C1 (atlas) vertebra, as well as the C2 and C5 vertebra.

The patient received nine chiropractic adjustments over 1½ months. By the eighth visit he reported resolution of the neck pain and hand paresthesia. (3)

Infertility and back pain. A 30-year-old female nurse began chiropractic care. Her main complaint was infertility but she also reported headaches, low back pain (LBP) and middle back pain (MBP).

One year earlier she had been diagnosed with infertility. She was taking Clomid® (100mg throughout days 5-9 of her cycle) for infertility and was working with a midwife. She had also received previous chiropractic care.

The patient also demonstrated vertebral subluxations, a loss of all sagittal spinal curves and leg length inequality.

After 30 chiropractic visits she reported having conceived. Her care was reduced to a maintenance schedule of two times a month to keep her spine free from subluxations. She also reported decreases in all pain areas and an improvement in quality of life as noted on several indices of the SF-36. (4)

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