

Enjoy the benefits of chiropractic – the largest natural, drug-free, surgery-free, expressive healthcare system in the world.

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Tired of taking drugs and the medical runaround? Welcome to the world of chiropractic – discover how natural health can be.

I learned long ago, never to wrestle with a pig. You get dirty, and besides, the pig likes it. George Bernard Shaw

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- The Earthquakes In Your Life
- Nourishing Traditions
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Questions and Answers About Chiropractic

Question: Do I need to see a chiropractor for the rest of my life?

Answer: No, only for as long as you'd like to remain healthy. That might seem like a coy answer but life is constantly giving us stress – whether it be from gravity, emotional issues or toxins in the environment. In order to deal with these stresses, we need to be functioning at our optimum. A balanced body structure, free from nerve pressure (subluxations), is essential for you to live your fullest.

These stresses quietly build up. See your chiropractor for a “stress-release” from subluxations and you and your family will be healthier.

The Earthquakes in Your Life

How many earthquakes rumble under your feet every year? Every day? Let's find out.

The magnitude or strength of an earthquake is measured using the Richter scale. Each numerical jump in this scale is in the order of ten (i.e. a



7.0 earthquake is *ten times* more powerful than a 6.0).

Since 1900 the earth has averaged one “great” (Richter scale 8 and higher) earthquake a year! Those are the earthquakes that literally rock our world to its foundations – buildings and highways collapse, pipes burst, fires spread from ruptured gas lines, electricity stops, and death, homelessness and countless tragedies follow in its wake.

Richter 8 earthquakes are thankfully rare, and often occur in desolate areas. *But that's just the tip of the iceberg.*

Our planet experiences 18 “major” earthquakes (measuring 7-7.9) each year. These massive shifts in the earth usually make the news, often resulting in much death and destruction. But that too is *just the tip of the iceberg.*

120 “strong” (6-6.9) earthquakes occur each year, about 1,500 “moderate” (5-5.9) earthquakes occur each year, 6,200 weak (4-4.9) earthquakes occur each year and an astounding 49,000 “minor” earthquakes (3-3.9) occur each year! Imagine experiencing 49,000 earthquakes a year!



But that's practically nothing compared to the 1,000 magnitude 2.0-3.0 earthquakes that occur each *day*. You read that right – each day!

And if that isn't enough each day 8,000 “very minor” (1.0-2.0) earthquakes occur as well!

Our seemingly safe, secure and stable planet is anything but that; our earth is constantly vibrating, shuddering and shaking. It all serves a necessary purpose – to release stress that otherwise would build up to the point where a monster earthquake is needed to let it out.

Aren't our lives like that? Cataclysmic “great” events that shake us to our very core are mercifully rare. Less rare are “major” and “strong” challenges that may loosen the floorboards under us. More often still are the smaller “minor” and “very minor” events that we may feel on a daily (or even hourly) basis.

People are like the earth. Even the most complacent, dull-appearing individual is, under the surface, a roiling, crashing, cascading collection of dreams, passions, desires, fears, tragedies, hopes, failures and triumphs.

Beneath the stultifying tedium that too often seems to crush our spirits we will always find a noble soul yearning for freedom and exhilaration. Always.

Will we break through our denials and fears and embrace the wonder, excitement and mystery of life? Too many answer “no.” They choose to exist: safe, predictable and increasingly numb. For them,



experience brings no insight, age brings no wisdom; there is no epiphany, not in this world. They live and die with many of their pains unhealed and many of their joys not experienced.

Some people only need a gentle shaking or a slight sense of unease to repair their lives. Some need a great cataclysm, a severe illness or terrible suffering to declare, "I will not merely exist, I will not live as if I were a helpless being waiting for death. I will awaken, heal, grow, thrive and enjoy every moment of being alive."

May we only need the slightest nudge to learn our lessons; but if we do experience a cataclysm, may we glean every bit of wisdom, strength, growth and healing that it brings to us.

(Trivia – which state has the most earthquakes? Alaska is far and away the winner with a high of 2245 in 2010 (1575 in 2015). California is second with 546 in 2010 (130 in 2015). But it varies. For example, Wyoming had 45 in 2010 and 198 in 2015. Many states haven't experienced any. Earthquake stats, maps and facts are at <https://earthquake.usgs.gov/earthquakes/browse/stats.php>.

Nourishing Traditions

Feed your microbiome (your gut or intestinal flora)

You should include a lacto-fermented food with cooked foods: fermented vegetables (sauerkraut, kimchi, pickles); fermented dairy products (yogurt, buttermilk, cheese); beverages (kombucha, kvass, lacto-fermented sodas); and even lacto-fermented meat and fish.

Avoid these foods and drugs that damage your gut flora

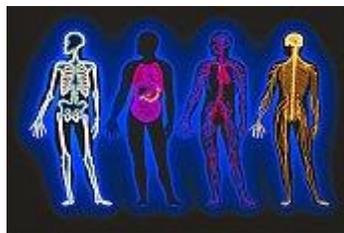
- Refined carbohydrates (sugar, high fructose corn syrup, white flour)
- Extruded grains (cold breakfast cereals)
- Antibiotics and oral contraceptives

Go to www.westonaprice.org for nutrition information and recipes about fermented foods.

Words of Wisdom

Wise men speak because they have something to say; fools because they have to say something. Plato

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.

Urinary incontinence in a pregnant patient. The patient presented for chiropractic care during the second trimester of pregnancy with complaints of urinary incontinence of more than three years' duration.

Her history revealed a previous traumatic birth with severe perineal tearing immediately preceding the onset of her incontinence problem. She was unable to hold much urine and

would frequently urinate on herself when sneezing or coughing.

The patient was diagnosed with vertebral subluxation of the sacral and lumbar region, as well as incoordination and muscle spasms.

Chiropractic adjustments were utilized to correct her sacral and pelvic subluxations. After six office visits, she reported complete resolution of her urinary incontinence. (1)

Did You Know?

Your brain extends down your back as your spinal cord – a collection of *billions* of nerves wrapped in a tight bundle. Messages from your brain travel down nerves through your spinal cord, branch out and reach all your muscles, glands, joints, ligaments and organs. This communication is essential for ideal health.



It's so important that your spinal cord is surrounded by bones – your spinal column – permitting movement plus providing protection. Sometimes your spinal bones lock up or subluxate and irritate the very nerves they are supposed to protect. The result can be dis-ease or body malfunction.

The goal of your chiropractor is to locate these areas of stress – subluxations – that cause body malfunction, and correct them. DC means more than Doctor of Chiropractic – it means Doctor of Cause.

Humor

Best eulogy ever.

Rabbi Sapperstein, fresh out of rabbinical school, had to officiate his first funeral for a homeless man with no friends or family. The funeral was to be held at a new cemetery across town and this man was the first to be laid to rest there.

Rabbi Sapperstein arrived late, but noticed a few workers gathering around the grave opening. Young and enthusiastic he poured out his heart and soul as he gave his sermon and recited the prayers. He was so powerful that he brought the cemetery workers to tears.

When the service was over, the rabbi walked to his car and as he opened the door he heard one worker say to the other, "I never seen anything like that before and I've been putting in septic systems for over 20 years."

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. Davis A. Resolution of chronic postpartum urinary incontinence following chiropractic care for vertebral subluxation. *Journal of Pediatric, Maternal & Family Health, Chiropractic*. May 21, 2018:49-52.
2. Russell D. Improvement in behavior, communication & sociability in a child with autism following chiropractic care for vertebral subluxation: a case report and review of the literature. *Journal of Pediatric, Maternal & Family Health, Chiropractic*. May 16, 2018:40-48.
3. McHenry N, Long R. Resolution of severe hemiplegic migraine following chiropractic care for vertebral subluxation: a case report & review of the literature. *Annals of Vertebral Subluxation Research*. May 7, 2018:84-88.

Healthy Living Chiropractic Newsletter

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Aug 15, 2018 403.320.8080

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How Safe is Chiropractic?

This may seem a little grim, but it is a well-known fact that the best way to determine the safety of healthcare professions is by comparing malpractice premiums.

Chiropractors pay a small fraction of the malpractice premiums that medical doctors pay, especially orthopedists, surgeons and osteopaths.

In fact, chiropractic is one of the safest, if not the safest, of all the healing arts.

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A three-year-old with autism. A three-year-old autistic boy had a history of chronic constipation, fussy eating, easy gagging and vomiting, poor sleeping habits, poor weight gain and hypersensitivity to touch.



Chiropractic care for vertebral subluxation was provided for 9 visits over 12 weeks. The boy showed improvement in behavior, communication and sociability as his subluxations were reduced. (2)

Sporadic hemiplegic migraine. A 36-year-old woman had been suffering from off-and-on hemiplegic (side of head) migraines (SHM) since she was 17. Her symptoms included numbness and paralysis on the left side of her body including her face. She was prescribed Topamax™ and Celexa™ by her MD with no improvement.

Chiropractic examination revealed subluxations of her lower neck (cervical spine), upper thoracic spine (mid-back) and pelvis. She had four chiropractic adjustments. Her longstanding migraines completely resolved. (3)

Humor

If you've ever noticed, when Bart Simpson is writing something 100,000 times on the chalkboard as a punishment in the opening sequence of The Simpsons, he is always writing something different -- and often quite hilarious. These are the collected writings of Bart Simpson from the chalkboard exercises during the opening credits.

- I will not carve gods.
- I will not spank others.
- I will not aim for the head.
- I will not barf unless I'm sick.
- I will not expose the ignorance of the faculty.
- I saw nothing unusual in the teacher's lounge.
- I will not conduct my own fire drills.
- Funny noises are not funny.
- I will not snap bras.
- I will not fake seizures.
- This punishment is not boring and pointless.
- My name is not Dr. Death.
- I will not defame New Orleans.
- I will not prescribe medication.
- I will not bury the new kid.
- I will not teach others to fly.
- I will not bring sheep to class.
- A burp is not an answer.
- Teacher is not a leper.
- Coffee is not for kids.
- I will not eat things for money.
- I will not yell "She's Dead" at roll call.

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BONUS

You read this far down – you deserve a bonus.

- * You know that little indestructible black box that is used on planes, why can't they make the whole plane out of the same substance?
- * Why do you need a driver's license to buy liquor when you can't drink and drive?
- * Why isn't phonetic spelled the way it sounds?
- * Why are there interstate highways in Hawaii?
- * Why are there flotation devices under plane seats instead of parachutes?
- * Why are cigarettes sold in gas stations when smoking is prohibited there?
- * Do you need a silencer if you are going to shoot a mime?
- * Have you ever imagined a world with no hypothetical situations?
- * If 7-11 is open 24 hours a day, 365 days a year, why are there locks on the doors?
- * If a cow laughed, would milk come out her nose?
- * If nothing ever sticks to TEFLON, how do they make TEFLON stick to the pan?
- * If you tied buttered toast to the back of a cat and dropped it from a height, what would happen?
- * If you're in a vehicle going the speed of light, what happens when you turn on the headlights?