

Healthy Living Chiropractic Newsletter

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

The friend in my adversity I shall always cherish most. I can better trust those who helped to relieve the gloom of my dark hours than those who are so ready to enjoy with me the sunshine of my prosperity. – Ulysses S. Grant

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Chiropractic for Dogs and Cats?

Sure! Why not? Of course, chiropractic is for dogs and cats. After all, animals that have spines can have subluxations that chiropractors can correct – to the benefit of all creatures with spinal columns.

In fact, since chiropractic's inception in the American Midwest



(Davenport, Iowa) in 1895, Doctors of Chiropractic have had many different kinds of four-legged patients: dogs, cats, horses, sheep, goats, cows, bulls, etc.

Chiropractors have taken care of championship race horses, expensive show animals and everyday dogs and house cats. It's a shame that many people don't know about "animal chiropractic" so in this issue we have highlighted a recent chiropractic animal adjustment case study (see Researching Chiropractic below).

Questions and Answers About Chiropractic

Question: What is the most important area of the spine needing adjustment?

Answer: There is much discussion and debate about this. Many doctors hold that the top of the spine, the area immediately below the skull, the "upper cervical" (top of the neck/C-1) also known as the "sub-occipital" (base of the skull) is the most important area of the spine. That is because a subluxation there can directly stress the brain and upper spinal cord where millions of nerves may be affected. Indeed, many powerful healings have occurred when this area has been adjusted.

However (there always seems to be a "however" when it comes to the body), there are chiropractic researchers who claim the base of the spine, the sacrum, to be of paramount importance because that area supports the spine. In addition, wrappings around the brain (meninges) anchor to the lower spinal area. Indeed, many powerful healings have occurred when this area has been adjusted.

What is correct? In all probability, both are! Everyone is different and each person needs to be evaluated for their individual needs. For some people the upper spinal/sub-occipital area needs correction, for others the sacrum or base of the spine needs correction. For others both areas need to be addressed.

Why not ask us about your individual needs?

Nourishing Traditions

Are you and your children being inadvertently poisoned?

Why are immune systems weaker?
Why are our children so sick?

Why is there so much gluten intolerance, colitis, Crohn's disease and intestinal problems? Why is there so



much brain damage and mental/emotional problems in children and adults? And it's growing!!!

Stephanie Seneff, Ph.D., a scientist at M.I.T., explains how we are all being poisoned and what we can do about it in an easy-to-understand video. Please watch it at <https://www.youtube.com/watch?v=3a3ykJkqMUk>.

Words of Wisdom

I disapprove of what you say, but I will defend to the death your right to say it. – Voltaire

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.

A constipated Boston terrier. A 14-year-old female Boston terrier was brought in for chiropractic care, referred from a veterinarian. The dog had constipation for six days, constant drinking (polydipsia), generalized weakness, a history of impacted anal glands, dry skin and obesity (46.10 lbs.). The dog had been prescribed a non-steroidal anti-inflammatory drug as well as Chinese medicines. There was no change in her condition.

She was brought in to the chiropractic clinic in a wagon because she was unable to walk by herself. She had to be lifted out of the wagon and placed on the floor. And was unable to even stand without her hind limbs collapsing.

Subluxations were found in the upper neck, mid-back, lower back and sacrum. Immediately after the adjustment the dog could stand and walk a couple of steps without assistance, was taken outside and had a large bowel movement. By her second visit she was healthier than she had been in years. (1)



Did You Know?

Hormone replacement therapy (HRT) that includes both estrogen and progesterin increases the chances of breast cancer and death? *The New England Journal of Medicine* revealed that the incidence of invasive breast cancer among women aged 50 to 69 years declined considerably in the US and that this decline was accompanied by a substantial fall in prescription rates of estrogen-progesterin (EG-HRT).

Evidence revealed that thousands of women developed breast cancer because they had taken HRT. (2)

Avoid all prescription drugs, if at all possible. Anyone who is using prescription drugs should undergo chiropractic care to

“wake up” their body’s natural “drug store.” As your body works better it makes more and more of the natural chemicals you need to live a long, healthy life.

Humor



My initial response was to sue her for defamation of character, but then I realized that I had no character. – Charles Barkley, on hearing Tonya Harding proclaim herself “the Charles Barkley of figure skating”

When I told the people of Northern Ireland that I was an atheist, a woman in the audience stood up and said, “Yes, but is it the God of the Catholics or the God of the Protestants in whom you don't believe?” – Quentin Crisp

The Rabbi and the Parrot

A rabbi walks into a bar. He has a long, long grey beard, back hat, the whole package. And he has a parrot on his shoulder. The bartender asks, “Where did you get that?!” The parrot answers, “Brooklyn, there are lots of them there.”

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. Sullwold P, Lavallie N. Resolution of constipation, polydipsia and generalized weakness in a 14-year-old canine following chiropractic adjustment: a case report & review of the literature. *Annals of Vertebral Subluxation Research*. September 3, 2018:135-144.
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Flu – Uncomfortable, Yeechy but Rarely Serious

Soon flu shot season will be upon us. Millions of people will line up for this useless, dangerous, toxic chemical concoction. Don't fall for it – few people get the flu, and although it is uncomfortable, and may even lay us in bed for a few days, it is ultimately good for us – it is a detoxification. Also, few people really get the flu and a tiny percentage actually die.

This was revealed in a *British Medical Journal* report by researcher Peter Doshi that created tremors through the halls of the Centers for Disease Control (CDC). The CDC has been reporting that thousands of people in

the US die every year from the flu. But it's simply not true.

In his paper, "Are US flu death figures more PR than science?" Dr. Doshi writes:

'[The CDC claims that] influenza and pneumonia' took 62,034 lives in 2001 – 61,777 of which were attributable to pneumonia and 257 to flu, and in only 18 cases was the flu virus positively identified.



The CDC combines both flu and pneumonia deaths even though almost all the deaths are from pneumonia. This has created "killer flu" headlines that may sell newspapers but it's an absurd headline. Out of 62,034 deaths only 18 revealed the presence of an influenza virus.

The next time you hear in the media that 36,000 people die from the flu every year in the US be aware that laboratory tests reveal that the number is closer to 20.

It's possible that more people die as a result of complications of the flu shot than ever die of the flu. (1-2)

Words of Wisdom

The only real valuable thing is intuition. – Albert Einstein

Researching Chiropractic



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Enuresis, constipation & dysautonomia in a 9-year-old child. A 9-year-old child suffering from chronic

constipation and day and night time bedwetting (enuresis) began chiropractic care for management of subluxations.

Postural abnormalities, vertebral subluxations and nervous system imbalance (dysautonomia) were found upon examination.

The child received adjustments to the upper cervical spine (C1 vertebra) and to the sacrum over a 7-month period. After receiving the first adjustment the parent was thrilled to report that her child had multiple bowel movements as well as cessation of enuresis for three consecutive nights.

The patient continued to report no daytime or nighttime loss of urine control as well as one to two bowel movements per day after receiving specific chiropractic care. (3).

Increased telomere length, neck and mid-back pain, and quality of life. A 35-year-old woman, an elementary school teacher, had been suffering from chronic neck and mid-back pain for 5 years following a motor vehicle collision. She also suffered from nocturnal polyuria (frequent urination at night).



Chiropractic examination revealed a forward head posture and loss of normal neck curve consistent with subluxations. Quality of life measures were determined by the Short-Form 36 health survey, and heart rate variability was measured.

After 36 visits, she reported improvement in her nocturnal polyuria, neck and mid-back pain and quality of life. X-rays showed correction of her neck curve (cervical lordosis) and forward head posture. A blood test showed significant improvement in patient telomere length and heart rate variability improved from a health risk to within normal limits.

Telomere length? Telomeres are parts of our genes that shorten with each cell division; at a critical length, the cell stops dividing or dies. Increasing telomere length can indicate reversal of aging and increase of life span. (4)

Resolution of Infertility following chiropractic care.

It's common for people to visit their chiropractor for problem A and then discover that problems B, C, D and E also have resolved. That's because the purpose of chiropractic is to free the body from subluxations. With corrected or reduced subluxation stress, all aspects of a person's physiology may improve.



This paper reports the case of a 32-year-old woman with a history of infertility who presented for chiropractic care for help with abdominal, neck and head pain.

She received only two adjustments over a six-week period after which she reported she was pregnant. (5)

Humor



Did You Ever Wonder?

- You know how most packages say "Open here." What is the protocol if the package says, "Open somewhere else"?
- Why do they put Braille dots on the keypad of the drive-up ATM?
- Why do we drive on parkways and park on driveways?
- Why is it that when you transport something by car, it's called a shipment, but when you transport something by ship, it's called cargo?
- Why is it that when you're driving and looking for an address, you turn down the volume on the radio?

Bye, bye!!



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