

Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic
111 7th Street S. Lethbridge, AB
November 1, 2018 403.320.8080



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.

Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it. — Lou Holtz

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Chiropractic for Monsters

Have you ever laid in bed late at night, opened your eyes and seen a vampire with bloody fangs bending over you to suck your blood? You have? You've been watching too many scary movies.

But for the rest of us, the closest we'll get to scary, unnatural, sadistic, bizarre monsters is at a professional wrestling match. When you open the door on October 31st and see cute tykes in silly outfits chirping "trick or treat," there's a pretty good chance you won't be too scared.

Don't, we repeat, don't say "trick." They may cry or at the least become terribly confused. These kids are programmed to receive something toxically sweet (that will make them hyper and one day give them a serious disease). Fool them, give them

something healthier, or maybe some cheap plastic toy they won't eat.

Let's face it, the best monsters are found in novels (we dare you to read *Dracula* or *Rosemary's Baby* before bed). Other monsters are seen in Hollywood movies and family home videos (we couldn't resist).

Don't worry about your favorite chiropractic office - we're prepared. We expect these little creatures and be assured they will receive less toxic treats. Why not bring your favorite monsters in this month and we'll make sure they leave happier and healthier? What better treat can you think of?



Nourishing Foods

Keep your brain healthy and prevent dementia and Alzheimer's disease – eat organic, pastured, grass-fed meat with lots of fat. If you are a vegetarian, add lots of organic, grass-fed butter to lots of cooked, organic vegetables (organic, raw cream from grass-fed cows is also very good for you).

A lesson learned from traditional cultures all over the world, from where our ancestors came, is that meat is eaten with fat. They discovered that a diet of too much lean meat would make them sick. One reason is because eating meat without the fat results in rapid depletion of vitamin A; we need fat to absorb vitamin A and our other fat-soluble vitamins. Most traditional cultures put a special emphasis on organ meats, because these are far more nutritious than muscle meats.

Organ meats are the richest sources of the fat-soluble vitamins A, D and K2. Dr. Weston A. Price found they were prized by nearly every culture and are a key to robust good health. Organ meats are also rich sources of minerals and vitamins B6 and B12 (essential for brain health). Go to www.westonaprice.org for more information on Dr. Price and his research.

Research shows that Vitamin A is anti-cancer and a deficiency of Vitamin D is associated with a substantially increased risk of all-cause dementia and Alzheimer's disease. There was a 53% greater risk of dementia and a 70% higher risk of Alzheimer's disease among subjects who had a moderate vitamin D deficiency. (1)

Here are great ways to add fat to your diet:

- Organ meats - liver, pate, liverwurst, scrapple, etc.
- Red meat - always with the fat
- Poultry - always with the skin
- Pork – properly prepared by curing or marinating
- Milk products - preferably unpasteurized and always full fat
- Eggs, always with the yolks

- Seafood, including shellfish and fish eggs

Israeli Research: Positive Emotions May Limit Cancer Growth



Good feelings, happy thoughts and a positive attitude, may help fight cancer. In a recent study, a research team at Haifa's Technion-Israel Institute of Technology focused on the role of the brain's reward system in fighting tumors. The research implies that a patient's psychological state can impact anti-tumor immunity and cancer progression. (2)

Words of Wisdom

George Orwell once quipped, referring to a conspiracy theory that American soldiers had been brought to England in World War II to put down a working-class rebellion rather than to fight Nazi Germany: "One has to belong to the intelligentsia to believe things like that: no ordinary man could be such a fool."

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.

Children, mothers and chiropractic. Chiropractic care is the most common complementary and alternative (CAM) intervention for children, with wellness care cited as the most common reason for care.

This study included five children (3 boys and 2 girls, ages 9-13) who were under chiropractic care since birth. In fact, all the mothers were under chiropractic care before, during and after they became pregnant.

All the mothers reported a decrease in symptoms such as low back pain, extremity numbness and generalized soreness while pregnant. Four of the children were born vaginally with no complications and one was delivered via an obstetrician-recommended cesarean section. All the children were either fully or partially vaccinated; all were breastfed.

The parents reported that their children experienced a higher level of health and quality of life than other children of the same age. (3)

Did You Know?

What happened to these men who, in 1923, were:

1. President of the largest steel company?
2. President of the largest gas company?
3. President of the New York Stock Exchange?
4. Greatest wheat speculator?
5. President of the Bank of International Settlement?
6. Great Bear of Wall Street?

What became of these men?

1. The President of the largest steel company, Charles Schwab, died a pauper.
2. The President of the largest gas company, Edward Hopson, died insane.
3. The President of the N.Y.S.E., Richard Whitney, was released from prison to die at home.
4. The greatest wheat speculator, Arthur Cooger, died abroad, penniless.
5. The President of the Bank of International Settlement shot himself.
6. The Great Bear of Wall Street, Cosabee Rivermore, died of suicide.

The same year, 1923, the winner of the most important golf championship, Gene Sarazan, won the U.S. Open and PGA Tournaments. He was still playing golf at 97 (1999) and remained financially solvent.

We think there's a message here. You don't have to play golf to have a happy long life – you simply need a life in balance. Oh, and don't break the law and always keep some of your money off the table (you gotta know when to hold 'em, know when to fold 'em and know when to stop).

Humor

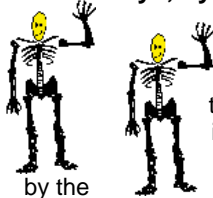
TOP TEN REASONS TRICK OR TREATING IS BETTER THAN SEX

10. Guaranteed to get at least a little something in the sack.
9. If you get tired, wait 10 minutes and go at it again.
8. The uglier you look, the easier it is to get some.
7. You don't have to compliment the person who gave you candy.
6. Person you're with doesn't fantasize you're someone else.
5. If you get a stomach ache, it won't last 9 months.
4. If you wear your Batman mask, no one thinks you're kinky.
3. Doesn't matter if kids hear you moaning and groaning.
2. Less guilt the next morning.

And the #1 reason trick or treating is better than sex ...

1. If you don't get what you want, you can always go next door.

Bye, bye!!



by the

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 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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1. Littlejohns TJ, Henley WE, Lang IA et al. Vitamin D and the risk of dementia and Alzheimer disease. *Neurology*. 2014 Sep 2;83(10):920-928.
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- Junk Foods Tied to Higher Cancer Risk
- Words of Wisdom
- Researching Chiropractic
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The Flu Shot and Alzheimer's

Since flu shot season is once again upon us and the media are once again parroting the same, tired, "get your flu shot" sales message, we thought it appropriate to remind you why you should avoid this useless, ineffective and dangerous injection.

According to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has had five consecutive flu shots their chance of getting Alzheimer's disease is ten times higher than if they had no shots. (1)

Dr. Fudenberg reports this is due to the mercury in flu shots (and many childhood vaccines and RhoGam shots). In time the vaccine toxins build up in the brain and eventually cause cognitive dysfunction and brain damage. With all the toxicity we're exposed to it's no wonder that Alzheimer's is increasing – let's do all we can to protect ourselves from



that memory-destroying sickness. (2)

Junk Foods Tied to Higher Cancer Risk

In a study of 471,495 people, who were followed for 15.3 years, it was discovered that people who regularly eat foods with a low nutritional quality have a higher risk of developing cancer. The study authors state that more countries should now enforce food labeling that clearly specifies nutritional value.

The cancers associated with low nutritional quality include increased risk of colorectal cancer, cancer of the esophagus and stomach, and lung cancer (especially in men) and liver cancer (in women).

The quality of the food you eat is the key to health. Always avoid refined sugar and carbohydrates (especially from dry breakfast cereal), high fructose corn syrup, hydrogenated and partially hydrogenated oils such as canola, corn, soy and of course avoid non-organic, commercial and junk foods. (4)

Words of Wisdom

Nobel souls, through dust and heat,
Rise from disaster and defeat
The stronger
Henry Wadsworth Longfellow

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?

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Rib and low back pain in a 26-year-old. A 26-year-old man complaining of rib and low back pain began chiropractic care. Chiropractic analysis revealed subluxations and an unbalanced nervous system; the patient received 17 adjustments over a 10-month period and experienced a significant improvement upon his first post-examination at one month and second post-examination at 10 months of care.

In addition to his rib and low back pain relief, the patient demonstrated long-term curve correction as well as improvement in his autonomic nervous system. (7)

An “immune-deficient” 5-year-old. A 5-year-old girl diagnosed as immuno-deficient with recurrent respiratory illnesses was brought in for chiropractic care.

Her history included a premature birth, birth trauma, torticollis, constipation, frequent ear infections, tympanostomy (ear) tubes, tonsillectomy and adenoidectomy.

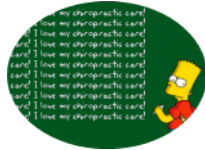
Under chiropractic care her vertebral subluxations were immediately addressed and corrected. The mother reported a decrease in her daughters’ respiratory illnesses and related symptoms and an increased ability to respond to infections more efficiently. She was able to stop all medication with only occasional use of an inhaler at night. (8)

Humor

The Simpsons

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 some of the collected writings of Bart Simpson from the chalkboard exercises during the opening credits.

- Garlic gum is not funny.
- They are laughing at me, not with me.
- I will not encourage others to fly.
- I will not fake my way through life.
- Tar is not a plaything.
- I will not Xerox my butt.
- It's potato, not potatoe.
- I am not a 32-year-old woman.
- I will not do that thing with my tongue.
- I will not drive the principal's car.
- I will not pledge allegiance to Bart.
- I will not yell "Fire" in a crowded classroom.



Bye, bye!!



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References

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Bonus

I DON'T MEAN TO BRAG BUT...
I finished my 14-day diet
IN 3 HOURS AND 12 MINUTES

Billion dollar idea.

A smoke detector that shuts off when you yell

"I'm just cooking!"