

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.



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Questions and Answers About Chiropractic

Q. How many joints are in your spine?

A. Chiropractors adjust the spine to correct vertebral subluxations – but do you have any idea how complex your spinal column is?

Your spine contains 24 vertebrae (spinal bones) that are connected by 23 discs. These discs act as shock absorbers, give the spine its curve, strengthen it and increase its flexibility.

Each vertebra has four posterior (back facing) joint surfaces that connect it to the other vertebrae, PLUS each vertebra connects with the discs above and below. In addition, many vertebra have joints that connect your spine to your ribs, sacrum, skull and other structures.

In all your spine has 364 joints! About one for every day in a year. Coincidence? Maybe there's a joint that

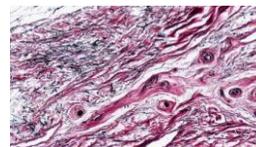


resonates with every day! That's a stretch, but you never know.

All those joints work together to support your weight and permit you to move in lots of different directions, and to get into all kinds of weird positions. Is it any wonder that chiropractors are so busy keeping this structure in alignment with all its parts balanced with gravity? Stop by and we'll make sure everything is in order. (1)

What Connects All Your Parts?

We like to divide the body into separate organs, glands, blood vessels, joints, muscles, bones and so much more, yet these parts are not entirely independent. They are connected by a special tissue that wraps around all our body parts, appropriately called connective tissue. It connects all parts of the body.



From a chiropractic perspective that means that a subluxation in one part of the body can affect any other part of the body. A subluxation in one vertebra can affect organs, glands and joints that *appear* to be disconnected. That's why making sure your spine is aligned and free of subluxations is so very important.

You are connected in many wondrous and mysterious ways. Some known, some unknown. (3)

Nourishing Foods

Only 27% of Americans cook on a daily basis even though 98% say they prefer meals prepared at home. Home cooking is the best because you have control over the ingredients.



Eating at restaurants means you are often eating GMO grains, rancid oils (such as canola, corn and other cheap vegetable oils) and weird chemicals such as artificial sweeteners and MSG.

At home we can have real sourdough bread, good oils and healthy fats (French fries cooked in duck fat are beneficial). At home we can use eggs from happy chickens, raw milk, butter and cream from contented cows and other great ingredients that will deeply nourish us.

We recommend you make it a habit to come home a few minutes earlier to prepare real foods for yourself and your family. Use a cookbook that respects

traditional foods. One of the best cookbooks is *Nourishing Traditions* by Sally Fallon and Mary Enig. Go to www.westonaprice.org to find recipes as well.

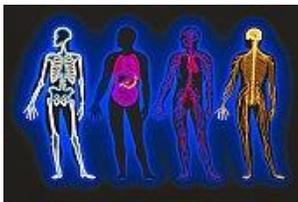
You can often find great ingredients at local farmers markets or organic farms in your area. Many of them deliver!

And don't forget to invite your favorite chiropractor over.

Words of Wisdom

I want to know God's thoughts; the rest are details. – Albert Einstein

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.

Depression and anxiety. A 30-year-old woman who had a clinical diagnosis of depression and anxiety presented for chiropractic care. She was analyzed using x-ray and heat scanning for subluxations and adjusted where and when needed.

Her anxiety and depression resolved. Her sleep, energy and quality of life improved and she was able to cease taking medications. Her spinal imbalance, neck curve and overall nervous system imbalance greatly reduced. (5)

Did You Know?

- Out of millions of creatures on Earth, humans are only 1 of 3 species capable of laughter, the others being chimpanzees and rats.
- A single ant can live up to 29 years.
- To “hang ten” in surfing means to have all 10 toes over the edge of the board when riding a wave.
- A baby spider is called a spiderling.

Humor

From Church Bulletins (they could have used a better proofreader)



- Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
- A bean supper will be held on Tuesday evening in the church hall. Music will follow.
- At the evening service tonight, the sermon topic will be "What Is Hell?" Come early and listen to our choir practice.
- Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
- Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.
- Please place your donation in the envelope along with the deceased person you want remembered.
- The church will host an evening of fine dining, super entertainment and gracious hostility.

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

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BONUS



Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic
111 7th Street S. Lethbridge, AB
403.320.8080 Jan 15, 2019

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The Goal of Chiropractic

The goal of chiropractic care is really the same as the goal of all natural (vitalistic or empirical) healers: to locate and remove or release anything blocking your ability to function at 100%.

That's it! Acupuncturists do it with needles, homeopaths do it with remedies and Doctors of Chiropractic do it by applying the magic of the chiropractic adjustment that has brought improved health and healing to millions and millions of people all over the world.

Please come in and treat yourself and your family to our care so you all may function at your optimum.

Lifelong Exercisers Have Bodies "Thirty Years Younger"

A new study from Ball State University, testing the cardiovascular health and muscles of people in their 70s that exercised steadily for decades, found that the muscles of these men and women were

indistinguishable in many ways from those of healthy 25-year-olds, with as many capillaries and enzymes.

Those active septuagenarians essentially had the cardiovascular health of people 30 years younger. The researchers summarized that what we now consider to be normal physical deterioration with aging "may not be normal or inevitable." (2)

Killer Flu or Killer Aspirin?

People are scared into getting a flu shot because a "killer flu" that happened a century ago might be coming back. Why was it such a killer while other flu epidemics came and went without much mortality? The answer is apparently the medical care of its day.

Aspirin was a new drug in 1918. MDs did not fully understand how to use it safely and its potential dangers. When the flu hit, patients' families demanded the doctor "do something." He prescribed the latest wonder drug that lowered fever and helped get rid of symptoms such as aches and pains.



But there was a massive downside. Aspirin was new and poorly understood. MDs prescribed it to patients in massive amounts. People were told to swallow aspirin by the handful. This overdosing prevented the patient from generating a fever; as a result, bacteria multiplied and the infection went deeper. Autopsies from those flu victims exhibited what are known as "wet" or hemorrhagic" lungs as well as pulmonary edema. They didn't know that aspirin "thins" the blood and that the lungs develop dangerous buildup of fluid – a perfect medium for germs to grow in. The result was massive mortality – a "killer pandemic." According to Dr. Karen M. Starko (MD), an infectious disease specialist:

In 1918, the US Surgeon General, the US Navy, and the *Journal of the American Medical Association* recommended use of aspirin just *before* the October death spike. If these recommendations were followed, and if pulmonary edema occurred in 3% of persons, a significant proportion of the deaths may be attributable to aspirin. (4)

Got the flu? Get a chiropractic adjustment! It's natural! Chiropractic works with your body to support healing so any cold, flu or infection will leave a stronger, healthier, cleaner you in its wake.

Irony: NY Senator Peralta dies after receiving the flu shot he was promoting.

Please avoid this dangerous procedure. The flu shot is ineffective and deadly. Here's the incredible story:

<https://saynotovaccines.org/2018/11/24/a-memorial-for-senator-peralta-of-ny-yet-another-tragedy-of-stupidity-brainwashing/>

Words of Wisdom

If liberty means anything at all, it means the right to tell people what they do not want to hear. – George Orwell

Researching Chiropractic



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chiropractic care. How many people suffering, on drugs, facing a life of limitation could be helped by chiropractic care?

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Dogs with hind end paralysis. 24 dogs with hind end paralysis and inability to walk were found to have intervertebral disc disease by their veterinarian. Rather than have an MRI to be followed by surgery, the owners wanted to explore a different route. Each dog was evaluated and adjusted using chiropractic techniques approved by the International Veterinary Chiropractic Association.



Each dog eventually regained the ability to walk. The amount of time needed to recover varied by the severity of the spinal damage in each dog. (6)

Diabetes and mid-back pain. A 26-year-old man with chronic mid-back pain for 9 years and type 1 diabetes mellitus began chiropractic care. X-ray and MRI imaging revealed flattening of the curve of the mid-back (hypokyphosis of the thoracic spine) with spinal misalignment consistent with vertebral subluxations.

After 36 visits, the patient reported improvement in his mid-back pain and quality of life. X-rays showed normal mid-back curve. Glucose monitoring showed a dramatic drop in blood glucose immediately after each visit. The patient reported he reduced his insulin by half during chiropractic care. (7)

Did You Know?

- 10-20% of U.S. power outages are caused by squirrels.
- Nearly 3% of ice in Antarctic glaciers is penguin urine.

- There are a total of 1665 steps in the Eiffel Tower.
- The first alarm clock in 1787 could only ring at 4 a.m.
- Each year there are more than 40,000 toilet related injuries in the U.S.

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.



I am not a dentist.
I will not cut corners.
I will not sell land in Florida.
I will not sell school property.
I will not grease the monkey bars.
I will not belch the National Anthem.
I will not do anything bad ever again.
I will not sleep through my education.
I will not get very far with this attitude.
I will not hide behind the Fifth Amendment.

Bye, bye!!



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BONUS

