

# Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic  
111 7<sup>th</sup> Street S. Lethbridge, AB  
T1J 2G1 February 1, 2019 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.

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- Questions and Answers About Chiropractic
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## Questions and Answers About Chiropractic

**Question:** Do you have to be in pain for chiropractic care?



**Answer:** It's quite possible to have significant spinal damage and yet feel no pain. In fact, many of your nerves do not carry pain impulses – those nerves can be damaged or stressed by subluxations and you may not feel anything! And yet damage is still going on.

Over the years falls, accidents, sports, and sitting and working in a stressful position and even emotional stress can cause insidious spinal damage known as a subluxation. So yes, you should come in for a periodic spinal checkup. Don't wait until you are having serious health problems before you address your spine. Get a chiropractic checkup! And bring your family!

## Nourishing Foods

**Don't cook with Teflon cookware – it can shrink the penis**

Penises become "significantly shorter and thinner" if they are exposed to high levels of Teflon (and other chemicals) in the womb.

The chemicals are found in non-stick frying pans and fast food packaging, paper plates, stain-resistant carpets, windshield washing fluid, fire-fighting foam and waterproof clothing including PFCs (PFOA [perfluorooctanoic acid] and PFOS [perfluorooctanesulfonic acid]).

These chemicals are also linked to early menopause, low birth weight, lower fertility, thyroid problems, high cholesterol, bladder cancer and depressed immune system function. PFCs can bind to testosterone receptors and reduce levels of the male sex hormone used in the body. As a result, men grow up with smaller penises, less healthy and mobile sperm and a shorter distance between their scrotum and anus – a sign of lower fertility. (1)

## Words of Wisdom

A Zen master steps up to the hot dog cart and says: "Make me one with everything."

The hot dog vendor fixes a hot dog and hands it to the Zen master, who pays with a \$20 bill. The hot dog vendor puts the bill in the cash drawer, closes the drawer and starts to wait on the next customer.



"Where's my change?" asks the Zen master.

And the hot dog vendor responds, "Change must come from within."

## 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.**

**Bedwetting in 17-year-old.** A 17-year-old male presented for a chiropractic consultation and possible care with his parents. He was complaining of low back and upper back pain. The patient's pain complaint was attributed to sports injury from hockey. However, he mentioned that he also

suffered from chronic nocturnal enuresis (bedwetting) since early childhood. When he would go to sleepover he would have to wear Pull-Ups® but they would soak through during the night.

Medical care and acupuncture were ineffective for addressing his bedwetting. He was cared for with various types of chiropractic techniques to reduce his vertebral subluxations – especially to C-1 (atlas), T-10 and sacrum.

After his 12<sup>th</sup> visit, he acknowledged that he did not have any wet nights since starting chiropractic care. He had a total of 24 visits over a four-month period. He was free of all his back pain by the 12th visit. (2)

### Did You Know?

#### Which of your organs is the largest?

Is it your liver? Brain? Intestines? None of those – it's your skin! It's gigantic. Your skin includes everything that covers your body and that includes your hair and fingernails. Your skin is rather heavy – it accounts for about 16% of your entire body weight.

Even though it's heavy, it is very thin. At its thickest, the bottom of your feet, it is 1.5mm thick (as thick as a grain of rice). At the thinnest, your eyelids, its only 0.5mm.

We know you can recognize people from looking at their face; you can also recognize them from their liver, stomach lungs, heart, eyeballs, spine – our parts are unique. Every part of your body is like your fingerprints, unlike any other fingerprint in the world. Even identical twins have different fingerprints!

Speaking about fingerprints, they are not just useful to the police for identification. Fingerprints give your skin friction so you can pick things up and hold them.



Your skin is also a barrier to protect you from infection and also serves as a major waste disposal site – using sweating, rashes, boils, pustules and other yeechy mechanisms to keep you healthy and free from toxins.

Perhaps most amazing is that your skin completely renews itself every 27 days! Even during this complete change, your fingerprints remain the same. So, you can improve your looks by eating better, getting a massage, sitting in a sauna, fasting and cleansing – but it'll take about a month to see the difference.

### Humor

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



afternoon.

- Potluck supper Sunday at 5:00 PM – prayer and medication to follow.
- The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday

- This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

- Ladies Bible Study will be held Thursday morning at 10 AM. All ladies are invited to lunch in the Fellowship Hall after the B. S. is done.
- The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday.
- Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.
- The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.
- Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.
- The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: "I Upped My Pledge – Up Yours."



### 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. DI Nisio A, Sabovic I, Valente U et al. Endocrine disruption of androgenic activity by perfluoralkyl substances: clinical and experimental evidence. *Journal of Clinical Endocrinology and Metabolism*. 10.1210/jc.2018-01855.
2. Shtulman I, Miller H, Alcantara J. Resolution of nocturnal enuresis, dysponesis & dysautonomia in a 17-year-old male following chiropractic care for vertebral subluxation. *Journal of Pediatric, Maternal & Family Health, Chiropractic*. December 10, 2018:155-160.

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### How Many Chiropractors Do You Need to Change a Lightbulb?

That's a joke, of course, and the punch line – "Only one, but you have to return 100 times."

That all begs the question: "Why do I have to return if I'm feeling fine?"

Indeed, how often does one need to see a Doctor of Chiropractic? It really depends on a person's individual needs – some people need a chiropractic checkup quite often because they are weak or not holding their adjustments. Others should come in every week or month or every few months – depending on their physical and emotional stress levels. The best way to find out is to have your body personally assessed.

Of course, chiropractic is like good nutrition – essential all the time and especially needed during times of high stress.

### Hijacking Medical Education

Ever wonder why conventionally-trained MDs in the US are so ignorant (and even dismissive) of natural healing – foods, herbs, chiropractic, homeopathy, naturopathy and the like? The answer is tragic – modern medicine was hijacked in

1910. In that year, the Flexner Report – officially known as Medical Education in the United States and Canada – was released, with its unstated purpose being to destroy all non-medical schools teaching natural healing. Sadly, it worked, forcing many schools who were not following the orthodox medical model to close down. The report was funded by John Rockefeller and Andrew Carnegie, among others who had a financial interest in oils and petrochemicals, the precursors to many pharmaceutical drugs.

To this day medical education is limited by the Flexner Report that accepts only one philosophical approach to healing.

### Words of Wisdom

Not everything that counts can be counted, and not everything that can be counted counts. (Sign hanging in Einstein's office at Princeton)

### Researching Chiropractic



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**Seizures in a 15-month-old.** A 15-month-old male infant had a traumatic birth including Caesarean section and epidural. At six months of age he had his first seizure. He experienced another one eight months later and began to experience two to three seizures a week, each one lasting one to two minutes.



When the child was 15 months old his parents brought him in for chiropractic care.

Chiropractic adjustments were directed at subluxations of the cranium and all areas of the child's spine. The child had 17 visits over the period of eight months. The child's seizures completely resolved. (1)

**Dizziness, neck pain and headaches in a 44-year-old woman.** A 44-year-old woman with a three-year history of dizziness, neck pain and headaches, which began immediately after a motor vehicle accident, presented for chiropractic care. She was stopped at a red light and struck from behind. She suffered with vertebral subluxations, vertigo, facet syndrome with ligament sprain and tendon strain, as well as headaches. These are common whiplash symptoms.



Chiropractic care was used where indicated to correct the subluxations that were found. The patient was also advised to do balancing and vision exercises.

Her symptoms markedly decreased, including the frequency and duration of her vertigo with a significant improvement in balance measurements, in addition to the decrease in severity of her neck pain and headaches. The patient's frequency of vertigo went from a nightly occurrence, lasting anywhere from five minutes to three hours, to once a week lasting no more than five minutes. (2)

### Why Did the CDC Fire Its Own Expert Witness?

**A scientist hired to say there was no relationship between vaccines discovered that vaccines can cause autism, so he was immediately fired.**

There is a big controversy over the cause of autism and related neurological disorders. While tens of thousands of parents claim that their once normal children descended into autism after their childhood vaccines, the US government's Department of Justice (DOJ) claims that it's all coincidence, that vaccines do not cause autism. For years, the government has refused to compensate parents for vaccine damage based on a few studies done. Those studies have been criticized for being poorly done, i.e. "junk science."

The controversy refuses to go away as the number of damaged children continues to increase. The DOJ attorneys hired Dr. Andrew Zimmerman, a pediatric neurologist, to testify that vaccines do not cause autism. To their surprise Dr. Zimmerman, after reviewing the research decided that there was an autism-vaccination link.

in a sworn affidavit, Dr. Zimmerman said that on June 15, 2007, he took aside the DOJ lawyers he worked for who were defending the safety of vaccines in federal vaccine court and told them that he'd discovered "exceptions in which vaccinations could cause autism.... I explained that in a subset of children, vaccine induced fever and immune stimulation did cause regressive brain disease with features of autism spectrum disorder."



Dr. Zimmerman was immediately fired. The DOJ continued to deny that vaccines could cause autism and as a result thousands of families who saw their children become autistic after the shots were refused compensation. Read the shocking story and see the video here:

<https://www.activistpost.com/2019/01/cdcs-own-expert-vaccine-court-witness-confirmed-vaccines-can-cause-autism-so-they-fired-him-immediately.html>

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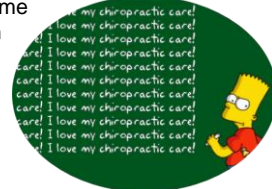
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### Humor

#### 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 will finish what I sta
- I will not squeak chalk.
- Spitwads are not free speech.
- Nobody likes sunburn slappers.
- I will not bribe Principal Skinner.
- "Bart Bucks" are not legal tender.
- I will not torment the emotionally frail.
- High explosives and school don't mix.
- The Christmas Pageant does not stink.
- Underwear should be worn on the inside.



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#### References

1. McCauley N. Resolution of chronic seizures in an infant undergoing chiropractic care for vertebral subluxation: a case report and review of the literature. *Journal of Pediatric, Maternal & Family Health, Chiropractic*. December 27, 2018:161-164.
2. Coppus JA. Resolution of vertigo, neck pain & headaches following chiropractic care: a case study & review of the literature. *Annals of Vertebral Subluxation Research*. January 10, 2019:1-9