

# Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic  
111 7<sup>th</sup> Street S. Lethbridge, AB  
403.320.8080 March 1, 2019



**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.**

*A government which robs Peter to pay Paul can always depend on the support of Paul.* —George Bernard Shaw

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## How Effective is Back Surgery?

Although thousands of back operations are performed each year studies have yet to show it to be effective. In fact, research reveals that spinal surgery has a high failure rate, with the pain coming back after the surgery, sometimes immediately, sometimes a few months later, sometimes after a year or more. Too many people are told they need a second, or even a third operation. It is so common that back and spine surgery is repeated because the pain returns, that this recurrence has a special name: Failed Back Surgery Syndrome.



How common is it?

The failure rate for spinal surgery averages around 50%. However, that depends on how the studies define success. Some researchers will say the surgery was

successful if the patient remained pain-free for one or two years. The pain returned but the surgery was still considered “successful.”

In one recent study the failure rate was 46%. Follow-up surgery has an even more dismal success rate with:

*...no more than 30%, 15%, and 5% of the patients experience a successful outcome after the second, third, and fourth surgeries, respectively. (1)*

## Get a second, even a third opinion



While surgery is sometimes necessary, it is always a good idea to never rush into an operation unless it's an emergency! Get more opinions. For example, Nancy Epstein, MD, a neurosurgeon and editor of *Surgical Neurology International*, did a survey to see if recommended spinal operations were necessary after the patient received a second opinion. She found that 94% of the time surgery wasn't necessary. As she writes:

*Increasingly, patients, spine surgeons, hospitals, and insurance carriers are not only questioning whether spinal operations are “unnecessary,” but also whether the “wrong” (e.g., overly extensive cervical or lumbar multilevel fusions, anterior vs. posterior surgery, etc.) or “right” (appropriate) operations are being recommended to patients.*

*Of 183 second opinions seen over 20 months, the second opinion surgeon documented that previous spine surgeons recommended “unnecessary” (60.7%), the “wrong” (33.3%), or the “right” (6%) operations. (2)*

Because so many back operations are unnecessary and so many back operations fail, always get a second and even a third opinion. Make sure a Doctor of Chiropractic is consulted – it might save you from an unnecessary operation or a failed back surgery,

## Can We Reverse Aging?

Does getting old really have to mean getting frail and forgetful? Is that a reality or a bias?

Ellen Langer, Ph.D., a Harvard psychologist, performed a fascinating experiment to find out.

This is what she did. She brought eight men in their 70s to stay in a converted monastery for five days. Unbeknownst to them when they passed through the doors they entered another time.

Everything inside — including the books on the shelves and the magazines left out to read — were designed to bring on the feeling of actually living in 1959 – Perry Como and other singers came from a vintage radio. Ed Sullivan chatted away to his TV audience on a black-and-white television, and everything there was from 22 years ago.

They were also treated like they were younger. For example, when they arrived, they had to bring their things up to their rooms on their own, even if they could only carry one shirt at a time.

There were no mirrors in the house, so there was nothing to visually show them that they were elderly. Everything around them kept affirming that they were their younger, healthier selves.

After five days, they began to change: they all started acting, feeling and looking younger, physically and according to their body chemistry.

The men became flexible, had greater manual dexterity and even sat taller. Even more dramatic was that their vision improved and they looked younger. To the surprise of the researchers, a spontaneous touch-football game erupted among these formerly frail seniors while waiting for the bus to leave.



How does someone go from barely being able to put on their socks to hosting a dinner party, full of energy and interest in less than a week? How can a man enter a five-day experiment in a wheelchair and leave walking out with a cane?

When our brains think that we are younger, we become younger. We begin to experience life as younger versions of ourselves. This is more than positive thinking – it is an actual change in our biological reality. Imagine what would happen if YOUR brain saw a younger, healthier, stronger, more optimistic, inspired version of yourself in the mirror each morning? (3)

### Words of Wisdom

*A Freudian slip is when you say one thing but mean your mother.* —Anonymous

### 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.**

**Ear infection in a one-year-old.** Parents brought in their one-year-old infant who was suffering from chronic, recurrent ear infections; having had four bilateral ear infections in a



period of six months. The ear infections interfered with the child's sleep and caused extreme irritation in the child's attitude. Medical care consisted of prescribed antibiotics.

Chiropractic spinal examination revealed multiple subluxations. The patient received a total of nine adjustments and the ear infections completely resolved. (4)

### Did You Know?

- A man once sued his doctor because he survived his cancer longer than the doctor predicted.

### Humor

- I just read that 4,153,237 people got married last year. Not to cause any trouble but shouldn't that be an even number?
- Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.
- I want to die peacefully in my sleep, like my grandfather; not screaming in terror like the passengers in his bus.
- If I had a dollar for every girl that found me unattractive, they would eventually find me attractive.
- I find it ironic that the colors red, white, and blue stand for freedom until they are flashing behind you.
- A recent study has found that women who carry a little extra weight, live longer than the men who mention it.



### 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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# Healthy Living Chiropractic Newsletter

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## Questions and Answers About Chiropractic

**Q. Is it safe to have chiropractic care if I had back surgery?**

**A. In most cases it is perfectly safe for a person who had spine and/or disc surgery to receive chiropractic care.**

Since back surgery has such a high failure rate (see above), many people find that their pain and disability returns. In many cases their MD (usually an orthopedic surgeon) will recommend a second (even a third or a fourth!) operation.

Wait! Before rushing to surgery again, why not explore chiropractic care? While chiropractic is well known to help people with spine and disc problems avoid a back operation, what about people who have already had spine and/or disc surgery and are still suffering? Is it too late for them?

Happily, there is often help. Even if a person had prior spine surgery chiropractic may still help them! Here is one published case history as an example (this is one of many such examples):



A 62-year-old woman suffering from constant low back pain following failed spinal surgery began chiropractic care. She was diagnosed as having "surgical syndrome" from an L5 disc operation that included fusion of L5-S1 (low back and sacrum). In fact, she had two such operations. The second operation was seven years after the first operation.

By the time she began chiropractic care she was taking 13 different medications!

Chiropractic examination revealed a 25.3° right scoliosis at T4-L3. She carried her head in front of her hips and her left hip was misaligned. She received two chiropractic adjustments each week for six weeks and then once per week for another six weeks. After the first 3 months of care her hips were balanced, her posture was improved, her scoliosis slightly improved, her back pain decreased and she had improved function and quality of life. (1)

## Nourishing Foods

It's official – saturated fat is good. The Dietary Guidelines Advisory Committee recommends dropping limits on dietary cholesterol, citing "no appreciable relationship between dietary cholesterol and serum cholesterol or clinical cardiovascular events in general populations." Enjoy saturated fat, something our ancestors have known for hundreds of generations. (2)

There's more. A meta-analysis of 21 studies published in 2010 in the *American Journal of Clinical Nutrition* concluded:

"consumption of saturated fat had no observable correlation to [stroke] and heart issues" after observing 347,747 people for 14 years. (3)

The real cause of health problems – carbs. The authors write, "high carbohydrate intake was associated with higher risk of total mortality, whereas total fat and individual types of fat were related to lower total mortality." (4)

Enjoy coconut oil, butter, cream, tallow and lard, replacing carbohydrates with these good quality fats. Especially avoid cooking with or eating foods made with





vegetable oils including canola, soy, cottonseed, sunflower seed and others.

## Words of Wisdom

*Those who look for the laws of Nature as a support for their new works collaborate with the creator.* —Antoni Gaudi

## Researching Chiropractic



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**suffering, on drugs, facing a life of limitation could be helped by chiropractic care?**

**Probably most of them.**

**Irregular bowel movements in an eight-year-old.** A young girl with a history of irregular bowel movements was brought in by her parents for chiropractic care. Previous attempts of altered potty training habits and stool softeners were unsuccessful in regulating her bowel movements.

Examination revealed vertebral subluxations that were periodically corrected. After two weeks of care the parents noticed initial improvements and after six weeks of care the fecal incontinence was resolved; the child was having no “accidents” for the first time in her life. (5)

**Sciatic pain and hot flashes.** A 57-year-old woman was suffering from right-sided sciatic nerve pain as well as approximately 10 hot flashes per day.

Chiropractic examination revealed upper cervical (upper neck) subluxations that were addressed. After receiving nine upper cervical adjustments over a period of six weeks, she reported complete resolution of hot flashes and improvement in sciatic pain. (6)

## MD Will Not Vaccinate His Kids

<https://www.brighteon.com/5985963719001>

## Did You Know?

- An airplane mechanic invented Slinky while he was playing with engine parts and realized the possible secondary use for the springs.
- Coconuts kill more people in the world than sharks do. Approximately 150 people are killed each year by coconuts.

## Humor

- Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw fish to them?
- My therapist says I have a preoccupation with vengeance. We'll see about that.
- I think my neighbor is stalking me as she's been Googling my name on her computer. I saw it through my telescope last night.
- If you think nobody cares whether you're alive, try missing a couple of payments.
- My therapist said that my narcissism causes me to misread social situations. I'm pretty sure she was hitting on me.
  - My 60-year kindergarten reunion is coming up soon and I'm worried about the 175 pounds I've gained since then.



**Bye, bye!!**

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