

Healthy Living Chiropractic Newsletter

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

The best and most beautiful things in the world cannot be seen nor touched ... but are felt in the heart. – Helen Keller

This Issue's Table of Contents

- Born Different
- Questions and Answers About Chiropractic
- Nourishing Traditions
- Words of Wisdom
- Third Court Decision Links Roundup™ to Cancer
- Did You Know?
- Researching Chiropractic
- Humor
- References



Born Different

Gymnast with Down Syndrome defies doctors:

https://www.youtube.com/watch?v=dqyo_HwWYm8

Questions and Answers About Chiropractic

Question: What is the goal of chiropractic care?

Answer: The goal of chiropractic care is to locate and correct areas in your body that have a severe form of stress called a subluxation. Subluxations are usually spinal bones (vertebrae) that are not moving properly, are jammed, fixated or distorted and are causing inflammation and stress to your spinal nerves and brain.

Most people have subluxations in their spine and body structure and don't even know it because many times subluxations are painless. But all the while the

inflammation, the interference with nerve function, and the muscle, joint and fascia (connective tissue) stress grows and grows, in many cases causing body and organ malfunction (dis-ease).

The purpose of the chiropractor is to locate these areas of stress or blockage and release or adjust them back into proper motion and alignment, freeing your nerves, bones, fascia, discs and other tissues from stress.

The chiropractic adjustment can be very powerful and very healing. All people need a spine and body free from subluxations no matter what their health is – good or bad or somewhere in the middle.

Words of Wisdom

A good politician is quite as unthinkable as an honest burglar. H.L. Mencken

Third court decision links Roundup™ to cancer

Monsanto (recently purchased by Bayer) was sued by people who claim that Roundup™ use caused their cancers. Bayer has now lost three court cases and has been ordered to pay \$billions in damages. So far.

The product Roundup™ (glyphosate) is the most used weed killer (herbicide) in the world.

There are at least 13,000 people waiting their turn to sue Bayer for the cancers and other conditions they claim Roundup™ caused. This has the potential to bankrupt the company.

In our opinion they deserve it because they (Monsanto) knew their product was carcinogenic for years. When Bayer purchased Monsanto they also purchased all their liabilities. That was obviously not a good decision. (Bayer's share price has so far dropped 40%.)



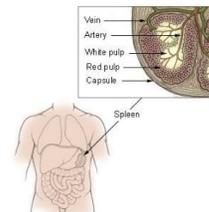
Please stop using this dangerous chemical in your garden and lawn. There are many safe, natural products you can use. One of them is vinegar!

Go here for more ideas:

<https://www.gcbl.org/live/home/landscaping/is-there-a-safe-alternative-to-roundup>

Did You Know?

Inside your body is an amazing incredible blood recycling organ. It's your spleen! Why is it so amazing?



Your spleen is found behind the top of your stomach. It is large – five inches long, three inches wide and one inch thick. All your blood passes through your spleen where it is filtered.

Healthy red blood cells pass through just fine but unhealthy, broken, misshapen or old red blood cells are filtered out and recycled by your white blood cells. All the usable elements of your blood, especially the valuable iron of your blood, returns to the bone marrow and lungs where red blood cells are made (iron is needed to make hemoglobin).

If you lose a lot of blood your spleen serves as an emergency blood supply; it releases its contents, helping you stay alive. It's as if you have your own little blood bank.

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.

Chronic migraines, pins-and-needles and disability.

A 35-year old man with a history of sports injuries presented himself at a chiropractic clinic. His complaints included neck pain and stiffness, pins and needles into his left shoulder, low back pain and difficulty sleeping. The patient had a previous history of chronic headaches and migraines.

Over an eight-week period he received 24 chiropractic adjustments for vertebral subluxation correction. In addition to resolution of his pain, the patient-centered outcome assessments revealed improved physical, social and psychological functioning and decreased disability. There were improvements in cervical curve and reduction of anterior head carriage. (1)

Pubic pain in a pregnant woman. A 28-year-old who was in her 20th week of pregnancy was suffering from symphysis pubic dysfunction. The pubic bones are in front of the pelvis. She was experiencing pain at the pubic bone region and in both inner thighs for the prior three months.

She had one previous pregnancy and had experienced mild pubic pain, but with this pregnancy the pain was much worse.



Her spine and structural system were analyzed using chiropractic procedures. Her upper neck vertebra (C1), coccyx (tail bone) and right inferior pubic bone were found to be subluxated. All were corrected using chiropractic techniques and after three visits her pain abated and she had full mobility. She felt fine during the rest of her pregnancy and delivered a healthy baby boy. After birth (postpartum), she reported greater comfort while walking. (2)

Humor



*Time's fun when you're having flies.
Kermit the Frog*

My wife and I were happy for twenty years. Then we met. Henny Youngman

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. Spriggs M. Resolution of chronic migraines & disability with improved physical, social and psychological functioning following chiropractic care using CBP® protocols: case study & review of the literature. *Annals of Vertebral Subluxation Research*. May 19, 2019:66-78.
2. Shtulman I, Miller H, Alcantara J. Resolution of symphysis pubic pain & dysfunction following chiropractic care in a pregnant patient: case study & review of the literature. *Journal of Pediatric, Maternal & Family Health, Chiropractic*. April 18, 2019:36-40.

Bonus



Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic
111 7th Street S. Lethbridge, AB
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Chiropractic and Disc Problems



You have discs – spongy pads found between most of your vertebrae (spinal bones), in your jaw joint (TMJ) and between your pubic bones (in women, they separate a little during the birth process).

The discs help give your spine its curves and flexibility and make it better able to withstand stress. Discs also prevent your vertebrae from crashing into each other (that would hurt a lot!). And they also help create spaces (foramina) through which your nerves travel on their way to your internal organs.

But there are times your discs can cause you pain. If your discs flatten out, are twisted or bulge or are otherwise distorted, you can suffer from a lot of neck, back, leg and other pain.

Do You Have a “Slipped” Disc?

disc cannot "slip" since it is knitted into the vertebrae from both above and below. What sometimes do slip are the vertebrae, which may stress the disc and contribute to its damage. Many "slipped discs" would be more accurately called slipped vertebrae or subluxations.



Disc Damage

Disc damage may be due to an accident or fall (called macro-trauma) or from doing the same thing over and over (called micro-trauma). In addition, long-standing subluxations (tiny spinal distortions) can cause disc damage.

Disc damage may cause pain. The pain can get so bad people have resorted to surgery. But there's another approach to disc problems – chiropractic!

Chiropractic has been a blessing to millions of people with spine and disc problems, often saving them from neck or back surgery (which has a very high failure rate, meaning the patient is as bad or worse after the surgery). (1)

Chiropractors have various techniques to restore the natural curve to your spine, take pressure off of discs and begin a process of healing. Before anyone you know considers back surgery, please tell them about chiropractic care. (2-3)

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Nourishing Traditions

This food is not traditional – it never existed throughout world history except recently: vegetable oils. Remember, if your grandparents (or great grandparents) didn't eat it, then you shouldn't either.

Here's another reason to avoid vegetable oils such as corn, soy, canola, sunflower, cottonseed and other commercial oils: vegetable oils increase the growth rates of tumors.

Vegetable oils are polyunsaturated fats (PUFAs for short) and high in omega-6 fatty acids. PUFAs are highly volatile, and easily oxidized by light and heat factors. When a fat oxidizes (becomes rancid), it causes a release of free radicals which inflame the cellular structures involved. This "lipid peroxidation" process is at the root of the inflammation involved in many disease processes. In contrast, saturated fats such as butter, coconut oil and lard don't oxidize easily, and cause less inflammation and free radical formation in the body. (4)



Words of Wisdom

The hardest thing in the world to understand is the income tax. Albert Einstein

Rebellion to tyrants is obedience to God. Thomas Jefferson.

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A child with headaches, autism, ADHD and OCD. An 11-year-old boy diagnosed with autism, attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD) and headaches affecting his school

attendance and sleep was brought in for chiropractic care.

A chiropractic analysis showed that he had subluxations in his left hip, sacrum, occiput (back of the skull) and neck and mid back vertebral subluxations (C1, C2 and T8).

The boy's subluxations and structural distortions were addressed. His headache symptoms improved as did his behavioral problems and his quality of life. (5)

Meniere's Disease. A 55-year-old man had been diagnosed with Meniere's disease. He was experiencing constant dizziness, occasional vertigo (sensation of spinning), earache, ear noise and occasional deafness. His symptoms continued to worsen over eight years.

The patient was evaluated using chiropractic methods and found to have a subluxation in his upper neck (C1 vertebral subluxation).

He had his first chiropractic visit and adjustment and had an immediate improvement. After two weeks his condition completely resolved. (6)

Humor



Suppose you were an idiot. And suppose you were a member of Congress. But I repeat myself. Mark Twain

On one occasion a student burst into his office. "Professor Stigler, I don't believe I deserve this F you've given me." To which Stigler replied, "I agree, but unfortunately it is the lowest grade the university will allow me to award."

Bye, bye!!



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