

Healthy Living Chiropractic Newsletter

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

Problems are opportunities with thorns on them. Hugh Miller

This Issue's Table of Contents

- Chiropractic, Carpal Tunnel Syndrome and Thoracic Outlet Syndrome
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Chiropractic, CTS and TOC

Where is your carpal tunnel?

You won't find the carpal tunnel on any map—it's in your wrist. Your carpal (wrist) bones form a tunnel-like structure—the carpal tunnel—through which pass tendons and the median nerve.

Carpal Tunnel Syndrome (CTS) is the occupational disease of the 21st century. Sufferers experience tingling and numbness in the hands, fingers and wrists; blanching (whitening upon pressure) of the hand; pain so intense that it awakens you at night and more. (1-2)



Who gets CTS?

Years ago, telegraph operators, seamstresses, carpenters and meat cutters were the CTS sufferers. Today office workers, computer operators, musicians and assembly line workers are more prone to it.

Thoracic Outlet Syndrome (TOS)

A similar condition is thoracic outlet syndrome. TOS affects the nerves in the upper back as they exit the neck. The symptoms include pain, weakness and numbness or tingling in the arm. (3)

The Medical and Chiropractic Approaches

The medical approach to persistent symptoms may include corticosteroid injections or surgery. For over a hundred years, however, Doctors of Chiropractic have been adjusting people's spines to release stress from their nervous systems. Clinicians, researchers and patients have reported relief of classic carpal tunnel symptoms and improvement in overall body function after chiropractic adjustments. (4-5)

Words of Wisdom

The robbed that smiles, steals something from the thief.
William Shakespeare, *Othello*

Nourishing Traditions

Cholesterol Makes You Live Longer (and Doesn't Cause Heart Disease)

Is that a joke? Not at all. Actually, this was reported years ago from prior medical research, but MDs are still prescribing dangerous statin drugs (such as Lipitor®, Crestor® and other cholesterol-lowering drugs). High cholesterol “does not cause heart disease” and statins are a “waste of time.” (9) Old biases die hard.

In this more recent study published in the *BMJ Open Journal*, it was found that 92% of people with a high cholesterol level lived longer! In an interview with *The Telegraph* Professor Sherif Sultan, one of the authors, further stated:

Lowering cholesterol with medications for primary cardiovascular prevention in those aged over 60 is a total waste of time and resources, whereas altering your lifestyle is the single most important way to achieve a good quality of life. (6)

Coffee Is Good for You

Up to 25 Cups of Coffee a Day Is Safe for Heart, Says New Study

A British Heart Foundation funded study found that drinking five cups of coffee a day, and even up to 25, was no worse for your arteries than drinking less than one cup a day. Further, coffee won't increase stroke or heart attack risk. (7)



Drinking Coffee Could Lead to A Longer Life, Scientist Says

Whether it's caffeinated or decaffeinated, coffee is associated with lower mortality, which suggests the association is not tied to caffeine.

Drinking coffee was associated with lower risk of death due to heart disease, cancer, stroke, diabetes, and kidney disease. People who consumed a cup of coffee a day were 12 percent less likely to die compared to those who didn't drink coffee. This association was even stronger for those who drank two to three cups a day – 18 percent reduced chance of death. (8)

Did You Know?

Did you know who in 1923 was:

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?

Do you know 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, Howard Hopson, went insane.
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5. The President of the Bank of International Settlement, Leon Fraser, shot himself.
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The same year, 1923, the winner of the most important golf championship, Gene Sarazan, won the U.S. Open and PGA Tournaments. He died at age 92 and was financially well-off.

This is not necessarily an endorsement of golf—it speaks to the need to keep one's life in balance. The saying, "Golf is a good walk spoiled," is attributed to Mark Twain. Maybe his quote is an endorsement of a good walk?

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.

Migraine, neck and lower back pain. A 23-year-old woman had been suffering from ten years of chronic migraines, neck pain and low back pain. She was given prescription medications (i.e., fluoxetine, Synthroid® and fioricet) that were ineffective. After 10 weeks of continued chiropractic care, she reported that all her presenting complaints of chronic migraines, neck pain and low back pain had completely resolved and all medication was discontinued. (9)



Humor

Submissions to a newspaper contest where entrants age 4 to 15 were asked to imitate the popular column "Deep Thoughts by Jack Handey":



- It would be terrible if the Red Cross Bloodmobile got into an accident. No, wait. That would be good because if anyone needed it, the blood would be right there. Age 5
- Give me the strength to change the things I can, the grace to accept the things I cannot, and a great big bag of money. Age 13

- For centuries, people thought the moon was made of green cheese. Then the astronauts found that the moon is really a big hard rock. That's what happens to cheese when you leave it out. Age 6
- The only stupid question is the one that is never asked, except maybe "Don't you think it is about time you audited my return?" or "Isn't it morally wrong to give me a warning when, in fact, I was speeding?" Age 15
- I gaze at the brilliant full moon. The same one, I think to myself, at which Socrates, Aristotle, and Plato gazed. Suddenly, I imagine they appear beside me. I tell Socrates about the national debate over one's right to die and wonder at the constancy of the human condition. I tell Plato that I live in the country that has come the closest to Utopia, and I show him a copy of the Constitution. I tell Aristotle that we have found many more than four basic elements and I show him a periodic table. I get a box of kitchen matches and strike one. They gasp with wonder. We spend the rest of the night lighting farts. Age 15
- If we could just get everyone to close their eyes and visualize world peace for an hour, imagine how serene and quiet it would be until the looting started. Age 15

Bye, bye!!



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You cannot fix what you will not face. James Baldwin

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- Late Breaking News
- Billion Dollar Back Surgery Expose
- Nourishing Traditions
- Did You Know?
- Researching Chiropractic
- Humor
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Questions and Answers About Chiropractic

Question: How often should I come in for chiropractic care?

Answer: People are like cars and pianos, they need regular tune-ups, especially with lots of use.

Life causes subluxations. Physical and emotional stress cause subluxations. Subluxations weaken, imbalance and can damage us but it may be years until the damage surfaces and we experience the results—pain, disease and premature aging.

Why not come in for periodic chiropractic checkups (and adjustments) now to help ensure a healthier family? It's real health assurance.

Late Breaking News – This May Affect Every State

Families Sue New York State to Stop the Repeal of the Religious Exemption to Vaccines

Albany, NY—Attorneys Sussman and Kennedy filed a lawsuit today in New York State (NYS) Supreme Court challenging the constitutionality of the NYS legislature's June 13, 2019

repeal of the religious exemption to vaccination, Public Health Law Section 2164(9). The plaintiffs, 55 NYS families who held lawful religious exemptions, request that the court enjoin the enactment of the repeal temporarily, preliminarily and permanently. Read the rest at:

<https://childrenshealthdefense.org/child-health-topics/mandates/families-sue-new-york-state-to-stop-the-repeal-of-the-religious-exemption-to-vaccines/>

Billion Dollar Back Surgery Expose

The CBS 48 Hours/Whistleblower episode entitled [The Billion-Dollar Back Surgery Scam: Patients in Pain and Peril](#) exposes the fraudulent use of counterfeit surgical screws. These poor victims are part of the 50% of failed back surgery patients. Critics say that hundreds of thousands of patients are lied to by greedy surgeons who charge \$77,500 per spine surgery.

MDs often refuse to refer to DCs. They tell patients chiropractic care may harm them even though studies have shown that chiropractic is a safer and more effective approach. And most patients wish to avoid surgery. (1-3)

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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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Premature ventricular contractions (PVCs). Two women complaining of PVC and other symptoms began chiropractic care. PVCs are extra heartbeats that begin in the heart's two lower pumping chambers (ventricles) disrupting heart rhythm. It is sometimes felt as a fluttering or a skipped beat.

The first patient was a 26-year-old woman suffering with daily headaches, TMJ, neck pain, midback pain, bilateral wrist pain, shortness of breath with rib pain, irregular heartbeats, lower back pain, hip and knee pain. These complaints had been present for approximately two years.

The other woman was 72-years-old. She was told her PVCs would never stop because they had followed a stroke. Other symptoms included 6 months of pain in the left ring finger that interrupted her sleep. In addition, she also had complaints of knee pain, neck pain, headaches and lower back pain.

Each woman was assessed for vertebral subluxations using various chiropractic procedures. Vertebral subluxations were found in their cervical, thoracic and lumbar spinal regions.

Chiropractic care was individualized for each patient; they were adjusted for their subluxations. No other therapies or modalities were employed. Each showed complete resolution of the PVCs and complete resolution of or great improvement in their other symptoms. (4)

Gastroesophageal reflux (GER). A six-month-old girl was suffering from GER since birth. Milk, soy and bananas worsened her GER while a hypoallergenic formula helped decrease the frequency of the GER attacks.



She received chiropractic adjustments for her subluxations. Her care plan consisted of two times per week for four weeks and then one time per week for six weeks. She responded to care with complete resolution of her GER and associated symptoms. (5)

Humor

We all know that light travels faster than sound. That's why certain people appear bright until you hear them speak. Albert Einstein



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Bonus

