

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 further a society drifts from truth the more it will hate those who speak it. George Orwell

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The Goal of the Chiropractor

If you spent the day in our waiting room you'd meet people coming to see us who have all kinds of health problems— allergies, asthma, headaches, migraines, vision and hearing problems, digestive problems, immune system issues, pain in all kinds of places: back, hip, neck, shoulder, legs, arms; people who've had sport injuries—and so many others.

But the ultimate goal of the chiropractor is to keep people so healthy that they don't get sick in the first place!

Good Health Is Easy; Sickness Takes Work

We are born with such wonderful bodies designed to last us over a hundred years in perfect physical and mental health. But a lifetime of physical, mental and chemical stress wears us down, weakens us and causes our body to malfunction.

Chiropractors are the only professionals that are trained to locate and correct a serious deep stress most people have inside their body that can damage their ability to fight disease and stay healthy: a subluxation. It is usually painless and usually found in your spine.

When your body is free of subluxation stress you are better able to function at your best, to heal at your best and to think at your best because stress that has been sapping you of your life energy is now gone or reduced. Chiropractic promotes balance, resistance to disease and improved function. (1)

No matter what the disease or condition, you need a subluxation-free body to keep your healing ability at its optimum. That's why you'll find people with all kinds of health conditions in a chiropractor's office. (2)

TSA Parody – You'll love this

Have you ever gone through TSA at an airport? If so, you'll appreciate this:

<https://www.youtube.com/watch?v=YQJ7E140-SQ>

High Blood Pressure? Risk of Stroke? Drink Water



During summer and winter stay hydrated! In *Your Body's Many Cries for Water*, F. Batmanghelidj, M.D. observes that lack of adequate hydration can cause the blood to thicken, making the blood more compact and heavier. As a result, the body needs more blood pressure to force the heavier blood through the body. (3)

Researcher Mona Bahouth, M.D., comes to a similar conclusion:

About 60% of people are dehydrated at the time of stroke ... proper hydration at the time of stroke is linked to better stroke outcomes. It's possible that dehydration causes blood to be thicker causing it to flow less easily to the brain through the narrowed or blocked blood vessels. (4)

Nourishing Traditions—The Good and the Bad

All traditional cultures consumed lacto-fermented foods; these foods supply enzymes that help digestion and beneficial bacteria that support good intestinal health and immune function. With that knowledge in mind, here's another study showing the benefits of eating fermented food.

The Good—fermented dairy products may help prevent heart disease

Researchers in Finland found that fermented dairy products—such as cheese, yogurt, quark, kefir or sour milk—may lower the risk of incident coronary heart disease in men. Conversely, the researchers warn that a very high consumption rate of non-fermented dairy products, like milk, could have the opposite effect and increase a man's risk for heart disease. (5)

The Bad—consumption of fried chicken, fried fish or fried shellfish at least once a week (as compared with no consumption) is associated with a significant 12%-13% increase in cardiovascular mortality.

The type of oil used may be a factor. Cooking with olive oil, animal fats and coconut oil is preferred over corn, vegetable, soybean, safflower and canola oils. (6)

Words of Wisdom

Melodius is the closed mouth. Irish Proverb

If you don't think every day is a good day, just try missing one. Cavett Robert

Did You Know?

Raking your leaves is destructive?

Raking your leaves destroys ecosystems? Fallen leaves create a natural layer that butterflies, moths, salamanders, chipmunks, box turtles, toads, shrews, worms and other species rely on for food and shelter.



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.

Pregnant patient with a history of trauma. A 36-year old pregnant woman who was 33-weeks' pregnant started chiropractic care suffering from worsening intense pain in her hips, lower back and pubic area. Two weeks prior she had fallen down 15 steps. At her first visit, she was in severe pain and had significant difficulty walking.

She had ten chiropractic spinal adjustments over a 4-week period. With each visit she experienced increased relief from her symptoms and was ultimately able to deliver a healthy baby. (7)

Humor



I am not a vegetarian because I love animals; I am a vegetarian because I hate plants. A. Whitney Brown

A great many people think they are thinking when they are merely rearranging their prejudices. William James

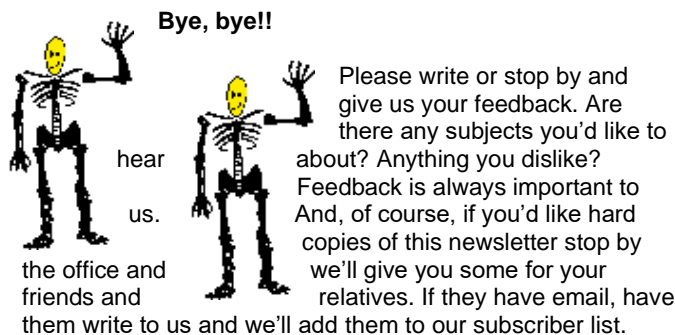
There's so much comedy on television. Does that cause comedy in the streets? Dick Cavett, mocking the TV-violence debate

If a woman has to choose between catching a fly ball and saving an infant's life, she will choose to save the infant's life without even considering if there are men on base. Dave Barry

Some mornings, it's just not worth chewing through the leather straps. Emo Phillips

Experience is that marvelous thing that enables you to recognize a mistake when you make it again. F. P. Jones

As your attorney, it is my duty to inform you that it is not important that you understand what I'm doing or why you're paying me so much money. What's important is that you continue to do so. Oscar Acosta, Hunter S. Thompson's Samoan attorney



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- It's More Than Just the Guns
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Questions and Answers About Chiropractic

Question: What happens when I receive a chiropractic adjustment?

Answer: At the moment that your chiropractor corrects your vertebral subluxation complex ("subluxation"), hundreds, if not thousands, of body functions and activities are affected. The flow of nerve impulses over your brain, spinal cord, spinal (and other) nerves to your internal organs and tissues is normalized, and your body begins to rebalance, renew and rebuild itself.



Prenatal Ultrasound—Not So Sound After All

Please share this with everyone you know. According to the author of one of the recent ultrasound critiques, the technology causes far-reaching damage. Describing a series of studies published in the late 1970s and early 1980s, the author notes that "a single exposure to ultrasound produced cellular and DNA damage similar to 250 chest x-rays"—and "[d]amage was permanent and heritable for ten generations and beyond."

Read the full article at

<https://childrenshealthdefense.org/child-health-topics/known-culpit/ultrasound/prenatal-ultrasound-not-so-sound-after-all/>

It's More Than Just the Guns

Nearly every mass shooting incident shares one thing in common: all of the perpetrators were either actively taking powerful psychotropic drugs or had been at some point in the immediate past before they committed their crimes.

Multiple credible scientific studies going back more than a decade, as well as internal documents from certain pharmaceutical companies that suppressed the information, show that SSRI drugs (Selective Serotonin Re-Uptake Inhibitors) have well known, but unreported, side effects including but not limited to suicide and other violent behavior. One need only search relevant keywords or phrases to see for themselves.



www.ssristories.com is one popular site that has documented over 4500 "Mainstream Media" reported cases from around the world of aberrant or violent behavior by those taking these powerful drugs.

Read more at <https://www.ammoland.com/2013/04/every-mass-shooting-in-the-last-20-years-shares-psychotropic-drugs/#axzz5vqsroG00>

Psychiatric Drug Facts with Peter R. Breggin, M.D.

Psychiatric drugs such as Prozac, Paxil, Zoloft, Adderall, Ritalin, Concerta, Xanax, lithium, Zyprexa and others may spellbind patients into believing they are improved when too often they are becoming worse. Psychiatric drugs drive some people into psychosis, mania, depression, suicide, agitation, compulsive violence and loss of self-control without the individuals realizing that their medications have deformed their way of thinking and feeling.

Read more at <https://breggin.com/medication-madness/>

Words of Wisdom

Our greatest glory is not in never failing, but in rising every time we fall. Confucius

Did You Know?

Bill Murray had a blessing in disguise?

Bill Murray was a pre-med student until he got busted for pot on his 20th birthday. While waiting to board a plane in Chicago he jokingly told another passenger he had bombs in his bag. A ticket agent overheard him; US Marshals searched his luggage and found 10 lbs. of weed. He was put on 5 years' probation, and, in a flash, his college career was over ... so he became an actor instead.

Read more at

<https://www.esquire.com/entertainment/books/a37799/the-time-bill-murray-got-busted-for-pot/>

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Child cannot sleep because of large tonsils. A two-year-old girl was suffering from excessive snoring, choking, mouth breathing and obstructive

sleep apnea. She was waking up three times per night. MDs diagnosed her with oversized adenoids and tonsils (adenotonsillar hypertrophy).

Her MD prescribed fluticasone spray followed by a referral for surgical intervention if that didn't help.

After researching the medication, the infant's mother decided to take her child to a chiropractor who discovered a subluxation at the atlas and right ilium.



After her first chiropractic adjustment, the child had less snoring and was not waking up as frequently. After 15 visits over a 12-week period, a pediatric examination found normal sized tonsils and adenoids. Surgery was no longer discussed. (1)

Migraines in a 52-year-old woman. A 52-year-old woman had been suffering from migraine headaches 2-3 times a week for ten years. She also suffered from neck pain and spinal pain that radiated to her arms and legs for over 20 years. A neurologist said the cause of her migraines was "unknown." Her problems worsened after a motor vehicle accident two years prior to her chiropractic visit.

She was prescribed Prozac®, Synthroid® and Fioricet®. They were ineffective.



By her 3rd chiropractic visit, she excitedly reported she had not experienced any migraines since her first visit the prior week. A month later she remained completely migraine-free. After 10 weeks of continued care, the patient reported that all her presenting complaints of chronic migraines, neck pain and low back pain had completely resolved. All her prescriptions were discontinued. (2)



Humor

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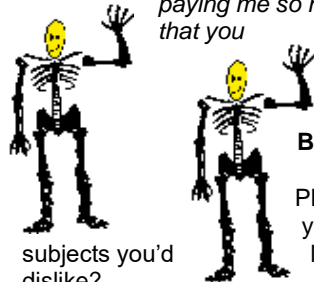
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As your attorney, it is my duty to inform you that it is not important that you understand what I'm doing or why you're paying me so much money. What's important is that you continue to do so. Oscar Acosta, Hunter S. Thompson's Samoan attorney



Bye, bye!!

subjects you'd dislike?

Please write or stop by and give us your feedback. Are there any like to hear about? Anything you 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.

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