

Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic
111 7th Street South Lethbridge AB
403.320.8080 November 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 day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence. To understand the true nature of the universe, one must think in terms of energy, frequency and vibration. Nikola Tesla

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In This Issue...



Reaching for the stars—now! Saving a baby's life with chiropractic. What puts the ache in headache? Organic food and cancer. What is Zombie eating? And more in this issue....

"The Chiropractor Will Kill Your Baby"

In addition to the research we give you every month, we thought a personal story would be a nice addition. Thank you to our colleague Guy Furno, DC for this story.

An 8-month-old girl was not speaking any words, was not hitting her developmental milestones, couldn't sit up on her own, could not hold her head up for too long, never turned her head to the left, held her breath, had rashes, and was constipated. When she would be in the high chair being fed, she would arch her whole body backwards and pass out unconscious.

The pediatrician and pediatric neurologist said the child needed proton pump inhibitors but that they would have to wait another 6 months to do an MRI because they needed to anesthetize her.

The parents asked about chiropractic care but both MDs told them that a chiropractor "would kill her."

The parents were terrified, but eventually they came to my office because the baby was getting worse and modern medicine offered no answers.

The parents brought in the child. I adjusted her at C1 to correct the subluxation. It took less than a minute. The parents asked, "that's it?" and I told them "that's it."

The parents called me that night to tell me that she was able to sit and eat without going unconscious and that she already had a bowel movement. Four days later at her next visit she was now rolling onto her belly, lifting her head while prone, turning her head to the left, and was no longer passing out. She was having about three bowel movements per day and, miracle of miracles ... I didn't "kill her."

Headaches and Chiropractic

What Puts the Ache in Headache?

The ache in headache does not come from your brain—your brain cannot feel pain. For example, during brain surgery a patient may be wide awake, talking to the surgeons while his brain is being operated on (a local anesthetic numbs the scalp). What puts the "ache" in headache? Stretched, compressed, irritated, inflamed or infected blood vessels, membranes and cranial nerves.



The Chiropractic Approach

Millions of headache sufferers turn to the natural, drug-free chiropractic approach to health. (1) Why? Because chiropractic has a unique approach—chiropractors are the only health professionals trained to analyze your body for a serious and often ignored condition that can damage your nerves, inflame your tissues, cause muscles to tighten and

knot, weaken your body, cause fatigue and set the stage for sickness and disease: the subluxation. A subluxation is a tiny distortion or misalignment in your spine that stresses your nervous system, the system that controls your body.

Patients who received chiropractic showed significant improvement, on a par with those given a powerful prescription drugs and without the side effects. (2)

Anyone suffering from headaches (and any other condition) should make sure they are free from subluxations—for the health of their whole body, not just certain parts.

The More Organic Food the Less Cancer



In a study, 68,946 French adult volunteers (mean age 44) were asked how much organic foods they ate. After adjusting for variables such as smoking, physical activity, alcohol intake, fiber intake and others, it was found that those who ate the most organic foods had the lowest risk of cancer.

Numerous other human and animal studies have shown the same thing. Why? The answer may be that there are less cancer-causing pesticides (or none) in organic foods. (3)

Nourishing Traditions

This can't be good, it's called Zombie eating.

"Zombie eating" is an almost universal practice in today's culture; 91% of respondents reported watching television while eating a meal or snack, and 49% say they watch TV while eating on a regular basis. (4)

Words of Wisdom

Any fool can know. The point is to understand. Albert Einstein

Did You Know?

- A bird 'chews' with its stomach.
- A car operates at maximum economy, gas-wise, at speeds between 25 and 35 miles per hour.
- A cesium atom in an atomic clock beats over nine billion times a second.
- Actor John Wayne made more than 200 movies.

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.

Tic douloureux. Trigeminal neuralgia, also known as "tic douloureux," is a chronic nerve disorder characterized by intense, persistent and often debilitating shooting sensations of pain in the face. The pain is so intense people have killed themselves and for that reason it is sometimes called the "suicide disease."



A 62-year-old woman came to a chiropractic clinic with a chief complaint of chronic right-sided facial pain of 2 years' duration which she said felt like stabbing and throbbing, "like a bunch of pitch forks."

She had experienced three separate automobile accidents over the past 27 years but had no residual symptoms. The pain began four months after she had had a dental surgical procedure, either a filling or root canal on a wisdom tooth on the right side of her face. Over the course of two years, numerous prescription drugs and alternative supplements had been prescribed by multiple doctors and specialists. She had spent over \$9,000 in personal funds seeking relief.

Over the course of six months, the patient received 26 chiropractic adjustments. As a result, she experienced significant reductions in frequency and duration of pain. (5)



Humor



The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not. Mark Twain

Bye, bye!!

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Mentally Picture Reaching Great Goals

*What would you love to achieve and accomplish?
What would you feel great about doing in your life?
What meaningful goals would you wish to reach?*

Imagine achieving and accomplishing everything that you would wish for.

Picture yourself reaching your highest aspirations and your most meaningful goals. Visualize yourself speaking and acting the way you would wish with the highest and best character traits.

Practice seeing yourself saying and doing the greatest things. Practice seeing yourself achieving everything that you would wish to achieve. This visualization is a great step forward in building your self-confidence. (1)



The More Organic Food the Less Cancer

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Questions and Answers About Chiropractic

Question: Is chiropractic dangerous?

Answer: No!

A study done by the World Health Organization, published in the journal *Spine*, found there was no evidence of excess risk of vertebralbasilar artery (VBA) stroke following chiropractic spinal adjustments. In the study, researchers noted that patients are no more likely to suffer a stroke following chiropractic care than they would after visiting their family doctor's office. (3) Also, malpractice insurance premiums for chiropractors are a fraction of that for MDs.

And They Say Vitamins and Homeopathy are Dangerous?

The 35th annual report from the American Association of Poison Control shows zero deaths from vitamins, homeopathic remedies, Asian medicine or ayurvedic medicine. (4)



Nourishing Traditions

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Words of Wisdom

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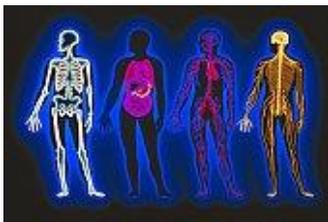
I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle. Winston Churchill

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

Did You Know?

- Actor John Wayne made more than 200 movies.
- Ralph Lauren's original name was Ralph Lifshitz.
- Rabbits like licorice.
- The Hawaiian alphabet has 13 letters.
- A lobster's blood is colorless but when exposed to oxygen it turns blue.

Researching Chiropractic



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

Probably most of them.

Migraine and hypnic headaches. A 59-year-old woman suffered from chronic migraines and hypnic headaches (headaches that wake people from sleep) along with nausea and skin rashes. Migraine has a global prevalence of 10% and is the seventh leading cause of time spent disabled. Hypnic headaches are less common.

The patient's migraines began 15 years prior and significantly affected her quality of life. During that time, her care consisted of Relpax™, a prescription drug, massage and Tylenol™. Her headaches continued unabated. She also recalled that her mother had migraines that began around her menopause.

Chiropractic care of two visits a week for 3 months and then once per week for 6 weeks resulted in resolution of her headaches as well as additional health benefits. (6)

Torticollis, cranial distortion and difficulty feeding. A 13-day-old boy and his twin sister were brought in for chiropractic evaluation and possible care. The boy had torticollis, difficulty latching to his mother's left breast and cranial distortion. The parents reported that the baby was very gassy and seemed uncomfortable daily. The pediatrician could offer no options.

The parents reported that the boy was in the head down position for most of his time in utero with the weight of his sister on top of him.

After analysis for subluxations of his spine and skull, the boy was adjusted while he was lying on a pillow on his back or on his mother's chest while she was lying on her back on the chiropractic table.

The child had seven visits over 6 weeks with continued improvements. He was able to latch onto both breasts, the gassiness had decreased and the torticollis had resolved. Improvements were noticed by his third appointment. (7)



Humor

Real fishing laws in the US

- In California, shooting any game from a moving vehicle is illegal if the target is a whale.
- In Chicago, Illinois fishing in pajamas is illegal.
- In Idaho fishing from a camel's back is against the law.
- In Muncie, Indiana, taking fishing tackle into a cemetery is a crime.
- In Indiana and Kansas catching fish with bare hands is unlawful.
- In Kentucky fishing with a bow and arrow is illegal.
- In Louisiana chasing fish in a city park is against the law.
- In Montana married women cannot go fishing alone on Sunday. Unmarried woman cannot go fishing alone at all.
- In Nebraska, Ohio and Oklahoma and Utah fishing for whale is illegal. (Those states don't even touch the ocean!)
- In Ohio getting a fish drunk is illegal.
- In Oklahoma fish cannot be in a fish bowl on a bus.
- In Pennsylvania using dynamite to catch fish is against the law.
- In Tennessee catching a fish with a lasso is illegal.
 - In New Jersey, men cannot knit during fishing season.



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References

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