

Body and Soul Chiropractic  
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December 1, 2019 403.320.8080

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.

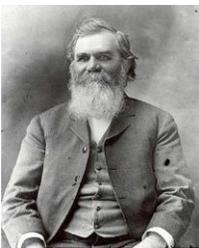
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### Questions and Answers About Chiropractic

**Question: What do these images have to do with chiropractic?**



**Answers:** The photo is of Dr. DD Palmer, the man who discovered chiropractic in 1895. He had to deal with much anger and animosity from established medical practitioners who have historically fought to retain their monopoly and restrict any competition.

Dr. Palmer spent his life promoting his new, drug-free healthcare system that concentrated on locating and releasing blockages (subluxations) in the spine and body structure.

The illustration is of the spinal column (also known as the vertebral column or “backbone”). Included in the illustration are the nerves coming out of the spinal cord and brain that transmit information and energy to internal organs. Also pictured are some internal organs.

Chiropractors locate subluxations along your spinal column and release (or adjust) these blockages, permitting your entire body to function with maximum communication between your brain and internal organs.

### Nourishing Traditions

Margarine is full of this toxic chemical. Vegetable oils such as soy, canola and seed oils are full of it. Hydrogenated and partially hydrogenated oils are full of it. What is it? Trans fats.

Trans fats have been linked to cancer, obesity, metabolism issues, heart disease, Alzheimer's and more. (1-3) More studies show that trans fats promote overall inflammation in the body. Worst of all your brain pays the highest price with memory loss, depression and reduced cognition. (4-5) Eliminating trans fats from all food is a win for “anti-kryptonite” food fighters everywhere. It also may force food companies to start using higher-quality fats in their products.

### Top Vaccine Scientist REFUSED to Vaccinate His Own Kids

A scientist at Merck, the pharmaceutical company that manufactures the MMR vaccine, publicly revealed why he refused to vaccinate his four children (and “they are super healthy”) and his concerns as to the science, safety and efficacy of vaccines. Watch the interview here:

<https://principia-scientific.org/top-vaccine-scientist-refused-to-vaccinate-his-own-kids/>

### Want to Get Pregnant?

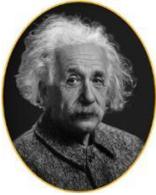
Infertility is a curse for couples wishing for a baby. If you are trying to get pregnant eliminate refined sugar. Refined sugar reduces fertility in males and females.

In a study of 3,828 women (aged 21-45) and 1,045 of their male partners, consumption of seven or more servings of sugar per week was associated with a 20% decrease in probability of conception. (6)



This study does not look at soy consumption which has been linked to impaired fertility as well. For couples wishing to get pregnant it's best to avoid both sugar and soy. (7)

**Words of Wisdom**



*Two things are infinite: the universe and human stupidity; and I'm not sure about the universe.* Albert Einstein

**Did You Know?**

**Indian words we use all the time**

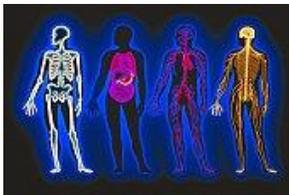
**Raccoon.** This animal's name comes from the Algonquin Indians. Their word *arahkun* was the word that became our *raccoon*.

**Kayak.** The Inuit people of Canada and Alaska called the cigar-shaped vessel *kayakas* or *qajaq*.

**Barbecue.** In the Caribbean, the Taino people hung up meat and vegetables above a fire and called it *barbacoa*, a "framework of sticks." When the Spanish encountered the Taino in the 1650s, they took the method of cooking onward to mainland America and *barbecue* took off.

**Squash.** To be "eaten raw or uncooked" is how the Narragansett people of Rhode Island described the *askutasquash*. The Pilgrims had them baked, pureed and simmered with other local vegetables.

**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.**

**Headaches and bedwetting in a 7-year-old.** A 7-year-old girl suffering from 3 months of mild to moderate headaches was brought in for chiropractic care. The headaches were more frequent during the day when she was at school. A pediatrician advised to increase water intake and Tylenol™ that provided temporary relief. The child additionally suffered from

enuresis (bed wetting).

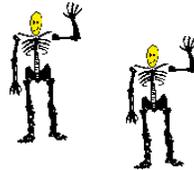
She was scheduled for chiropractic care at two times per week for 10 weeks. By the 4<sup>th</sup> visit there was a decrease in headache frequency. By the 10<sup>th</sup> week the headaches resolved. Care continued at a frequency of one weekly visit for 7 weeks and at the end of 7 weeks she continued to be free from headache attacks. Parents also reported that her enuresis had decreased. (8)

**Humor**

**REAL ANSWERS GIVEN BY KIDS ON A BIBLE KNOWLEDGE TEST**



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- Noah's wife was Joan of Ark.
- Lot's wife was a pillar of salt by day and a ball of fire by night.
- Moses went to the top of Mount Cyanide to get the Ten Commandments.
- The seventh commandment is "Thou shalt not admit adultery."
- Joshua led the Hebrews in the battle of Geritol.
- Jesus was born because Mary had an immaculate contraption.



**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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### What is Chiropractic?

Sometimes it's good to get back to basics. What is chiropractic? Is it a drug-free aspirin for pain and disability? Or is chiropractic more than that?

The goal of the Doctor of Chiropractic is to locate and adjust (correct or release) interference or blockage in your spinal column and other areas. Free of interference your body functions better: your immune system is stronger, your healing ability increases, your balance improves, your energy is better and your nervous system, immune system, hormonal, muscle and other systems work more efficiently.

The goal of chiropractic care is a stronger, more energetic, happier, healthier you! (and your children and family too!). Without dependence on drugs!

Chiropractors locate what other doctors miss. And in the process free you from deep stress, pain and malfunction. For that reason and more, millions of people visit their doctors of chiropractic—and the numbers are growing. Chiropractic is the #1 drug-free, natural healing profession in the world.

### Life Span vs. Life Expectancy

Are people living longer today than they were 100 years ago? How about 200 years ago? How about 2,000 years ago? The answer is, "No."

"What?" I hear you say, "Wasn't the average life span around 50 when our country was founded? Wasn't it around 35 during Roman times?" Yes, but that doesn't have anything to do with longevity. Lots of people have lived long lives since time immemorial. For example, many of the signers of the Declaration of Independence lived well into their 70s, 80s and 90s. The ancient world spoke of many people living well beyond the "three score and ten" years of the Bible (in Psalms).



And yet, with all our modern conveniences, all our modern medicines, how could we say we are not living any longer? We're dealing with definitions and the differences between life span and life expectancy. What is the difference?

**Life span** is the number of years that one person lives. We can calculate an average life span of people in a group if we have birth and death dates for its members. You will have only one life span. **Life expectancy** is the number of years that someone is expected to live from a specific starting point. Your life expectancy changes as you grow older and as you face different risks.

*Many infants and young children in America used to die due to infections. High infant and child mortality kept life expectancy (which is usually expressed as life expectancy from birth) low until well into the 20th century, but once people passed those vulnerable early years, the life expectancy was much higher. For instance, the life expectancy for a female born in 1900 was about 48 years old, but if she reached age 20, her life expectancy was over 60, and at age 40, her life expectancy was nearly 70. (1)*

So, while life expectancy changes, once a person lives past their childhood, by the time they reach 40 their chances of living to 70 or 80 or beyond (life span) is no different today than 2,000 years ago! (2)

So, you are not living longer than your great, great, great ... grandparents once you pass your dangerous younger years.

### A Tale of Two Nurses' Stations

Two nurses' stations in the same hospital revealed significant differences between the south ward nurses and the north ward nurses.

The south ward nurses had lower blood pressure, lower heart rates, less sleepiness and a superior mood compared to the north ward station nurses.

They also laughed more and communicated better. There was also a reduced number of medication errors.

The difference? The south ward nurses' station had windows that looked out to the sky and a courtyard. The north ward nurses had T8 fluorescent bulbs mounted into the ceiling as their only light source. (3)

## Did You Know?

### Indian words we use all the time

**Pecan.** Whether eaten raw or baked into a pecan pie the word *pakani* meaning "hard nut" was used by the tribes of the Illinois Confederation.

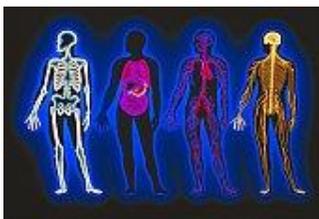
**Mississippi.** The Ojibwe people that lived where the river begins in Minnesota called it the *misiziibi* for "great river."

**Caucus.** In US politics, a caucus is a meeting of party leaders. An Algonquin word *caucauas* for "counselor" or "advisor" is believed to be the source of the word.

**Moccasin.** The Powhatan word is *makasin*. The Mi'kmaq called it a *mksin*. In Ojibwe, it's a *makizin*. Designs vary from tribe to tribe.

**Succotash:** This is a dish with sweet corn, beans, okra or other vegetables. In New England, the Narragansett word *Sohquttahhash* means *broken corn kernels*.

## Researching Chiropractic



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

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**Meniere's Disease and trigeminal neuralgia.** A 59-year-old female patient was seeking care following head and neck trauma after a fall down stairs 18 years earlier. Two to three years later she also had a rear end collision. She was later diagnosed with Meniere's Disease—dizziness and hearing loss and Trigeminal Neuralgia—intense facial pain (sometimes called the "suicide disease"). Her MDs were unable to help her.

Over the course of eight weeks of upper cervical care she only needed one correction.

After eight weeks, her trigeminal neuralgia and Meniere's symptoms went from 8/10 to 0/10. She had no episodes since her first adjustment. (4)

### Low back pain and placenta previa in a pregnant woman.

A 24-year-old woman in her 12<sup>th</sup> week of gestation and suffering from lower back pain began chiropractic care. She was also diagnosed with placenta previa.



Chiropractic analysis revealed vertebral subluxations in the cervical, lumbar and sacroiliac regions upon examination.

Over a four-week period of chiropractic care her subluxations were addressed. After one week, the lower back pain had decreased significantly. By the end of the fourth week, she reported complete resolution of both lower back pain and she no longer had placenta previa. (5)

## Humor



### REAL ANSWERS GIVEN BY KIDS ON A BIBLE KNOWLEDGE TEST

- The people who followed Jesus were called the 12 Decibels.
- The epistles were the wives of the apostles.
- One of the opossums was St. Matthew.
- Salome danced in seven veils in front of King Harrod's.
- Paul preached acrimony, which is another name for marriage.
- David fought the Finkelsteins, a race of people who lived in biblical times.
- The Jews had trouble throughout their history with unsympathetic Genitals.
- A Christian should have only one wife. This is called monotony.



give



**Bye, bye!!**

about?

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