

Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic
111 7th Street South, Lethbridge, AB
403.320.8080 January 1, 2020

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.

This Issue's Table of Contents

- Gratitude
- Questions and Answers About Chiropractic
- Speaking of Brain Health
- Words of Wisdom
- Did You Know?
- Researching Chiropractic
- Humor
- References



Gratitude

Your emotions affect every cell in your body. Every health issue can be cured or at least ameliorated by positive emotions. The science of psychoneuroimmunology (PNI) shows us that heart-focused, sincere, positive feeling states boost the immune system, while negative emotions may suppress the immune response for up to six hours following the emotional experience. (1)

Powerful examples of the power of the mind over the body is revealed when a person with terminal illness such as cancer has an emotional catharsis that is followed by a complete remission. The tumor melts away, it disappears. *Spontaneous Remission: An Annotated Bibliography* by Caryle Hirschberg and Brendan O'Regan published in 1993 by The Institute of Noetic Sciences documents over 1,000 such cases.

The most powerful healing emotion

If it isn't the most powerful healing emotion it ranks up there with them and that is heartfelt gratitude, also called appreciation and thankfulness. Over 300 independent peer-reviewed studies have shown that feelings of gratitude, appreciation and thankfulness improve a person's ability to focus and to sleep as well as decrease anxiety, fatigue and depression. (2)

The **HeartMath**® organization has a technique that helps achieve emotional coherence, which improves the efficiency of the immune system. Here is how they do it:

- Be aware of how you feel about an issue at hand.

- Breathe a positive feeling or attitude.
- Be objective, as if the issue or problem is someone else's.
- Rest peacefully in this neutral state, allowing your heart intelligence new perspectives and possibilities.
- Soak and relax all resistances and disturbing or perplexing feelings in your heart's compassion.
- Ask for guidance, then be patient and receptive. While awaiting an answer from the heart find something or someone to genuinely appreciate.

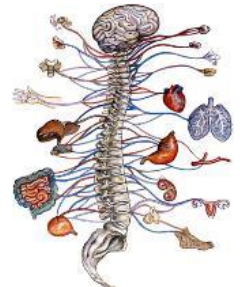
See the complete article at: <https://www.heartmath.com/blog/health-and-wellness/solution-for-improving-your-immune-system/>

Questions and Answers About Chiropractic

Question: How young can a person be to receive chiropractic care?

Answer: All children, babies and infants can (and should) receive chiropractic care. Why? Don't they have spines? Didn't they go through the rigors of the birth process? Don't kids run and play and fall and get hurt? What child has not had a trauma? Actually, a large number of infants are accidentally dropped or fall from a height (even the changing table or the bed). They all need their spines to be checked and, if needed, adjusted.

The illustration applies to every human: the spinal column (vertebral column or "backbone"), nerves coming out between the bones so the spinal cord and brain can communicate with the internal organs, blood vessels and glands (some are pictured).



Chiropractors locate and correct spinal subluxations, permitting the entire body to function at its optimum (including your child's).

Speaking of Brain Health



Avoid the flu shot

Most flu vaccines contain 25 mg of brain-cell (neuron) damaging mercury that has been linked to Alzheimer's Disease and dementias as well as autism, immune system damage and neurological disorders. To ensure a healthy brain, don't get a flu shot (especially if you are pregnant or even thinking about it).

Words of Wisdom



Peace, commerce, and honest friendship with all nations – entangling alliances with none. Thomas Jefferson

Their nature ... is to argue and procrastinate, yet we persist in electing lawyers to congress. Benjamin Franklin

Did You Know?

- African Grey Parrots have vocabularies of over 200 words?
- A giraffe can clean its ears with its 21-inch tongue?
- Australia was originally called New Holland?
- "The quick brown fox jumps over the lazy dog" uses every letter in the English alphabet?
- Your foot has 26 bones in it?
- The average human brain contains around 78% water?
- 1 nautical knot equates to 1.852 kph (1.150 mph)?

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.

Concussion in two patients. The first patient is a 16-year old girl with vertigo, brain fog and headaches. She was suffering for 3 months after falling from a horse and receiving a head trauma. She was diagnosed with "post-concussion syndrome" by a neurologist.

The second patient is a 30-year-old woman suffering from migraine headaches and vertigo after she was in a motor vehicle accident where she struck her head against the steering wheel.

Both patients had no previous history of vertigo or headache prior to the described head trauma. They were each seeing an MD (neurologist) with no improvement in vertigo or headache symptoms.

After receiving chiropractic care, both patients reported reduction in frequency and intensity of headache and vertigo episodes. At a one-year follow up, the 30-year-old female experienced full resolution of headache and dizziness symptoms while the 16-year-old female experienced a re-occurrence of symptoms that resolved after another visit. (3)

Back pain in pregnancy. A 24-year-old in her 10th week of pregnancy was suffering from low back discomfort that began with her pregnancy. She also had prior upper back pain and tightness for the past two years. Her pains increased with prolonged standing or sitting, especially with bad posture.



The patient began chiropractic care. She had two visits a week for 3-4 weeks and once a week after throughout her pregnancy for a total of 16 visits over a 3-month period. She was able to work without pain and decided to continue her care throughout her pregnancy. (4)

Humor

Depending on whether they are pitching, catching or spectating, these are words of wisdom, painful retorts or a bit of both.



I have never killed a man, but I have read many obituaries with great pleasure. Clarence Darrow

Thank you for sending me a copy of your book; I'll waste no time reading it. Moses Hadas

A modest little person, with much to be modest about. Winston Churchill

He can compress the most words into the smallest idea of any man I know. Abraham Lincoln

I didn't attend the funeral, but I sent a nice letter saying I approved of it. Mark Twain

He has no enemies, but is intensely disliked by his friends. Oscar Wilde

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.

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Bonus

15 BEST THINGS TO SAY IF YOU GET CAUGHT SLEEPING AT YOUR DESK:

15. "They told me at the blood bank this might happen."
14. "This is just a 15-minute power-nap like they raved about in the last time management course you sent me to."
13. "Whew! Guess I left the top off the liquid paper."
12. "I wasn't sleeping! I was meditating on the mission statement and envisioning a new paradigm!"
11. "This is one of the seven habits of highly effective people!"
10. "I was testing the keyboard for drool resistance."
9. "Actually I'm doing a "Stress Level Elimination Exercise Plan" (SLEEP) I learned it at the last mandatory seminar you made me attend."
8. "I was doing a highly specific yoga exercise to relieve work related stress."
7. "Darn! Why did you interrupt me? I had almost figured out a solution to our biggest problem."
6. "The coffee machine is broken...."
5. "Someone must've put decaf in the wrong pot."
4. "Boy, that cold medicine I took last night just won't wear off!"
3. "Ah, the unique and unpredictable circadian rhythms of the workaholic!"
2. "I wasn't sleeping, I was trying to pick up my contact lens without hands."

AND THE #1 BEST THING TO SAY IF YOU GET CAUGHT SLEEPING AT YOUR DESK:

1. "Amen!"

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- Nourishing Traditions
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- Words of Wisdom
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Please Avoid Hand Sanitizers

Don't let them spray you! Get rid of the bottle of hand sanitizer! It's got BPA—a poison that is absorbed through your skin.



What is BPA (bisphenol A)? It is an organic synthetic compound used to harden plastics. It's in baby bottles, sippy cups, baby formula cans, medical devices, compact discs, dental sealants, water bottles, the lining of canned foods and drinks, and many other products. While the hard outer shields of some pacifiers do have BPA, the nipple that the baby sucks on does not.

More than 90% of us have BPA in our bodies right now. We get most of it by eating foods that have been in containers made with BPA. (1)

It has been found to be an endocrine disruptor and is linked to cognitive impairments, male and female infertility as well as impotence. (2) BPA easily leeches out of the plastic into whatever it's containing: water, food, infant formula, etc.

"Now, the six major companies that make baby bottles and cups for infants have stopped using BPA in the products they sell in the U.S. Many manufacturers of infant formula have stopped using BPA in their cans, as well."(3)

What to do? Avoid plastics as much as possible, especially for eating and drinking and especially baby products. Use glass instead or paper. Especially avoid hand sanitizers (if your hands are dirty use soap and water).

Nourishing Traditions

Good nutrition for your brain and mental health

The brain is mostly composed of fat and yet the standard American diet (SAD) that most people eat is seriously fat deficient. Some of the most important vitamins for brain health (A, D, E, K) need fat in order for the body to absorb and utilize them and most people are fat deficient.

Dairy products from happy, grass-fed cows, eggs from happy chickens and organic foods are good for your brain and nervous system.

Organic foods are not grown with pesticides, herbicides, fungicides and Roundup® (glyphosate). There are also some foods that should be especially avoided because they depress and damage the nervous system such as refined sweeteners, artificial sweeteners (i.e. NutraSweet® [aspartame], Splenda®), MSG, GMOs (genetically-modified organisms), soy (depresses thyroid function), wheat (unless soaked, fermented and sprouted), vegetable oils (cause inflammation in the heart and blood vessels), margarine and "butter spreads."

A vegan or vegetarian diet is often lacking in nutrients that support mental health such as vitamins A, D and B12 and minerals such as zinc and iron. Studies show that vegans and vegetarians suffer from more depression and anxiety.

For more information and references go to www.westonaprice.org.

Words of Wisdom

The right to be left alone ... the right most valued by civilized men. Louis Brandeis



Did You Know?

- About 90% of the world's population kisses?
- Coca-Cola originally contained cocaine?
- The internet was originally called ARPANet (Advanced Research Projects Agency Network) and was designed by the US Department of Defense?
- Toilets account for 35% of indoor water use?
- The fortune cookie was invented in San Francisco?
- All insects have 6 legs?
- The croissant was invented in Austria to celebrate the victory over the Muslim invasion of Europe?
- In eastern Africa you can buy beer brewed from bananas?

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Chronic otitis media and failed drug and antibiotic therapy. Acute otitis media (AOM) is very common among children with as many as 60% of children by the age of three having experienced at least one episode. Parents are scared because the child is often in pain and crying and many parents turn to various drugs and even ear tube surgery.

This is the case of one lucky 3-year-old child with a history of chronic ear infections who was brought in for care. She was given numerous rounds of over-the-counter medications and antibiotics that did not resolve the issue. She was finally scheduled for ear tubes (tympanostomy ventilation tube surgery).



Under chiropractic care subluxations were located in the child's spine and she received spinal adjustments appropriate for her age and size.

After four visits (in two weeks) she was brought back to her pediatrician for further evaluation. The child's medical doctor determined that her infection had cleared and the surgical procedure was cancelled. The patient's mother elected to have her child receive chiropractic care on a wellness basis thereafter. (4)

Humor



Depending on whether they are pitching, catching or spectating, these are words of wisdom, painful retorts or a bit of both.

An exchange between Churchill & Lady

Astor:

"Winston, if you were my husband I'd give you poison."

Mr. Churchill responded, "If you were my wife, I'd drink it."

A member of Parliament to Disraeli:

"Sir, you will either die on the gallows or of some unspeakable disease."

"That depends, Sir," said Disraeli, "on whether I embrace your policies or your mistress."

He had delusions of adequacy. Walter Kerr

He has all the virtues I dislike and none of the vices I admire. Winston Churchill

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. The Facts About Bisphenol A.[Blog post]. Retrieved from: <https://www.webmd.com/children/bpa#1>
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