

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.

A study in the Washington Post says that women have better verbal skills than men. I just want to say to the authors of that study: Duh. Conan O'Brien

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The Beauty and Magic of Winter

If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.

Anne Bradstreet

Some people love the winter: the cold weather, going outside in the snow, the darkness. Some people hate the winter: the cold weather, having to go outside in the snow, the darkness.

But winter has a beauty and a purpose. Winter is part of the cycle of life. In the winter nature goes deep into a special sleep, a sleep of preparation for growth. After all, without winter there wouldn't be a beautiful spring with the expansion of life, growth and restoration.

In seed time learn, in harvest teach, in winter enjoy.
William Blake

From another perspective, winter is a time of introspection, going internal, going into our hearts, our souls, a preparation for the rejuvenation that is coming.

In winter we patiently await our return to greater life and healing. That is the message of winter. May we use our winter wisely so we may embrace a flowering, flourishing spring.



Questions and Answers About Chiropractic

Question: What is a subluxation and why are they so dangerous?

Answer: A subluxation is a distortion in your spinal column and body structure that affects your brain, spinal cord and nervous system. Chiropractors spend years learning how to locate and adjust subluxations using various physical testing devices, body biofeedback and other instruments as well as X-rays and imaging devices. Why are subluxations so bad?

Disconnection

The subluxation is a "communication disorder" wherein your parts have become disconnected; your parts, muscles, disks, ligaments and organs aren't working together as efficiently as they could be working; there may be too much or too little cerebral spinal fluid, lymphatic fluid and/or blood flow to vital body organs.



When you are disconnected your resistance to disease lowers, your ability to detoxify from life's stresses drops and you are less alive. The term used to describe this is disease.

The goal of the chiropractor

The goal of the chiropractor is to locate and remove subluxations so you may be better connected to yourself.

What is the best age for chiropractic care?

Everyone needs to be checked for subluxations and to have them adjusted by a chiropractor.

Whether you are sick or apparently healthy, subluxations are interfering with your health. There is no age limit for a person to get chiropractic care: 1 day old or 120 years old.

Everyone needs chiropractic checkups: pregnant women, professional athletes, kids—it is essential for everyone to be subluxation-free. That could make the difference between having energy or being exhausted all the time, between living a life of health or a life of sickness, between healing or deteriorating.

Nourishing Traditions

A sweet and healthier new year

Although it's originally from sugar cane or sugar beets, "pure" sugar is so processed that it has no minerals or vitamins at all. Sugar's empty calories displace other foods and in fact, create malnutrition. The use of sugar is new to the human race. Look at these statistics:

- In 1700 the average person ate four pounds of sugar a year.
- In 1800 it was 18 pounds a year.
- In 1900 it was 90 pounds per year.
- Today it's 180 pounds of sugar a year!

But things are even worse because most of today's sweetener comes from high fructose corn syrup, a chemical concoction that is artificially manufactured and damages the body even

worse than “pure” sugar. Soft drinks are loaded with this dangerous chemical—if they are “diet” drinks it’s even worse!

Everywhere sugar was added in the world, sickness followed. For example, in 1890 the US obesity rate for white males was 3.4%. Today it is 32%—and climbing!

But obesity is just one condition sugar is linked to. Sugar is also linked to diabetes, low-blood sugar, ADD, cancer, brain fog, addiction, depression, candida, dental caries, gout, premature aging, poor sleep, infertility, high triglyceride levels, chronic fatigue syndrome, malnutrition, “rubber tire syndrome” and much, much more.

Sugar is especially dangerous for children. Sugar gives us a sickly child, and in later years a chronically ill adult.

What do our children need?

Children (and adults) need nutrient-dense foods for a healthy brain and body—eggs, meat, butter, lard, tallow, cream and organic vegetables.

Healthier, natural sweeteners are maple syrup, maple sugar, honey, coconut sugar and date sugar. Use them to make healthy desserts that include egg yolks, cream, nuts, butter and other natural fats.

You can also replace sugary foods with cheeses, nuts and other high fat foods. The more fat in your diet the thinner you are. The more sugar, the more obese you are.

There’s even a cool song describing how eating more fat makes you lean. Enjoy it!

Butter Makes Your Pants Fall Off

<https://www.youtube.com/watch?v=B5S6YUDJ9HI>

For more information about healthy eating go to www.westonaprice.org.

Words of Wisdom



The wise man, even when he holds his tongue, says more than the fool when he speaks. Yiddish proverb

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. Albert Einstein

Did You Know?

- In 1878 the first telephone book made contained only 50 names
- Popcorn was invented by the Aztec Indians
- Hippopotamuses have killed more people in Africa than any other animal
- An elephant’s ears are used to regulate body temperature

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.

Cystic fibrosis in a 34-year-old woman. A 34-year-old woman who was medically diagnosed with cystic fibrosis (CF) at age 24, presented for chiropractic care. CF is considered a genetic disease.

She suffered from difficulty breathing from chronic upper respiratory and sinus infections every 2-3 months and was prescribed antibiotics. She reported that after taking the antibiotics her CF symptoms got worse. She also described a poor quality of life and sleep disturbances due to her CF symptoms.

Chiropractic analysis revealed vertebral subluxations at the following spinal levels: C1, C6, T5 and L5. Her subluxations were adjusted.

After 6 months of chiropractic care she reported decreased use of antibiotics, improvement in her quality of life with easier breathing, better sleeping and decreased incidence of recurrent infections. (3)

Humor



Use These At Your Own Risk

They never open their mouths without subtracting from the sum of human knowledge. Thomas Brackett Reed

In order to avoid being called a flirt, she always yielded easily. Charles, Count Talleyrand

He loves nature in spite of what it did to him. Forrest Tucker

Why do you sit there looking like an envelope without any address on it? Mark Twain

His mother should have thrown him away and kept the stork. Mae West

Some cause happiness wherever they go; others, whenever they go. Oscar Wilde

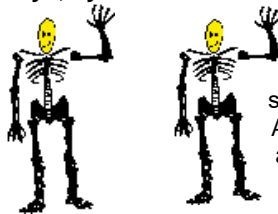
He uses statistics as a drunken man uses lamp-posts—for support rather than illumination. Andrew Lang

He has Van Gogh’s ear for music. Billy Wilder

I’ve had a perfectly wonderful evening, but this wasn’t it. Groucho Marx

I once wanted to become an atheist but I gave up. They have no holidays. Henry Youngman

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

3. Stone-McCoy P, Smith AL, Alcantara J. Improvements in quality of life & sleep along with decreased infections & antibiotic use in a patient with cystic fibrosis: a case report & review of the literature. *Annals of Vertebral Subluxation Research*. November 11, 2019:158-161.

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- Gardasil Deaths and Injuries Continue to Grow
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When you are disconnected your resistance to disease lowers, your ability to detoxify from life’s stresses drops and you are less alive. The term used to describe this is dis-ease.

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Gardasil Deaths and Injuries Continue To Grow

According to the federal Vaccine Adverse Event Reporting System (VAERS), as of 7/14/2019 there had been 62,687 reported adverse incidents with HPV vaccines (i.e. Gardasil®), including 510 deaths, 15,413 emergency room visits, 6,309 hospitalizations and 3,031 permanent disabilities.

According to Dr. David Kessler, who was the head of the FDA under Presidents George H. W. Bush and Bill Clinton, these injuries are probably less than 10% of the actual number. The safety record for HPV vaccines is so troubling that Japan ended their recommendation of HPV vaccination for Japanese girls in 2014.

Gardasil testing data leads to questions about the safety of this vaccine. Merck, the developer and maker of the vaccine, is charged with submitting fraudulent documents in the licensing process. A lawsuit is under way in California, Robi v. Merck, that alleges that Merck submitted fraudulent safety and efficacy data to the federal government.

Words of Wisdom



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Did You Know?

- A hummingbird's heart beats over 1,000 times a minute
- Dragonflies have 6 legs but can't walk
- A crocodile can't move its tongue



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VBAC and breech position. A 28-year old woman who was 39 weeks pregnant had her unborn child in a breech position (transverse lie). This was her 3rd pregnancy—the second ended in a Cesarean section.



Chiropractic adjustments for vertebral subluxations relaxed and opened her pelvis, permitting the baby to turn into a non-breech position. The mother was able to experience a natural, vaginal birth after cesarean (VBAC) with no complications. (1)

Radiating neck pain, headache and dizziness. A 49-year-old man was suffering from neck pain that was radiating into his upper arms. He said the pain was constant, severe, sharp and aching. The pains limited his ability to turn his head, caused vertigo looking over his shoulder and caused numbness into his right hand. He also had problems lifting objects, reaching overhead, showering or bathing, bending over, lying down, sleeping and decreased work performance due to his neck pain.

Over-the-counter drugs and heat packs only temporarily relieved his symptoms. A chiropractic analysis revealed



numerous vertebral subluxations that were corrected on every visit.

After one month of chiropractic care he reported 90% relief of neck pain and a complete resolution of hand numbness. After 6 months of chiropractic care his neck pain was nearly completely resolved; his headaches, vertigo and hand numbness were completely resolved. The patient stated he noticed his posture had improved and his energy level had increased. (2)

Humor



Use These At Your Own Risk

He has never been known to use a word that might send a reader to the dictionary. William Faulkner (about Ernest Hemingway)
Poor Faulkner. Does he really think big emotions come from big words? Ernest Hemingway (about William Faulkner)

I am enclosing two tickets to the first night of my new play; bring a friend.... If you have one. George Bernard Shaw to Winston Churchill
Cannot possibly attend first night, will attend second.... If there is one. Winston Churchill, in response

I feel so miserable without you; it's almost like having you here.
Stephen Bishop

He is a self-made man and worships his creator. John Bright

I've just learned about his illness. Let's hope it's nothing trivial. Irvin S. Cobb

He is not only dull himself, he is the cause of dullness in others.
Samuel Johnson

He is simply a shiver looking for a spine to run up. Paul Keating

There's nothing wrong with you that reincarnation won't cure. Jack E. Leonard

He has the attention span of a lightning bolt. Robert Redford

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1. Stone-McCoy P, McNeill S. Resolution of transverse lie presentation confirmed by ultrasound & successful VBAC in a pregnant woman undergoing chiropractic care for vertebral subluxation. *Journal of Pediatric, Maternal & Family Health, Chiropractic*. July 15, 2019:82-86.
2. Radcliffe M, Oakley P, Radcliffe T et al. Resolution of cervicogenic radiculopathy, neck pain, headaches & vertigo following reduction of subluxation, lateral head translation and forward head posture in a 49-year-old male: a CBP® case report with 10-month follow up. *Annals of Vertebral Subluxation Research*. October 29, 2019;133-140.

Bonus

Simplified Urine Test

For those that can't get to a urologist here is a simplified urine test.

Go outside and pee in the garden:

If ants gather – diabetes.

If you pee on your feet – prostate.

If it smells like a barbecue – cholesterol.

If when you shake it, your wrist hurts – osteoarthritis.

If you return to your room with your penis outside your pants – Alzheimer's.

Deathbed Wisdom?

The priest was preparing a man for his long day's journey into night. Whispering firmly, the priest said, "Denounce the devil! Let him know how little you think of his evil!"

The dying man said nothing.

The priest repeated his order.

Still the dying man said nothing.

The priest asked, "Why do you refuse to denounce the devil and his evil?"

The dying man said, "Until I know where I'm heading, I don't think I ought to aggravate anybody."