

# Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic  
111 7<sup>th</sup> Street S. Lethbridge, AB  
403.320.8080 March 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.

*A bartender is just a pharmacist with a limited inventory.* – Attributed to Albert Einstein

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## An Eternal Spring

Winter, spring, summer, fall, winter, spring, summer, fall, winter—those are the seasons and the cycles of life. Birth, growth, decay and death, these are the seasons of our lives. Yet our macrocosm is a reflection of our microcosm because every organ, tissue and cell has its own cycle of life. Throughout our lives, there is constant birth, growth, decay, death and rebirth. Your body is alive but not static, it must replace its parts all the time.

Every cell in your body is replaced at least once every 7-8 years. But some are replaced at an astounding rate. For example, your body replaces about 4 million red blood cells every day, your stomach cells are replaced every 2-4 days. You have a new skin every 10-30 days, a new cervix every 6 days, new taste buds every 10 days.

There are just a few parts of your body where the cells are not replaced: you don't replace lens cells or oocytes in the ovaries—they are for life. (1)

The key to healing is to replace sick or damaged cells with healthy cells. How do we do that? Chiropractic care is a very powerful healing art that helps to keep your body properly balanced, without obstructions to your nerves and brain, so life energy and information may flow to all your parts and you become healthier day by day. Regular chiropractic care ensures that your body is free from life-damaging spine and nerve stress.

This helps keep your energies flowing and your brain's information to each cell at close to ideal.

Every day we're getting one day closer to spring. Make sure all your cells are replaced with healthier cells so you may have an eternal spring in your body for your entire life.

## Questions and Answers About Chiropractic

**Question:** Why do chiropractors spend so much time working on my back?



**Answer:** Because that's where the nerves are. There's a common misconception that because chiropractors work on the spine their care is limited to spinal pain and spinal problems such as backache, disc problems, sciatica, hip or neck problems.

But that is an incomplete way of looking at things. We chiropractors locate and release spinal nerve pressure. Your body functions in a more balanced manner, with less stress on the entire system especially your internal organs. So you can heal yourself, no matter what the condition.

That's why you'll see children in our office with asthma, allergies, ear infections, pneumonia, colds, flu—and adults with immune conditions, headaches, migraines, infertility, menstrual problems (see the case history below) and more!

We work on your spine, because that's where the nerves can get irritated and interfere with the information going to (and from) the internal organs. That's why we give you adjustments there.

## Words of Wisdom

*A person who gathers honey will not escape being stung by bees. A person who gathers roses will not escape being scratched by thorns. The positive things in life also have negative aspects. Keep your focus on the beautiful roses of the world, and the thorns will seem trivial and inconsequential.* – Rabbi Piskin, *Gateway to Happiness*



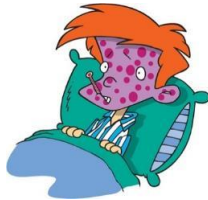
## Side Effects of the Measles Vaccine

According to the Centers for Disease Control and Prevention (CDC) there were ZERO deaths from measles in the US during a ten-year period. Measles has become a largely benign limited condition.

However, in contrast, the US Vaccine Event Reporting System (VAERS) reported 108 deaths from the measles vaccine.

Which is more dangerous? Getting measles or getting the measles shot?

Never mentioned in the made-up controversy about the measles cases in the US—about 1,000 out of a population of over 300,000,000—was that no child died and that many of the people who came down with measles were fully vaccinated. Also, never mentioned are the benefits of measles. Measles strengthens and matures a child's immune system; people who have measles and other viral infections as children have less heart disease, stroke and cancer as adults. (2)



Maybe nature knows best? These "diseases" serve a purpose and are protective in the long run. Just manage them properly.

## Did You Know?

- Grapes light on fire in the microwave? Kids, don't try this at home.
- There are almost 8 million possible seven-digit phone numbers per area code?
- McDonald's once created bubblegum-flavored broccoli? Developed in 2014 as a tastier version of the leafy green for children. It was a complete failure (kids were confused by the taste).

## 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.**

**Constipation.** A three-year-old girl suffered from a full year of constipation. She was unable to have a non-laxative induced bowel movement. After 4 or 5 days of no bowel movements her parents would begin giving her laxatives until it triggered a bowel movement, which was reported to be large, very firm and an overall traumatic experience for the child.



Spinal examination revealed vertebral

subluxations of her neck (cervical spine). Chiropractic adjustments were utilized to correct the cervical subluxations and after two office visits, she started having daily bowel movements. Within a three-month period of weekly chiropractic visits and adjustments, the patient's constipation resolved completely. (3)

## Humor

- The nicest thing about the future is that it always starts tomorrow.
- Money will buy a fine dog but only kindness will make him wag his tail.
- If you don't have a sense of humor you probably don't have any sense at all.
- Seat belts are not as confining as wheelchairs.
- A good time to keep your mouth shut is when you're in deep water.
- How come it takes so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?



## Bye, bye!!



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Feedback is always important to 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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## Healthy Living Chiropractic Newsletter

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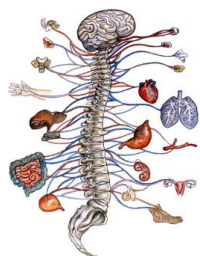
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### Questions and Answers About Chiropractic

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### The Marilyn Monroe Diet

She was considered one of the most beautiful women in the world and is still idolized by millions. Do you know her dietary secrets?

The September 1952 Pageant magazine highlighted the "Marilyn Monroe diet" in which she described her eating habits in her own words:

#### For breakfast.

*Before I take my morning shower, I start warming a cup of milk on the hot plate I keep in my hotel room. When it's hot, I break two raw eggs into the milk, whip them up with a fork, and drink them while I'm dressing. I supplement this with a multi-vitamin pill, and I doubt if any doctor could recommend a more nourishing breakfast for a working girl in a hurry.*

(No white omelets or skimmed milk for her.)

**Dinners.** Instead of opting for the best restaurant food which she undoubtedly could easily afford, this is what she would do:

*My dinners at home are startlingly simple. Every night I stop at the market near my hotel and pick up a steak, lamb chops or some liver, which I broil in the electric oven in my room. I usually eat four or five raw carrots with my meat, and that is all. I must be part rabbit; I never get bored with raw carrots. (1)*

For occasional treats, ice cream sundaes were her favorite on the way home from her evening drama classes. No mention of any bread, cakes, pastries, cookies or pies, low fat foods, bagels, crackers and other refined carbs.

In summary, her diet was high in fat and nutrient-rich with animal foods. She avoided processed and refined foods, grain-based and starchy foods. Ms. Monroe spent only 10 minutes each morning working out with small weights. Light jogging, yoga and horseback riding were other active pursuits she enjoyed: no special trainers, heavy lifting or sweaty workouts.

Marilyn Monroe focused on simple, self-prepared, whole, high-fat, low-carb nutrient-dense foods. Without knowing it she was following a ketogenic lifestyle.

### Words of Wisdom

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## Did You Know?

- The average US household has 300,000 things in it? Yeah, we like stuff. Lots of stuff.
- Shakespeare invented more than 1,700 words? These include moonbeam, laughable, eyeball, bump, puking, champion, bedroom, excitement and zany.

## Preventing Colorectal Cancer

Colorectal cancer and deaths in young people (in the prime of life!) as well as older people are increasing. Why?

A prime suspect is glyphosate (Roundup®). It is a toxic herbicide sprayed on crops. Roundup damages a child's (and adult's) intestinal flora (population of microorganisms). The result can create a "leaky" gut where partially digested foods "leak" out of the intestines into the blood and enter the brain and internal organs. These leaks make a body toxic—a perfect breeding ground for cancer.

Amazingly, this toxic, poisonous herbicide is still sold in garden supply stores. It is still legal! Government agencies are not doing their jobs. This toxic product should be removed from the market.

### To ensure your child's health (and your own):



Only purchase organically labeled foods meaning they are non-GMO, grown without herbicides, pesticides and fungicides and not sprayed with Roundup after harvesting. Commercial breads and bread products are increasingly adulterated.

Roundup has been linked to more than leaky gut and intestinal diseases. Roundup has also been linked to autism, birth defects, Alzheimer's, ADD, heart disease, depression, lymphoma, Parkinson's and more. (2-3)

## She Should Know

Dr. Marcia Angell, for 20 years, was an editor of the most prestigious medical journal in America: *The New England Journal of Medicine*. On January 15, 2009, the NY Review of Books published Dr. Angell's devastating assessment of medical literature:

*It is simply no longer possible to believe much of the clinical research that is published, or to rely on the judgment of trusted physicians or authoritative medical guidelines. I take no pleasure in this conclusion, which I reached slowly and reluctantly over my two decades as an editor of The New England Journal of Medicine.* (4)

## Researching Chiropractic



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**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.**

**Stroke.** A 40-year-old man had a 7-year history of right-sided lower leg weakness following a stroke. In addition to leg weakness, he had postural alterations, reduced right-sided lower back strength and altered balance.

He began chiropractic care. The patient reported improvement in strength and balance. Objective improvement in posture, motor strength, balance and surface electromyography and thermography studies were also revealed. (5)

**Amenorrhea.** A 26-year-old female sought out chiropractic care following a work injury to her rib and low back. Upon her initial assessment she reported she hadn't had a menstrual period for "several years". Following three weeks of care, the patient reported improvements in her rib and low back pain complaints. In addition, the patient reported to be menstruating normally. (6)

## Humor

- Business conventions are important because they demonstrate how many people a company can operate without.
- Why is it that at class reunions you feel younger than everyone else looks?
- Stroke a cat and you will have a permanent job.
- No one has more driving ambition than the teenage boy who wants to buy a car.
- There are no new sins; the old ones just get more publicity.
- There are worse things than getting a call for a wrong number at 4 a.m.--for example, it could be the right number.



## 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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