

# Healthy Living Chiropractic Newsletter

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

*I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.* –Albert Einstein

## This Issue's Table of Contents

- Questions and Answers About Chiropractic
- Heart Rate Variability (HRV)
- Do You Know Your Salt?
- Words of Wisdom
- The Smallpox Vaccine Did Not Eliminate Smallpox?
- Did You Know?
- Researching Chiropractic
- Humor
- References

## Questions and Answers About Chiropractic

**Question:** Are chiropractors against drugs?

**Answer:** At this very moment you are making hundreds (if not thousands) of different drugs to keep your body working properly: chemicals to lower blood pressure, blood sugar and hormone levels; chemicals for proper brain function; chemicals to convert the food you've eaten to energy and many, many more.



But when people ask that question they are referring to (in most cases) prescription and over-the-counter drugs that usually suppress symptoms. In an emergency a drug may be necessary, but in most cases drug use does not deal with the cause of a person's problems. Rather drug use only treats the symptoms. Such an approach is dangerous—over 100,000 people die every year as a result of *properly* taken prescription drugs.

Chiropractors prefer that people awaken their own "internal drug store" by keeping their body free of subluxations and supplying it with the needed fuel (good quality foods) so that it makes all the drugs and chemicals you need to heal yourself and stay healthy.

## Do You Know Your Salt?

Salt is necessary for health and life, yet there's a big difference between commercial table salt and sea salt.



- ✓ Table salt is purified in a process that involves re-crystallization at 1,200 degrees.
- ✓ Real salt contains 84 essential minerals required by the human body.
- ✓ Table salt is 97.5% sodium chloride, 2.5% additives.
- ✓ Real sea salt is 85% sodium chloride, 15% trace minerals.
- ✓ Table salt is depleted of its natural minerals.
- ✓ Sea salt (especially Himalayan salt) is a good source of magnesium (most people are deficient in this important mineral), promotes a healthy pH balance in the cells, helps regulate blood sugar levels and helps regulate the body's natural sleep cycle.

## Heart Rate Variability

Your heart beats, then it beats again, then it beats again. The lub-lub, lub-lub, lub-lub you'd hear on a stethoscope holds interesting secrets: researchers have discovered that in measuring the interval between your heartbeats it can be determined how healthy you are.

You'd think it would be a good thing if the time between beats was exactly the same. You'd be wrong! If the timing between the heartbeats is monotone (or identical), it's a sign of illness. What you want is high HRV (heart rate variability); variation in the time interval between heartbeats to be so slightly different from beat to beat.



The more variable the interval between your heartbeats, the healthier you are, the better you can adapt and the better your body works. If you are stressed or in danger, the HRV is low. If you are relaxed, the HRV is high.

A monotone heart rate (low HRV) can be associated with poor sleep, a higher incidence of depression, anxiety and even heart attacks!

## What about vaccines?

One study found that vaccines adversely affect HRV and increase inflammation, change blood platelets, can trigger blood clots and even increase heart attacks! (1)

## What about chiropractic?

Research shows that chiropractic adjustments improve HRV. In one study of 96 doctors of chiropractic and nearly 1,000 chiropractic patients, HRV was analyzed before and after chiropractic adjustments. Each doctor monitored 8 patients before and after a single chiropractic adjustment, and 2 additional patients were followed for a 4-week period with 2 HRV recordings per week. HRV findings showed a statistical improvement. (2)

In addition to chiropractic, other approaches that improve HRV include acupuncture, massage, yoga and meditation. (3-6)

## Nourishing Traditions

### Butter burns fat



Yes, butter burns fat and those who have good fat in their diet are the thinnest. Grass-fed butter is the real fat burner! The chemical in butter (and also found in the meat of grass-fed cows and beef) that is magical is CLA (conjugated linoleic acid). The best natural sources of CLA are grass-fed beef, butter and full-fat dairy. Animals need real grass and greens in their diets to make CLA, so it's important to go for grass-fed sources.

Daily intake of CLA builds muscle mass and promotes body fat loss. (7)

## Words of Wisdom

*When your friends begin to flatter you on how young you look, it's a sure sign you're getting old.* —Mark Twain

## The Smallpox Vaccine Did Not Eliminate Smallpox

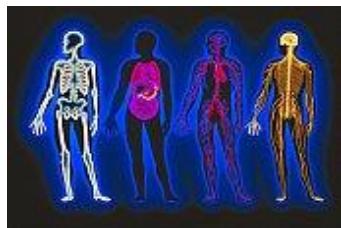
There is a common misbelief that the smallpox vaccine eliminated smallpox. Nothing could be further from the truth.

*It is pathetic and ludicrous to say we vanquished smallpox with vaccines when only 10% of the population were ever vaccinated.* —Glen Dettman, PhD

## Did You Know?

- From a cellular standpoint, you are no more than 10 years old? Your cells are constantly being replaced. You have a new skin every 2-4 weeks. It takes 10 years for there to be a complete turnover of your skeleton.

## 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.

**A 52-year-old woman was suffering from pain**, weird nerve sensations (paresthesia) in her neck and midback as well as bilateral knee and hip pain. She described the pain as moderate, sharp and intermittent. On a pain scale of 0-10 with 10 being the worst she described it as 7/10. She stated that the pain had been getting progressively worse over the last 5 years.

She was, in addition, diagnosed with hypothyroidism and was prescribed medication to treat this condition.

A thorough case history, physical examination and chiropractic examination were performed. It was found that she had vertebral subluxations of the cervical (neck), thoracic (midback), lumbar (lower) spine, sacrum and pelvis.

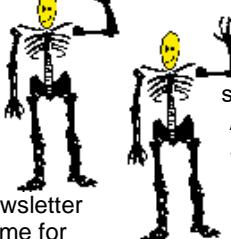
On her 20th visit, when she progressed from pain relief care to corrective care, she reported her average pain had decreased to 4/10. By her 9th month of care, she no longer had hypothyroidism; her MD removed her from all medications. She is still under chiropractic care. (8)

## Humor

- How come Superman could stop bullets with his chest, but always ducked when someone threw a gun at him?
- Why does sour cream have an expiration date?
- Do infants have as much fun in their infancy as adults do in adultery?
- What would a chair look like if your knees bent the other way?
- If "con" is the opposite of "pro," then what is the opposite of progress?
- Why is lemon juice mostly artificial ingredients but dishwashing liquid contains real lemons?
- How much deeper would the ocean be if sponges didn't grow in it?



## 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 stop by the office and we'll give you your friends and relatives. If they have email, have them write to us and we'll add them to our subscriber list.

## References

1. Lanza GA, Barone L, Scalzone G et al. Inflammation-related effects of adjuvant influenza A vaccination on platelet activation and cardiac autonomic function. *J Intern Med.* 2011;269(1):118-125.
2. Zhang J, Dean D, Nosco D, Stratopulos D, Floros, M. Effect of chiropractic care on heart rate variability and pain in a multisite clinical study. *J Manipulative Physiol Ther.* 2006 May;29(4):267-274.
3. Anderson B, Nielsen A, McKee D, Jeffries A, Kligler B. Acupuncture and heart rate variability: a systems level approach to understanding mechanism. *Explore (NY).* 2012 Mar-Apr;8(2):99-106.
4. Smith SL, Lux R, Haley S, Slater H, Beechey K, Moyer-Mileur LJ. The effect of massage on heart rate variability in preterm infants. *J Perinatol.* 2013;33(1):59-64.
5. Anupama T, Cohen M. *Yoga and heart rate variability: a comprehensive review of the literature.* *International J Yoga.* 2016 Jul-Dec;9(2):97-113.
6. Sukanya P, Pongsupap Y. Changes in heart rate variability during concentration meditation. *Int'l J of Cardiology.* 28 November 2008;130(3):481-484.
7. Whigham LD, Watras AC, Schoeller DA. Efficacy of conjugated linoleic acid for reducing fat mass: a meta-analysis in humans. *The American Journal of Clinical Nutrition.* May 2007;85(5):1203-1211.
8. Reimer C. Resolution of hypothyroidism & improved cervical curve in a 52-year-old female undergoing chiropractic care for vertebral subluxation: a case study & review of the literature. *Annals of Vertebral Subluxation Research.* January 27, 2020:171-177.

# Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic  
111 7<sup>th</sup> Street S. Lethbridge, AB  
403.320.8080 April 15, 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.**

*I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.* —Albert Einstein

## This Issue's Table of Contents

- Theoretical or Practical Healthcare?
- Heart Rate Variability (HRV)
- One Grandmother Is Worth Two Pediatricians
- Nourishing Traditions
- Words of Wisdom
- The Smallpox Vaccine Did Not Eliminate Smallpox?
- Did You Know?
- Researching Chiropractic
- Humor
- References



## Theoretical or Practical Healthcare?

There are two ways to practice healthcare:

1. Based on theory or ideas—"that's a good idea, let's see if it works." That's what got us bloodletting, over-drugging, unnatural foods and GMOs. It's the approach used when the doctor says to the patient, "Let's try this drug and see what happens." It is experimenting on people. That's why drugs come and go (see the article below).



2. Some natural healthcare systems are thousands of years old and are still used because they work. They have withstood the test of time. Others, of which chiropractic is the most popular, are newer and have also proven their effectiveness!

## "One Grandmother Is Worth Two Pediatricians"

Speaking of drugs—drugs come and go. Most of the drugs in use today and studied in medical school will be found to be

dangerous or ineffective and abandoned upon graduation. Pity the poor medical students.

Dramatic symptoms such as fever, rash, diarrhea, cold, cough, vomiting, etc. are uncomfortable, but temporary—these are referred to as acute illness. Patients with these symptoms need comforting, hydration, chiropractic adjustments, quiet and other natural approaches. Essential oils, homeopathy, herbs, broth and other traditional approaches comfort an ill person, respect their body's natural healing ability and promote detoxification. Don't forget being held and comforted as powerful healing techniques that have stood the test of time. Robert Mendelsohn, MD, said it best: "One grandmother is worth two pediatricians."



Antibiotics, fever reducers and most other drugs are dangerous because drugs do not heal. Rather, as mentioned above, drugs may make a person feel better by suppressing symptoms, but they drive disease deeper into the body. The price to pay when symptoms are suppressed is chronic illness—a person is sick all the time. Today in the US 54% of the population suffer from a chronic illness, many have more than one. This is the price of suppression. (1)

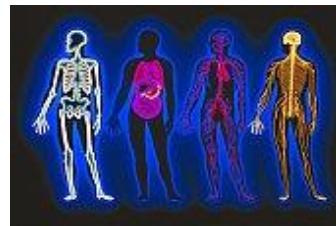
## Words of Wisdom

*Let not your heart convince you that the grave is your escape; for against your will you are formed, against your will you are born, against your will you live, against your will you die, and against your will you are destined to give a judgement and accounting before the king, king of all kings, the Holy One, blessed be He.* —Rabbi Elazar HaKapor, Ethics of the Fathers, Ch. 4

## Did You Know?

- Shakespeare invented more than 1,700 words? Shakespeare sometimes resorted to making up his own words. Among the 1,700 are moonbeam, laughable, eyeball, bump, puking, champion, bedroom, excitement and zany.

## 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?**

**Baby not sleeping.** A 7-month-old girl was having difficulty sleeping. According to her mother, the child slept a maximum of 2-3 hours at a time throughout the day.



After the first visit, she began sleeping 9-10 hours through the night without issues.

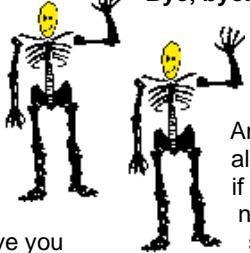
She was seen once a week for 3-4 weeks, once every 2 weeks for 3 visits and once a month for improved health care. (2)

## Humor

- Why buy a product that it takes 2000 flushes to get rid of?
- Why do we wait until a pig is dead to "cure" it?
- Why do we wash bath towels? Aren't we clean when we use them?
- Why do we put suits in a garment bag and put garments in a suitcase?
- Why doesn't glue stick to the inside of the bottle?
- Do Roman paramedics refer to IV's as "4's"?
- Whose cruel idea was it for the word "lisp" to have an "s" in it?



**Bye, bye!!**



give you 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. Bethel CD, Kogan MD, Strickland BB et al. A national and state profile of leading health problems and health care quality for US children: key insurance disparities and across-state variations. *Academic Pediatrics*. May-June 2011;11(3 Suppl.):S22-S33.
2. Porter M, Alcantara J. Resolution of sleep disorder in an infant undergoing chiropractic care: case report & review of the literature. *Journal of Pediatric, Maternal & Family Health, Chiropractic*. July 29, 2019:87-90.