

Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic
111 7th Street S Lethbridge, AB
403.320.8080 June 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.

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Pasteur vs. Bechamp

There has been an ongoing battle between two schools of thought, that of Pasteur and that of Bechamp, as to how we relate to germs or microorganisms. Pasteur's "germ theory" became popular and is predominant in medical use today. However many natural healing arts subscribe to Bechamp's "cellular theory."

Even though research with specialized microscopes has verified the veracity of the cellular theory, old beliefs die hard.

Consider the chart below describing the differences between these two schools of thought. The lesser known cellular school says germs don't make us sick; when we are sick we make germs. Germs help us cleanse and heal and are part of normal cellular function.

| GERM THEORY (PASTEUR) | CELLULAR THEORY (BECHAMP). |
|---|--|
| 1. Disease arises from micro-organisms outside the body. | Disease arises from micro-organisms within the cells of the body. |
| 2. Micro-organisms are generally to be guarded against. | These intracellular micro-organisms normally function to build and assist in the metabolic processes of the body. |
| 3. The function of micro-organisms is constant. | The function of these organisms changes to assist in the catabolic (disintegration) processes of the host organism when that organism dies or is injured, which may be chemical as well as mechanical. |
| 4. The shapes and colours of micro-organisms are constant | Micro-organisms change their shapes and colours to reflect the medium |
| 5. Every disease is associated with a particular micro-organism | Every disease is associated with a particular condition. |
| 6. Micro-organisms are primary causal agents. | Micro-organisms become "pathogenic" as the health of the host organism deteriorates. Hence, the condition of the host organism is the primary causal agent. |
| 7. Disease can "strike" anybody. | Disease is built by unhealthy conditions. |
| 8. To prevent disease we have to "build defences". | To prevent disease we have to create health. |

Back Surgery

87% still in severe pain

Many people who have back pain get back surgery—a big mistake in most cases. Studies show that back surgery has a high failure rate and that patients are left in as much or even more pain in time after the operation. A second or even third back operation is often done. Recently *The Economist* described the problems with the surgical approach.

The prevalence of chronic back pain provided a huge expanse of fertile ground for the deceptive marketing and poor prescription behind America's opioid epidemic... Spines are injected with cement-like mixtures or fitted with various types of medical hardware. Vertebrae are fused together, discs excised or tampered with in various ways... there is a growing body of evidence that the benefits... to most patients are limited or non-existent...

In 2015 there were roughly 85,000 [spinal fusion] surgeries in America... Two years after treatment 87% of customers were still in pain severe enough for medication or some other treatment; 15% had more surgery. (1)

Please send this to anyone you know who is contemplating back surgery or having medical procedures. If only everyone experiencing back pain first explored chiropractic care, there would be much less back surgery, less drugs (including opioids), less expense and happier patients.

PS. Chiropractic may help those who already have had back surgery and prevent them from having more surgery.

Questions and Answers About Chiropractic

Question: How often should I go to the chiropractor?

Answer: You should go whenever you have subluxations. Since you can never be sure when you have subluxations it's advisable to see a chiropractor for periodic checkups and (if needed) adjustments.

Nourishing Traditions

Saffron—the magic herb



It takes on average 200,000 stigma from 70,000 flowers to collect one pound of saffron.

Herbalists use saffron for cardiovascular disease, Alzheimer's, cancers, arthritis and respiratory conditions. A mere pinch daily of saffron has been shown to help with blood circulation issues, detoxification, improved digestion, relief of pain, decreasing depression and calming the mind to name a few uses. This herb is rich in thiamin, riboflavin and more. (2)

Words of Wisdom

The greatest fear in the world is of the opinions of others. And the moment you are unafraid of the crowd you are no longer a sheep, you become a lion. A great roar arises in your heart, the roar of freedom. —Osho

Why No One Wants To Kiss You (In The Morning)



We produce very little saliva while we sleep, which is why microbes proliferate then and give you a foul mouth to wake to. It is also why brushing your teeth at bedtime is a good idea because it reduces the number of bacteria you go to sleep with. If you've ever wondered why not one wants to kiss you first thing in the morning, it is possibly because your exhalations may contain up to 150 different chemical compounds not all of them as fresh and minty as we might hope... (3)

Did You Know?

Einstein's second-best idea? Albert Einstein once said that his second-best idea (after the theory of relativity) was soft-boiling an egg while he was cooking his soup so that he'd have two meals but only have one pot to clean.

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.

Developmental delay. A 15-month-old girl had lack of muscle tone and developmental delay. She was unable to pull herself up to standing, walk unassisted or communicate appropriately for her age level.

After eight months of chiropractic care the child was able to pull herself up to standing, walk unassisted and had become more verbal using words appropriate for her developmental age. (4)



Constipation. A 3 ½-year-old girl suffered from chronic constipation. Subluxations were located in her cervical (neck), thoracic (midback), lumbar (low back) and sacroiliac (hip) regions.

The girl received chiropractic care. Within three weeks, she experienced complete resolution of the constipation and was fully potty-trained. (5)

Humor

Mary Louise Gilman, the venerable editor of the *National Shorthand Reporter* has collected many of the more hilarious courtroom bloopers in two books: *Humor in the*



Court and More Humor in the Court. Here are some recorded by America's keepers of the word:

Q. Doctor, how many autopsies have you performed on dead people?

A. All my autopsies have been performed on dead people.

Q. Were you acquainted with the deceased?

A. Yes, sir.

Q. Before or after he died?

Q. Officer, what led you to believe the defendant was under the influence?

A. Because he was argumentary and he couldn't pronounce his words.

Q. What happened then?

A. He told me, he says, "I have to kill you because you can identify me."

Q. Did he kill you?

A. No.

Q. Mrs. Jones, is your appearance this morning pursuant to a deposition notice which I sent to your attorney?

A. No. This is how I dress when I go to work.

THE COURT: Now, as we begin, I must ask you to banish all present information and prejudice from your minds, if you have any.

Q. Did he pick the dog up by the ears?

A. No.

Q. What was he doing with the dog's ears?

A. Picking them up in the air.

Q. Where was the dog at this time?

A. Attached to the ears.

Q. When he went, had you gone and had she, if she wanted to and were able, for the time being excluding all the restraints on her not to go, gone also, would he have brought you, meaning you and she, with him to the station?

MR. BROOKS: Objection. That question should be taken out and shot.

Q. And lastly, Gary, all your responses must be oral. O.K.? What school do you go to?

A. Oral.

Q. How old are you?

A. Oral.

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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1. Cheetham S. Backs to the future. *The Economist*. Jan 18, 2020:17-19.
2. <https://www.healthline.com/nutrition/saffron#section2>
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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

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The Power of the Adjustment

Nearly 125 years of chiropractic success shows that when the nervous system is free from obstructions (subluxations) the body can respond more effectively resulting in improved overall health. There are thousands of published cases (and many millions of non-published cases) describing people suffering from nearly every known disease healing after chiropractic care.

The chiropractic adjustment is so powerful because it releases stress from your many systems including your nervous, muscular, skeletal, lymphatic and immune systems.

We refer to separate “systems” only for convenience. You are one complete organism and all your systems are interconnected. There is no true separation. For example, your skeletal and respiratory systems create blood for your circulatory system, and your brain drains into your lymphatic system. Your brain is directly connected to all your immune system organs such as your lymph nodes, spleen, etc.

Your nervous system guides your immune system cells to go where help is needed to keep your resistance to infection



high and to keep your body detoxifying, digesting, eliminating, breathing and moving properly.

Regular chiropractic adjustments ensure that all your “systems” are talking to all your other “systems” without interference from subluxations. That’s why anyone with any health condition or challenge can benefit from chiropractic care. Remember, miracles do occur and chiropractic journals are filled with them. Adjustments help you function at your peak—you’ll be the super you! (1)

Back Surgery 87% still in severe pain

Many people who have back pain get back surgery—a big mistake in most cases. Studies show that back surgery has a high failure rate and that patients are left in as much or even more pain in time after the operation. A second or even third back operation is often done. Recently *The Economist* described the problems with the surgical approach.

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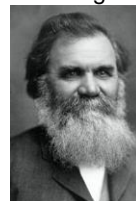
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More Freedom Because of Chiropractic

Chiropractic was discovered by D.D. Palmer in 1895 and a few years later he founded the first chiropractic school in Davenport, Iowa. The Palmer School of Chiropractic graduated thousands of Doctors of Chiropractic. All of the chiropractic schools in the US and Canada were founded by Palmer graduates.



Dr. Palmer's discovery of a drug-free way to restore health to people spread far and wide. Eventually his few chiropractic patients turned to thousands and, in time, to millions of chiropractic patients.

The state medical associations, wishing to maintain their monopoly over healing, had chiropractors charged for “practicing medicine and surgery without a license.” Even though they weren’t practicing either medicine or surgery, the laws were written so that medicine had a monopoly on healthcare.

DD Palmer and later many other chiropractors were arrested in their offices, handcuffed and brought to jail—some served prison sentences for the crime of helping people.

The public didn’t take this lying down. Patients protested, in many cases juries refused to convict, and eventually laws were changed, paving the way for more healthcare freedom.

Although healthcare in the US today still has many restrictions, chiropractors have shown that it is possible to fight so that the public has freedom of choice in healthcare. May that continue and grow.

Questions and Answers About Chiropractic

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Words of Wisdom

As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives. —Henry David Thoreau

Did You Know?

eBay’s first sale? The first item sold on eBay was a broken laser pointer? Mark Fraser was apparently aware of the fact that he was getting a broken laser pointer when he purchased it for \$14.83 from eBay’s founder Pierre Omidyar in 1995.

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many people suffering, on drugs, facing a life of limitation could be helped by chiropractic care?

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Pregnant mom with back pain. A 28-year-old mother who was 31 weeks into her 2nd pregnancy visited a chiropractor complaining of low back and right sacroiliac joint pain. She said her pain began one week after picking up her 2-year-old child.

She was cared for once a week for 3 weeks. Her low back and sacroiliac pains disappeared and she also showed improved hip and spine mobility. (3)

Humor

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Q. Now, Mrs. Johnson, how was your first marriage terminated?

A. By death.

Q. And by whose death was it terminated?

Q. Doctor, did you say he was shot in the woods?

A. No, I said he was shot in the lumbar region.

Q. What is your name?

A. Ernestine McDowell.

Q. And what is your marital status?

A. Fair.

Q. And who is this person you are speaking of?

A. My ex-widow said it.

Q. How did you happen to go to Dr. Cherney?

A. Well, a gal down the road had had several of her children by Dr. Cherney, and said he was really good.

Q. Do you know how far pregnant you are right now?

A. I will be three months November 8th.

Q. Apparently then, the date of conception was August 8th?

A. Yes.

Q. What were you and your husband doing at that time?

Q. Mrs. Smith, do you believe that you are emotionally unstable?

A. I should be.

Q. How many times have you committed suicide?

A. Four times.

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References

1. Cohn A. Chiropractic and the neuroimmune connection. *Journal of Vertebral Subluxation Research*. September 30, 2008:1-5.
2. Cheetham S. Backs to the future. *The Economist*. Jan 18, 2020:17-19.
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