

# Healthy Living Chiropractic Newsletter

Body and Soul Chiropractic  
111 7<sup>th</sup> St. S. Lethbridge, AB  
403.320.8080 July 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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- Questions and Answers About Chiropractic
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## What's Nerves Got to Do With It?

Chiropractors help your nerves! Chiropractors may appear to work on your bones (chiefly your spinal column) but that's only because the nerves are within.

Let us explain. Your nerves are not exactly inside your bones, but your soft, delicate, vitally important nerves are surrounded by hard bone. Your brain is covered by your skull—protected from all sides by solid bone.

Your brain's billions of nerve fibers travel down through the bottom of your skull through a big hole (called the foramen magnum—Latin for 'big hole'). This bundle of billions of nerve fibers is called your spinal cord.

### Your spinal cord helps make you whole

Your spinal cord travels from just under your skull to your lower back. It is protected by your spinal column—but not 100% protection. If it were wrapped in solid bone you wouldn't be able to bend, twist, turn, or even move. Nature compromised and wrapped your spinal cord in rings of bone—vertebra (spinal bones). This way you can have movement AND protection.

Your vertebrae have discs between them to provide curves, and lots of muscles to provide movement. Your nerves exit



between your bones through holes called foramina (Latin for 'hole') and from there your brain communicates with your organs, muscles, glands, immune cells, all your systems—and that makes you whole so you can function at your best.

### What chiropractors do

Stress causes your vertebrae to misalign and irritate or impinge on your spinal cord and nerves. That may cause pain or it may be painless, all the while causing trouble. Think of a painless cavity in your tooth or quiet termites undermining your house's foundation.

A misalignment causing nerve stress is called a subluxation. Chiropractors are trained to locate and correct these painless distortions that other healers often miss.

### What causes subluxations? Stress!

Physical, emotional, toxic (from chemicals or poisons) and other stresses can overwhelm you and cause subluxations. The result is often blockage of energy, pain, imbalance, disease (altered body function), greater stress and lowered resistance to disease

Please come in for care so you are as subluxation-free as possible. Please don't forget to bring in your kids, your parents and your grandparents—chiropractic care makes everyone better!

## Questions and Answers About Chiropractic

**Question:** Which part of the spine affects the immune system?

**Answer:** Every part. The body is interconnected in many complicated ways. If you'll look at the illustration at the top of this newsletter you'll see how nerves from the brain travel down the spine and affect all your organs, glands, muscles, senses and other body parts.

But it's not that simple. Any part of the spine could affect your immune system. When it comes to body health—you don't find body interactions to be A then B then C then D, etc.

Any healer will tell you that the body (and body/mind) is non-linear. A subluxation may affect G, then W, then B, then T, then A again, etc., etc. Removing what may seem like a minor stress may have powerful affects "downstream." For that reason, doctors of chiropractic have a holistic approach—they look at the entire person.

## Nourishing Traditions—anti cancer diet

### Are there foods that protect against cancer?

Yes! According to the Weston A. Price Foundation certain nutrient-dense foods offer protection from cancer and are essential for a cancer-free life. Among the most important are foods with vitamin A.

Vitamin A strengthens the immune system, helps detoxify your body and is essential for mineral metabolism and endocrine function. True vitamin A is found only in animal foods such as cod liver oil, fish, shellfish, liver, butter and egg yolks from pasture-fed animals. Traditional diets contain ten times more vitamin A than the typical modern American diet.

For more information, go to [www.westonaprice.org](http://www.westonaprice.org); type cancer in the search engine.

### Words of Wisdom

*It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt.* —Mark Twain

*Wise men talk because they have something to say fools, because they have to say something.* —Plato

### Why Vaccinations are Dangerous—Especially During Pregnancy



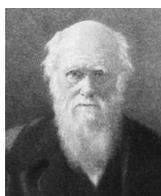
A South African research team reviewed four outcomes—fetal death, low birth weight, low gestational age, and preterm birth—for infants whose mothers received flu shots or a placebo.

They were surprised by the results of their research. They found that influenza vaccination during pregnancy was ineffective in lowering risk for these four outcomes. And they also found that the vaccinated infants fared worse, that is, the rates of fetal death, preterm birth, low birth weight and small for gestational age birth were higher in the vaccine group than in the placebo group. (1)

In the US, studies have identified a heightened risk of autism in the children of women vaccinated for flu during the first trimester. (2)

### Did You Know?

Darwin himself wrote in *Origin of Species*: "...If it could be demonstrated that any complex organ existed which could not possibly have been formed by numerous, successive, slight modifications—my theory would absolutely break down..."



### 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.**

**Laryngopharyngeal reflux.** A 9-week-old infant had acid reflux and congestion since birth. As a result, the child had sleep difficulties and discomfort when sleeping on his back.

The child would vomit when placed in his car seat. The infant's pediatrician prescribed Zantac® but this did not help.

The third night following his first chiropractic adjustment the infant slept 9 hours without acid reflux issues. He was now able to sit in his car seat without vomiting or agitation. His skin color returned to normal and the dark circles under his eyes resolved. By two-week follow-up the child remained symptom-free. (3)

### Humor

Studies have demonstrated that rednecks have the lowest stress rate because they do not understand the seriousness of most medical terminology. For example, here is the redneck definition of bio-medical terms:



Labor pain: Getting hurt at work  
Medical staff: A doctor's cane  
Morbid: A higher offer  
Nitrates: Rates of pay for working at night, normally more money than days  
Node: I knew it  
Outpatient: A person who has fainted  
Pelvis: Second cousin to Elvis  
Post-operative: A letter carrier  
Recovery room: Place to do upholstery  
Rectum: Nearly killed him  
Secretion: Hiding something  
Seizure: Roman Emperor  
Tablet: A small table  
Terminal Illness: Getting sick at the airport  
Tumor: One plus one more  
Urine: Opposite of you're out

### 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. Marta E, Nunes M, Carosone P et al. Trivalent influenza vaccination randomized control trial of pregnant women and adverse fetal outcomes. *Vaccine*. 2018;37(36):5397-5403.
2. Kennedy RFK, Redwood L. Flu shots during pregnancy & autism: cause for concern. *Children's Health Defense*. December 23, 2016. <https://childrenshealthdefense.org/news/flu-shots-pregnancy-autism-cause-concern/>
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*Do not look for healing at the feet of those who broke you. — Rupi Kaur, Milk and Honey*

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- Let History Be Your Guide
- The World's Greatest Drugstore
- Questions and Answers About Chiropractic
- Nourishing Traditions
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## Let History Be Your Guide

With the worldwide concern over the flu pandemic infection, chiropractic offers a natural, drug-free, safe and gentle approach to improving your body's resistance to disease—and especially improving your immune system to promote healing.

History tells us that during the 1918/1919 swine flu pandemic the mortality (death) rate in US military hospitals was 36%! Mortality in US medical hospitals was 30%-40%! Even more appalling the mortality rate in medical hospitals in New York City was reported to be 68%! (1)

In contrast, the death rate of those flu patients under chiropractic care was reported at .006% and .013%—a mere fraction of the deaths under medical care. Why was that? (2)

The answer may surprise you: it has to do with philosophy, the difference between suppressive and expressive systems.

Find out in this article: [Killer Flu or Killer Aspirin?](#)

## The World's Greatest Drugstore

Did you know there is a drugstore that supplies you with the following:

1. All the drugs you need
2. In the correct amounts
3. At the exact time they are needed

4. With no side effects, always safe
5. Free!

Does such a drugstore exist? Yes! That drugstore is your own body. Your body makes every drug and chemical that you need to keep you healthy, to prevent dis-ease, and to correct any problem or imbalance you may have.

In order for your body to create all those drugs, you need to supply it with good quality materials such as organic foods, grass-fed and pastured animal products, free range eggs and nutrient-dense foods.

In addition to giving your body what it needs, don't give it what harms it. Avoid "foods" that drain your body of healthy nutrients such as white sugar, refined carbohydrates, high fructose corn syrup and commercial vegetable oils.

## Questions and Answers About Chiropractic

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For more information, go to [www.westonaprice.org](http://www.westonaprice.org); type cancer in the search engine.

## Words of Wisdom

*When a stupid man is doing something he is ashamed of, he always declares that it is his duty. —George Bernard Shaw*

## Researching Chiropractic



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**Failure to thrive (FTT).** A two-month-old infant was diagnosed with FTT following birth trauma after a C-section, forceps and vacuum extraction. The child suffered from skull deformation (plagiocephaly), an inability to gain weight, persistent vomiting, constipation, inability to sleep, irritability, decreased hearing, acid reflux and apnea since birth.



The child was prescribed Zantac® which did not help.

Chiropractic examination revealed vertebral subluxations throughout the spine that were adjusted. Adjustment of the cranial bones and alignment of the sutures were also performed.

There was immediate improvement after the first visit with complete resolution after 30 visits. (3)

**Back pain following surgery.** A 45-year-old woman was suffering from right upper back pain for two months. She had been having back pain since she had mitral valve replacement surgery.

She was diagnosed with reflux esophagitis, muscle spasms and gallstones. She was given prescription medication but that didn't help. Her MDs suggested gallbladder surgery, which she refused.

Instead she received chiropractic care. Following the first visit, she reported an immediate decrease in mid-upper back tension that had been present since her mitral valve replacement surgery. Following 4 patient visits over a 4-week period, the patient was pain-free. (4)

## Humor

Studies have demonstrated that rednecks have the lowest stress rate because they do not understand the seriousness of most medical terminology. For example, here is the redneck definition of bio-medical terms:



Artery: The study of paintings  
Bacteria: Back door to cafeteria  
Barium: What doctors do when patients die  
Benign: What you be, after you be eight  
Caesarean section: A neighborhood in Rome  
Cat scan: Searching for kitty  
Cauterize: Made eye contact with her

Colic: A sheep dog  
Coma: A punctuation mark  
Dilate: To live long  
Enema: Not a friend  
Fester: Quicker than someone else  
Fibula: A small lie  
Impotent: Distinguished, well known

**Bye, bye!!**



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## References

1. Patterson MM. Osteopathic methods and the great flu pandemic of 1917-1918. *J Am Osteopath Assoc.* 2000;100:309-310.
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3. Hirshowitz N, Fedorchuk C, Drummond D. Resolution of failure to thrive following birth trauma in a 2-month old undergoing chiropractic care: a case study & review of the literature. *Journal of Pediatric, Maternal & Family Health, Chiropractic.* February 21, 2020 :1-6.
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## Bonus

### To do list:

1. Make vanilla pudding. Put in mayo jar. Eat in public.
2. Hire two private investigators. Get them to follow each other.
3. Wear shirt that says "Life." Hand out lemons on street corner.
4. Get into a crowded elevator and say, "I bet you're all wondering why I gathered you here today."
5. Major in philosophy. Ask people WHY they would like fries with that.
6. Run into a store, ask what year it is. When someone answers, yell "it worked!" and run out cheering.
7. Become a doctor. Change last name to Acula.
8. Change name to Simon. Speak in 3<sup>rd</sup> person.
9. Buy a parrot. Teach the parrot to say, "Help! I've been turned into a parrot."
10. Follow joggers around in your car blasting "Eye of the Tiger" for encouragement.