

Healthy Living Chiropractic Newsletter

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

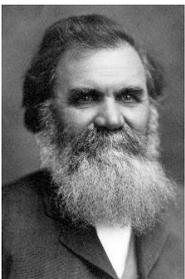
A bartender is just a pharmacist with a limited inventory. —
Attributed to Albert Einstein

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How Was Chiropractic Discovered?



Chiropractic was discovered by Dr. DD Palmer of Davenport, Iowa in 1895. Dr. Palmer learned that his building's janitor, Harvey Lillard, had become deaf after being in an accident 17 years prior. The accident produced a slight distortion in his spine.

Dr. Palmer asked Mr. Lillard to lie down on a bench and gently guided the distortion back into alignment. Mr. Lillard's hearing

returned.

Dr. Palmer was intrigued by this spine-disease relationship. His next patient had a heart condition and when Dr. Palmer located and "adjusted" his spine, the heart condition was relieved.

Soon hundreds of people began to flood his office for "Dr. Palmer's hand treatments" as they were then known. Dr. Palmer began to teach his methods and so began the profession of chiropractic.

Chiropractic: Run Faster, Jump Higher, Be Stronger

It's summertime and we're out playing. Can Chiropractic really help sports performance? It certainly does, and that's why professional sports teams keep chiropractors on staff so their players' bodies are more balanced, their nervous systems are healthier, their muscles function at their peak and, if they get hurt, they recover faster from injuries.



Name the sport—golf, tennis, football, soccer, track, swimming, hockey, martial arts, wrestling and all the others—chiropractic can give you the winning edge.

Of course, you don't need to be a professional athlete to benefit from chiropractic; anyone who uses his/her body needs it to function at its peak. That means everyone, including you, your family, your friends and sports team, can have the winning edge. (1-3)

Traditional Nutrition

Avoid dehydration



During the summer it's especially important we remind you to drink water.

Water isn't just "good for you"—water burns fat, suppresses hunger and renews your skin and if you drink 12 ounces of pure

water every day you'll look younger in a few weeks.

Water is especially good for your kidneys and liver. When your kidneys are taxed from too little water, your liver has to take over. Your liver is your number one fat-burning organ. Don't you want it working at top efficiency?

Words of Wisdom

The quarrels of friends are the opportunities of foes.
—Aesop

The best sermon is a life well-lived. —Aram Bakshian, Jr.

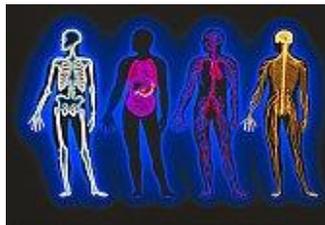


Did You Know?

Before the 1800s, people had a "first" and "second sleep." They would sleep 3-4 hours, wake up for 2-3 hours to do some type of activity, then go back to sleep until morning.

Until the 1980s, it was illegal for a woman to drive a car down Main Street in Waynesboro, Virginia, unless her husband was walking in front of the car waving a red flag.

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.

Hypothyroidism reduction under chiropractic care. After a motor vehicle accident a 44-year-old woman suffered from upper trapezius (upper shoulder) and inter-scapular pain (pain between the shoulder blades) for 23 years! In addition, she had been prescribed Armour® Thyroid in order to treat symptoms of low thyroid function (hypothyroidism).

X-rays of her neck revealed a 80.7% loss of normal neck curve (hypo-lordosis) in addition to vertebral subluxations.

The patient received spinal adjustments to reduce her subluxations and to improve her spinal and postural alignment over a seven-month period. Thirty days into care the patient began exhibiting signs/symptoms of an overactive thyroid (hyperthyroidism). After serum lab evaluation, the patient's endocrinologist instructed the patient to significantly reduce her thyroid medication. In addition, her shoulder and scapular pains gradually disappeared. (4)

Trigeminal neuralgia (Tic douloureux). A 77-year-old woman suffering from severe right-sided trigeminal neuralgia (TN) for seven years started chiropractic care. Her TN pain was only initially helped by medication and was made worse by chewing, talking and smiling.



When her symptoms were their worst, she was unable to eat or talk well for 4 days.

When she began chiropractic care she rated her pain 10 out of 10; describing it as a constant hot, throbbing, burning sensation that progressively got worse.

Subluxations at C1 and other segments were located and adjusted. After six visits the patient saw significant reduction in pain; after four months she went off her medication and at 6 months was pain free. (5)

Humor

Shakespeare in our daily lives

The following phrases are familiar enough to be considered common expressions, proverbs, and/or clichés. All of them originated with or were popularized by Shakespeare.

- Catch a cold (*Cymbeline*; *claimed but seems unlikely, seems to refer to bad weather*)
- Cold comfort (*The Taming of the Shrew* / *King John*)
- Conscience does make cowards of us all (*Hamlet*)
- Come what come may ("come what may") (*Macbeth*)
- Comparisons are odorous (*Much Ado about Nothing*)
- Crack of doom (*Macbeth*)
- Dead as a doornail (*2 Henry VI*)
- A dish fit for the gods (*Julius Caesar*)
- Cry havoc and let slip the dogs of war (*Julius Caesar*)
- Dog will have his day (*Hamlet*; *quoted earlier by Erasmus and Queen Elizabeth*)
- Devil incarnate (*Titus Andronicus* / *Henry V*)
- Eaten me out of house and home (*2 Henry IV*)
- Elbow room (*King John*; *first attested 1540 according*

to Merriam-Webster)

- Farewell to all my greatness (*Henry VIII*)
- Faint hearted (*I Henry VI*)
- Fancy-free (*Midsummer Night's Dream*)
- Fight till the last gasp (*I Henry VI*)
- Flaming youth (*Hamlet*)
- Forever and a day (*As You Like It*)
- For goodness' sake (*Henry VIII*)
- Foregone conclusion (*Othello*)
- Full circle (*King Lear*)



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

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Bonus

In this world of short attention span people who actually read this entire newsletter deserve a reward. Here it is.

- If "con" is the opposite of "pro," then what is the opposite of progress?
- If you play a blank tape at full blast can a mime hear it?
- If a person with multiple personalities threatens suicide, is that considered a hostage situation?
- How much deeper would the ocean be if sponges didn't live there?
- If a cow laughed, would milk come out her nose?
- Whatever happened to preparations A through G?
- If olive oil comes from olives, where does baby oil come from?
- So what's the speed of dark?
- How come you don't ever hear about grunted employees?
- After eating, do amphibians need to wait an hour before getting OUT of the water?
- Why don't they just make mouse-flavored cat food?
- If you're sending someone some Styrofoam, what do you pack it in?

not taking their infants into pediatric offices for their regular well-baby checks.

...the reduction in expected deaths is highest in infants...the lives of over 200 infants per week were saved during the month of May. Combining the number of lives saved in infants and children aged 1-4, demonstrates a smaller but comparably large and beneficial effect: roughly 145,000 life-years saved among children under 5... (2-3)

Words of Wisdom

I must say I find television very educational. The minute somebody turns it on I go to the library and read a good book. —Groucho Marx



Did You Know?

German chocolate cake is named after a guy named Sam German, not the country.

There's an island in Japan you can visit that's inhabited only by friendly bunnies.

In Queensland, Australia, it's illegal to own a pet rabbit unless you're a magician.

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drugs, facing a life of limitation could be helped by chiropractic care?

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Constipation in a three-year old. A three-year-old suffered from constipation for one year, needing laxatives in order to have a bowel movement. She would have no bowel movements on her own. After 4-5 days her parents would give her laxatives.



Chiropractic examination included spinal thermography, postural analysis, supine leg length comparison, range of motion, static and motion palpation of her spine. She was diagnosed with vertebral subluxations of the cervical region with related dysautonomia.

Chiropractic adjustments were utilized to correct the cervical subluxations. After two office visits, the toddler started having daily bowel movements. Within a three-month period of weekly chiropractic visits and adjustments, her constipation resolved completely. (4)

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Bonus

