

Healthy Living Chiropractic Newsletter
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Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little). (References available upon request)

All the world's a stage and most of us are desperately unrehearsed.
– Sean O'Casey.

??? Do you know anyone that needs Chiropractic care ??? A friend??? Co-worker??? Family Member??? Please share your holiday gift certificates with them.

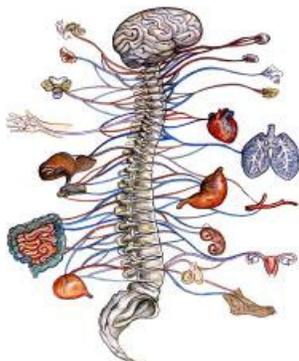
Give the gift of health this holiday season...share your positive Chiropractic experience and encourage them to have a spinal checkup soon!

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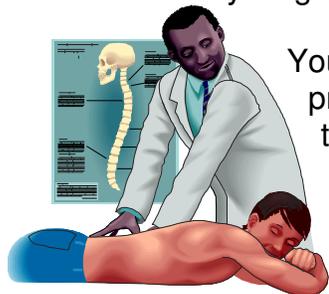
Your vital connection



You are like a large, movable three-dimensional jigsaw puzzle made up of millions of parts. Each of your parts has its own job, knows what to do and works in harmony with all the other pieces – and not necessarily pieces that are nearby. Your bones, muscles, eyes, brain, lungs, kidneys, intestines, heart, liver, arms, legs, blood, cells and everything else would collapse into a large heap of disorganized flesh were it not for your amazing connections.

How this collection of biological parts work together to create something as amazing as a complete body is a great mystery. It is magic.

One important part of this magic is your internal communications system consisting of billions of nerve “wires” that send information and energy to and from the brain to all the body parts to help organize and coordinate everything so they work together.



Your spinal cord has billions of these nerve “wires.” It extends down your back, protected by your spinal column, from where it branches into numerous nerves that travel to your billion body parts.

If your spinal column is out of position or misaligned the nerve impulses can be partially blocked or altered. The result can be malfunction, suffering, sickness, disease, and a gradual, slow disorganization would continue until death.

To be fully alive you need to be fully connected. Chiropractors locate and correct subluxations, small internal distortions that create “disconnections” in your body that interfere with your nervous system communications.

Why do babies need chiropractic care?

Why, to stay healthy, of course. There are many times in a young life when an infant or child may be more vulnerable to subluxations: pregnancy, birth, when first holding its head up, when beginning to crawl and when learning to walk. Of course then comes childhood with all its opportunities to run, fall, crash and then get up to do it all over again. Make sure your child has every chance to live a healthy life. Bring your child in to make sure they are free from subluxations.



Three arguments against pasteurization

1. Pasteurization alters the quality and structure of milk. When pasteurized and homogenized, lactose sugar is converted to beta-lactose – a form of lactose that can cause milk allergy. It also destroys the creaming ability of milk causing it to putrefy if kept long enough instead of souring normally.
2. Pasteurization sucks the nutritional life out of raw milk. It destroys vitamin C, B6 and B12, enzymes, antibodies and hormones.
3. Infants do not develop well on pasteurized milk. Pasteurized milk is more likely than raw milk to lead to tooth decay, constipation, allergies, arthritis, cancer and osteoporosis. It may diminish resistance to disease (especially in the young). (2)

Study: Cough medicines don't work



Consumers spend billions of dollars each year on over-the-counter cough medications that don't work. Two active ingredients in many over-the-counter cough syrups work no better than a placebo syrup, a study has found. 100 children (average age 4.5 years) with upper respiratory infections were divided into 3 groups. Two groups received a syrup with cough medicine while the 3rd group got a syrup with no medicine. The frequency, severity and bothersome nature of the cough as well as sleep quality were a little better in the syrup-only group. Plus they didn't get any drug side effects as the children in the other groups did. (3-4)

Because they were searching for new lands to conquer...?

What do Ulysses S. Grant, James A. Garfield, Franklin D. Roosevelt, Orson Welles, Marilyn Monroe, Hugh Hefner and George W. Bush have in common? They are all descended from people who came over on the Mayflower.

Chiropractic and Spinal Research



- A woman who had left-sided facial and nose numbness had complete resolution after one visit.
- A young man who came in for back pain noticed after two weeks of care that the swollen glands he'd had for 10 years under his jaw and in his left arm pit began to significantly go down. An MD had said it was "normal" and he would have to live with it.
- A woman with severe debilitating low back pain was almost pain free after 3 weeks of care. Again, she had been told she would have to live with it.
- A 4-year-old autistic boy is reported as having more attention and some other improvements per his mother.
- An eight-year-old boy, diagnosed with mild autism/ADD, had 4 weeks of care involving specific adjusting and cranial work. His mother reports that he is much calmer, "does tasks more organized and is less stressed."
- A 61-year-old male suffered from daily bouts of waves of head pain and headaches for over 5 years. After 2 weeks of chiropractic care nearly all symptoms had abated.
- A 69-year-old male had constant ringing in his ears for 49 years. Within 3 weeks, the ringing had shifted to only his left ear, and by the next visit, it was completely gone! (5)

Is this why they call it nuking?

Spanish researchers studying the effects of different cooking methods on the content of flavonoids in broccoli found that steaming caused minimal loss, boiling 66% loss, and microwaving 97% loss! Hmm, maybe saying we nuke our food is more accurate than we think.

Sleep with your children



Margot Sunderland, one of Britain's leading experts on children's mental health, advises parents to sleep with their children. The practice, known as "co-sleeping," makes children more likely to grow up as calm, healthy adults. Sunderland's book, *The Science of Parenting*, is based on 800 scientific studies. She reveals that the practice of training infants to sleep alone is harmful because any separation from parents increases the flow of stress hormones. "Co-sleeping until the age of five is an investment for the child." One study found some 70% of women who had not been comforted when they cried as children developed digestive difficulties as adults. (6)

Words of Wisdom



Kind words can be short and easy to speak, but their echoes are truly endless. – Mother Theresa

Complacency breeds anxiety. To be healthy, a person needs to be affecting his surroundings, uplifting those about him and bringing in more light – Lubavitcher Rebbe

Humor

Things you should know, but probably don't:

1. Money isn't made out of paper; it's made out of cotton.
2. The Declaration of Independence was written on hemp (marijuana) paper.
3. The dot over the letter i is called a "tittle".
4. A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.
5. 40% of McDonald's profits come from the sales of Happy Meals.
6. 315 entries in Webster's 1996 Dictionary were misspelled.
7. The 'spot' on 7UP comes from its inventor, who had red eyes. He was an albino.
8. On average, 12 newborns will be given to the wrong parents, daily.
9. Warren Beatty and Shirley MacLaine are brother and sister.
10. Chocolate affects a dog's heart and nervous system; a few ounces will kill a small sized dog.
11. Orcas (killer whales) kill sharks by torpedoing up into the shark's stomach from underneath, causing the shark to explode.
12. Most lipstick contains fish scales (eeww).
13. Donald Duck comics were banned from Finland because he doesn't wear pants.
14. Ketchup was sold in the 1830's as medicine.
15. Leonardo DaVinci could write with one hand and draw with the other at the same time.
16. Because metal was scarce, the Oscars given out during World War II were made of wood.
17. There are no words in the dictionary that rhyme with: orange, purple, and silver!
18. Leonardo DaVinci invented scissors. Also, it took him 10 years to paint Mona Lisa's lips.
19. A tiny amount of liquor on a scorpion will make it instantly go mad and sting itself to death.
20. If you have three quarters, four dimes, and four pennies, you have \$1.19 You also have the largest amount of money in coins without being able to make change for a dollar (good to know).
21. By raising your legs slowly and lying on your back, you can't sink in quicksand (and you thought this list was completely useless).
22. The phrase "rule of thumb" is derived from an old English law, which stated that you couldn't beat your wife with anything wider than your thumb.
23. Celery has negative calories! It takes more calories to eat a piece of celery than the celery has in it to begin with. The same thing holds true with apples!
24. Chewing gum while peeling onions will keep you from crying!
25. The glue on Israeli postage stamps is certified kosher.
26. Guinness Book of Records holds the record for being the book most often stolen from Public Libraries.
27. Astronauts are not allowed to eat beans before they go into space because passing wind in a space suit damages it.



See you next month. Want copies of this newsletter to give to your friends, co-workers and relatives? Perhaps you'd like us to include other e-mail addresses. Call us or stop by the office. Please remember that everyone needs to be free from sublaxations so bring your friends and loved ones for a spinal checkup.