

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).

The purpose of life is to increase the warm heart. Think of other people. Serve other people sincerely. No cheating... – The Dalai Lama

APRIL WORKSHOPS

Tuesday, April 10, 6-7pm—Learn how to have a healthier family and home environment by decreasing the toxins around us. Parents and pet owners don't want to miss this!!

Tuesday, April 24, 6-7:30pm---Do you have stress?? Hypnotherapy can help stress related disorders, among many other things. Join us for this informational workshop, then stay for a free stress-reducing hypnosis session after!!

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Pregnancy and chiropractic



If there's one group of individuals who need chiropractic more than any other it's mothers-to-be.

As a woman's hormones change, her ligaments become looser and her body structure can become distorted. Chiropractic has been a blessing for countless pregnant women for over a century. Pregnant? Get a chiropractic checkup; it'll help you and your new baby and help ensure an easier delivery.

Who knows better?

Over \$30 billion in over 30 years has been thrown at a “War on Cancer.” So far it looks like cancer has won. (1) Similarly, all the money spent on an AIDS cure has not resulted in a single life saved (medically). (2) Why, you ask; because a little knowledge is a dangerous thing. For example, we think we can artificially “improve” the immune system so we “tinker” with it using vaccines. The result is an epidemic of autism, ADD/ADHD, dyslexia, allergies, Alzheimer’s, cancer, asthma, ear infections, vision problems and many other conditions. (3)

In the same way, we think we can artificially make someone healthy by pumping synthetic drugs into them. We think the body is making a mistake when it creates symptoms and we try to suppress the symptoms rather than correct the cause (i.e. build up natural resistance, remove subluxations and other interferences).

But...there is another way: Respect the body and observe what it is doing in sickness and health. This is known as Empirical healthcare.



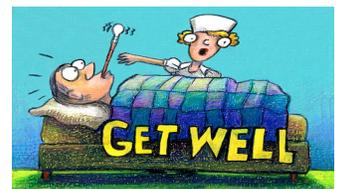
The body can tell us how to be healthy. Why do so many people not get cancer? Why do so many people not get AIDS – even if they have the risk factors? Why do so many people not get the flu? What makes people recover from horrible diseases while others succumb and die? This is what needs to be studied: health!

Chiropractic is based on Empirical health philosophy. Simply stated: rather than invade the body with artificial drugs and procedures, we try to learn what it wants to do and support it; we respect the body’s symptoms. For example, if the body creates a fever we don’t suppress it with drugs, but rather permit the body to disinfect, cleanse and heal – and the body will be healthier and stronger as a result. Relying on drugs makes us weaker. For example, studies show that antibiotics for ear infections lead to more ear infections. Also, consider that children who have more infectious diseases of childhood have lower cancer risk and less heart attacks as adults. (4-5)

Chiropractors, homeopaths, naturopaths, acupuncturists and other natural healers respect your body’s wisdom by working with it to discover what is blocking healing.

Chiropractors locate and correct subluxations, often painless distortions in your body that can weaken your resistance to disease and interfere with your physical and mental health.

Remember, no matter how deep and complex science explores, our bodies seem to mirror every revelation. Let us respect the body’s wisdom by working with it and the holistic nature upon which it was created and is sustained.



Cholesterol myths

“The idea that too much animal fat and high cholesterol is dangerous to your heart and vessels is nothing but a myth... Cholesterol is not a deadly poison but a substance vital to the cells of all mammals. There are no such things as good or bad cholesterol; but mental stress, physical activity and change of body weight may influence the level of blood cholesterol. High cholesterol is not dangerous by itself, but may reflect an unhealthy condition, or it may be totally innocent.” (6)

Do not take cholesterol-lowering drugs – they contribute to heart failure. Avoid processed food, especially foods containing processed vegetable oils (i.e. canola and corn oils) and *trans* fats.... Take cod liver oil and consume plenty of butter from grass-fed cows to ensure adequate levels of vitamins A and D. (7)

Always find time to relax



Chiropractic and ear infections

This appeared on the Feb 13, 2007 CBS 11 News:

“Next to the common cold, ear infections are the most commonly diagnosed childhood illness in the United States... For years, parents have depended on antibiotics...but now doctors are warning about the overuse of antibiotics... Now some parents are taking their kids to see chiropractors.

Susan Lekborg says her son Cooper suffered from chronic ear infections. “We were up all night, he was miserable, cranky...on antibiotics all winter and it just wasn't helping. It would go away and come back, go away and come back,” she said. She went to a chiropractor. “I'll be honest, I was a little skeptical, nervous about a chiropractor adjusting my baby,” she said.

But after only one treatment he started feeling better. Susan Lekborg says it's worked for her children. “This will be their third winter, no antibiotics, no Tylenol, no Motrin. They're clean. I just feel like they're healthier,” she said. (8)



Antibiotics not needed for ear and eye infections, say researchers

Two recent studies show that two common conditions that were thought to definitely need antibiotics – middle ear infections and conjunctivitis (pink eye) in kids – don't really need them at all. The studies conclude that without antibiotics, children get better anyway. (9)

While we're on the subject...

“Some 80% of ear infections go away on their own. Worse, the drugs can contribute to antibiotic resistance and cause mild side effects like diarrhea or nausea. Help prevent infections in the first place by breastfeeding, limiting pacifier use and avoiding exposure to secondhand smoke. (10)

PS. How about adjusting them?

Breastfeeding healthier for mother and child

Breastfeeding is known to boost an infant's health – and is good for the mother too. In a study in *New Scientist* of 96,648 nurses who gave birth between 1986 and 2002, those who had spent at least two years breastfeeding were 19% less likely to suffer a heart attack than those who had not breastfed at all. Nursing a newborn may help a mother's metabolism switch from pregnancy mode back to normal. (11)



Fluoride linked to bone cancer, lower IQs and osteoporosis

In March 2006, a panel of dentists, toxicologists and epidemiologists assembled by the National Research Council (NRC) found that children who consume water containing the highest level of fluoride permitted by the EPA might actually be damaging their teeth; there was even a hint that it might depress IQ. What's more, the panel stated that consuming water with that amount of fluoride over a lifetime could weaken bones and increase the risk of fractures. And just 2 weeks after the NRC report made headlines, a Harvard study suggested that fluoridated water could cause a rare form of bone cancer in young boys. "Fluoridation should be abandoned," says dentist Hardy Limeback, PhD, DDS, head of preventive dentistry at the University of Toronto and a member of the panel that wrote the NRC's fluoride report. "It could turn out to be one of the top 10 mistakes of the 21st century." **Is it still being added to your water?** (12)

Splenda is not splendid

Eating sucralose – brand name Splenda™ – is like ingesting tiny amounts of chlorinated pesticides. (13)



As with NutraSweet™, no human safety studies have been done. Researchers who studied the drug claimed it was safe yet there have been thousands of consumer complaints. Unfortunately, the FDA doesn't seem to care.

Chlorocarbons such as Splenda are known to cause organ, genetic and reproductive damage. Splenda has been shown to affect the thymus, liver and kidneys. It can also cause fertility issues in male rats and gastrointestinal problems in pregnant rats.

Humor

Reading while sunbathing makes you well red.
A bicycle can't stand on its own because it is two tired.
Time flies like an arrow. Fruit flies like a banana.
In democracy your vote counts. In feudalism your count votes.
She had a boyfriend with a wooden leg, but broke it off.
A chicken crossing the road is poultry in motion.
If you don't pay your exorcist, you get repossessed.
Show me a piano falling down a mine shaft, and I'll show you A flat minor.
When a clock is hungry, it goes back four seconds.
He often broke into song because he couldn't find the key.
A boiled egg in the morning is hard to beat.
He had a photographic memory that was never developed.
A plateau is a high form of flattery.
The short fortuneteller who escaped from prison was a medium at large.
Those who get too big for their britches will be exposed in the end.
Bakers trade bread recipes on a knead-to-know basis.
Santa's helpers are subordinate clauses.
Acupuncture is a jab well done.



Bye. See you next month. Don't forget to stop by for a spinal checkup and an adjustment.
And bring in the family too – for a healthier spring!