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Newsletter

April 1, 2011

What has made chiropractic so popular? Why do tens of millions of people visit their neighborhood Doctor of Chiropractic? And the numbers are growing!

It's because Doctors of Chiropractic can locate and correct subluxations, small distortions in your spine and body structure that can cause tremendous health damage if not corrected.

Tired of being sick and tired? Welcome to the world of chiropractic ~ discover how natural health can be.

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This issue has a lot of valuable information you may not see anywhere else. If you have any questions or comments, please write to us. Feel free to send this to your friends and relatives and if you'd like a printed copy, stop by the office.

Chiropractic is the most popular natural healthcare profession

The art, science and philosophy of chiropractic was discovered and started developing a little over a century ago. It is now the most widely used natural health profession in the world.

Chiropractic continues to grow because it is effective, safe and gentle, and because it respects your body's natural healing and recuperative powers.

This drug-free, surgery-free healthcare system offers you and your family a real choice.

Today millions of people visit their neighborhood doctor of chiropractic and millions more would, if they only knew.

Chiropractic releases deep stress within your body/mind so you'll function better, permitting your natural healing ability, your inner healer, to perform optimally.

That's why nearly every condition to which the flesh is heir has responded to chiropractic including ear infections, asthma, allergies, colic, bed-wetting, hearing problems, skin conditions, digestive and menstrual problems, infertility, spine and nerve pain, colds and flu, headache, sciatica, emotional and neurological conditions and many, many others.

People also visit their chiropractors for more energy, improved sports performance, better balance, clearer thinking, better resistance to disease and to help ensure drug-free lives for themselves and their families. We welcome you to our chiropractic family; you will discover for yourself why so many people say, "Chiropractic brings out the best in me."

Chiropractic adjustments may enhance creativity and divergent thinking

Another reason to seek chiropractic care? Chiropractic is good for your brain. In fact, since chiropractic's discovery the psychotherapeutic (mental health) benefits of chiropractic are well documented. For many years Doctors of Chiropractic founded and operated mental institutions and sanatoria where chiropractic care and natural healing were practiced. A higher cure rate was reported in the chiropractic institutions than that of the state mental hospitals (that used drugs, electric shock therapy and insulin shock therapy). (1)

For years patients have told their chiropractors that they felt "clearer" and more focused when they received chiropractic adjustments. There are clinical studies that have revealed that children concentrate better, have IQ improvement and have better behavior under chiropractic care. (2-3)

A relatively new clinical study has recently been published in the *Chiropractic Journal of Australia*.

In this study ten subjects between 10 and 62 years of age were adjusted for subluxations. They were tested before and after their adjustments. The majority of the subjects were found to have enhanced scores on the post-test showing a short-term improvement in creativity. It is not known if the improvements were due to less stress, increased blood to the brain or some other mechanism. (4)

Routine prostate cancer screenings are useless

There are now many studies showing that PSA screenings are unnecessary and unreliable. Six studies involving 387,000 men who were randomly assigned to either regular screenings or no screenings at all to test the efficacy of PSA screenings were recently reviewed. The researchers found that while PSA tests detected about 20 cancers for every 1,000 men screened, those detections had zero impact on survival rates. Further, those 20 in 1,000 men diagnosed with cancer end up facing incontinence and impotence when they're treated for a disease that never would have hurt them so men typically die **with** rather than **from** prostate cancer. (5)

Did you know?

The most William Shakespeare earned for writing a play was eight pounds (\$1,325 in today's money). He never made more than 20 pounds a year (\$3,313) from his writings. Luckily, he inherited real estate and his acting career paid well.

Antimicrobial soaps damage reproductive organs

Get rid of (most) liquid soaps in your home. A nonprofit environmental group has sued the U.S. Food and Drug Administration, claiming the agency failed to regulate toxic chemicals found in "antimicrobial" soap and other personal care products. The National Resources Defense Council alleges that two common ingredients, triclosan and triclocarban, can damage reproductive organs, sperm quality and the production of thyroid and sex hormones. According to the suit recent bio-monitoring results found "residues of triclosan in 75% of Americans over the age of 6." For more information on this go to <http://www.foxnews.com/story/0,2933,598108,00.html>

Vaccines and toxins cause autism and sudden infant death syndrome (SIDS)

David Denton Davis, MD, concludes some disease preventing immunizations are actually far more dangerous than anyone may have previously imagined due to adverse event under-reporting. Only 1% of adverse vaccine events are reported each year by MDs. This is a powerful video.

<http://www.youtube.com/watch?v=6LfipChRciY>

340 deaths within 24 hours after vaccinations

The National Vaccine Information Center (NVIC) has a list of infants who died after vaccination in the US from one type of vaccine. The medical profession still claims this is all "coincidence."

Why isn't this information given to parents? Why isn't it mentioned in the mainstream media? Why isn't this reported in our evening news? In our local papers? Why aren't parents told the truth about the dangers of childhood vaccinations? How many more children must die or live brain-injured lives (autism, ADD, ADHD, etc.) before parents are given all the information about the injections they are told their babies "must" receive.

Legally, there is no requirement for a child to be vaccinated. No parent can be fined or cited for not having their child vaccinated. Schools may refuse to let a child in (although there are legal exemptions). If people **at least** refused to vaccinate children until school age (5 or 6) when they are bigger, stronger and better able to handle the vaccine toxins there would be a lot less autism, crib death (SIDS) and other diseases.

The list of the 340 deaths can be found here:

[http://www.medalerts.org/vaersdb/findfield.php?TABLE=ON&GROUP1=AGE&EVENTS=ON&VAX\[\]=HIBV&VAX\[\]=PNC&DIED=Yes&NUMDAYS\[\]=1&WhichAge=range&LOWAGE=0.1&HIGHAGE=0.7](http://www.medalerts.org/vaersdb/findfield.php?TABLE=ON&GROUP1=AGE&EVENTS=ON&VAX[]=HIBV&VAX[]=PNC&DIED=Yes&NUMDAYS[]=1&WhichAge=range&LOWAGE=0.1&HIGHAGE=0.7)

Researching chiropractic

Chiropractic is not a "treatment" for specific diseases or conditions but a way of releasing (or removing) interference, blockages, stresses and imbalances (subluxations) from the body. This releases energy for healing, regeneration and growth. The only true

healer is the wisdom of your body. Chiropractic's goal is to let it flow through you without interference.

All people (especially children) need a body free of blockages and stress so they'll have strong, happy and healthy lives. Below are some examples of what happens when chiropractors correct subluxations.

Scoliosis. A 10-year-old female presented to a private chiropractic practice with a chief complaint of migraine headache and a 35° thoracolumbar scoliosis curve.

Chiropractic adjustments were directed to the upper neck (upper cervical) area. The patient received six such adjustments over a period of 11 visits and 25 weeks (the patient did not receive an adjustment at every visit). A 10° reduction in her scoliosis curve was independently assessed. (6)

Otitis media (ear infection), swollen adenoids, nasal congestion, hearing loss and speech difficulties. A 4-year-old boy suffering from otitis media with effusion (middle ear infection), adenoid hypertrophy, nasal congestion, bilateral hearing loss, speech difficulties, developmental delay and behavioral concerns was brought in for chiropractic care. Spinal analysis revealed vertebral subluxations at the upper cervical (neck) and upper thoracic (mid-back) vertebral levels.

After 11 chiropractic adjustments including instrument and diversified techniques, a re-evaluation with an ENT physician revealed resolution of otitis media with effusion, no more adenoid swelling and nasal congestion, resolution of hearing loss and improvement of speech, development and behavior.

In addition the boy had improved motion in the upper cervical and upper thoracic spine. (7)

Words of wisdom (baseball)

The secret of managing is to keep the guys who hate you away from the guys who are undecided. – Casey Stengel

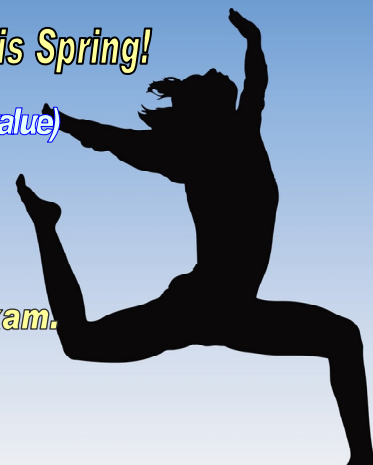
There are two theories on hitting the knuckleball. Unfortunately neither of them works. – Charlie Lau

Kids should practice autographing baseballs. This is a skill that's often overlooked in Little League. – Tug McGraw

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Referred by: _____

Humor

New research reveals that staring at breasts increases heart health (who pays for this)?

We kid you not. At least there are no side effects (unless you consider your wife yelling at you a side effect). "I'm doing it for health reasons honey, do you think I really like looking at these women?" We thought better of including pictures with this article. Read it here:

<http://www.myfoxboston.com/dpp/news/offbeat/study-staring-at-breasts-increases-heart-health-20110304>

Q: Why are many coin banks shaped like pigs?

A: Long ago, dishes and cookware in Europe were made of a dense orange clay called 'pygg'. When people saved coins in jars made of this clay, the jars became known as 'pygg banks.' When an English potter misunderstood the word, he made a bank that resembled a pig. And it caught on.

Q: Did you ever wonder why dimes, quarters and half dollars have notches, while pennies and nickels do not?

A: The US Mint began putting notches on the edges of coins containing gold and silver to discourage holders from shaving off small quantities of the precious metals. Dimes, quarters and half dollars are notched because they used to contain silver. Pennies and nickels aren't notched because the metals they contain are not valuable enough to shave.

Q: Why do men's clothes have buttons on the right while women's clothes have buttons on the left?

A: When buttons were invented, they were very expensive and worn primarily by the rich. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! Since most people are right-handed, it is easier to push buttons on the right through holes on the left. And that's where women's buttons have remained since.

Q. Why do X's at the end of a letter signify kisses?

A: In the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.

Q: Why is shifting responsibility to someone else called 'passing the buck'?

A: In card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal. If a player did not wish to assume the responsibility, he would 'pass the buck' to the next player.

Q: Why do people clink their glasses before drinking a toast?

A: It used to be common for someone to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount

of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would then just touch or clink the host's glass with his own.

Q: Why are people in the public eye said to be 'in the limelight'?

A: Invented in 1825, limelight was used in lighthouses and stage lighting by burning a cylinder of lime which produced a brilliant light. In the theatre, performers on stage 'in the limelight' were seen by the audience to be the center of attention.

Q: Why do ships and aircraft in trouble use 'mayday' as their call for help?

A: This comes from the French word m'aidez – meaning 'help me' – and is pronounced 'mayday.'

Q: Why is someone who is feeling great 'on cloud nine'?

A: Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

Q: Why are zero scores in tennis called 'love'?

A: In France, where tennis first became popular, a big, round zero on the scoreboard looked like an egg and was called 'l'oeuf,' which is French for 'egg.' When tennis was introduced in the US, Americans pronounced it 'love.'

Q: In golf, where did the term 'caddie' come from?

A. When Mary, later Queen of Scots, went to France as a young girl (for education & survival), Louis, King of France, learned that she loved the Scot game 'golf.' So he had the first golf course outside of Scotland built for her enjoyment. To make sure she was properly chaperoned (and guarded) while she played, Louis hired cadets from a military school to accompany her. Mary liked this a lot and when she returned to Scotland (not a very good idea in the long run), she took the practice with her. In French, the word cadet is pronounced 'ca-day' and the Scots changed it into 'caddie.'

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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