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Newsletter

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Complimentary Consultation

In our continuing quest to introduce more people (including children) to the benefits of chiropractic care we are offering a complimentary consultation to see if chiropractic can help. Call the office for an appointment and bring in this page in order to receive your consultation. Call now: 856-778-8688

Enjoy the benefits of Chiropractic, the largest natural, drug-free, healthcare system in the world. Families are discovering that chiropractic promotes health and healing without dangerous drugs. More and more people are turning away from symptom treatment and choosing natural ways of expressing health.

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

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Chiropractor – Doctor of Cause



Chiropractors spend thousands of hours studying how to locate and correct a major cause of stress and body malfunction (or dis-ease): the subluxation complex (VSC). Subluxations are areas of stress inside your spine and body structure that interfere with your nervous system causing body/mind disharmony. Subluxations lead to lowered resistance to disease, inefficient body function, altered chemistry, distorted posture and balance, accelerated aging and premature death.

Only a chiropractor is trained to locate and correct subluxations using specialized techniques called chiropractic adjustments.



Without subluxations your natural healing wisdom – your innate intelligence or inner doctor – can function more efficiently. The initials DC stand for Doctor of Chiropractic, but to many it also stands for “Doctor of Cause.”

OK, break out the spring



Spring is here, so bask in nature’s healing rays. Go for walks in the sun, lie in the sun, enjoy great scenery, go out into the countryside and revel in springtime (it only comes once a year).

Springtime is for rebirth and what better time for growth, healing and inspiration. It seems like springtime is the best time for resolutions – after all bathing suit weather is on the horizon.



Spring is also a great time for a chiropractic checkup for you and your family. Bring them all in.

BJ Palmer, DC – Developer of Chiropractic

Here is a rare photo of Dr. BJ Palmer, the son of the man who discovered chiropractic (DD Palmer) demonstrating chiropractic spinal adjusting procedures in his research clinic in Davenport, Iowa in 1935.

Dr. Palmer was a multifaceted genius – an educator, researcher, scientist, author, speaker and very importantly, a defender of chiropractic.

Under his watchful gaze and direction, chiropractic grew from a fledgling profession practiced by a few people in the American mid-west to tens of thousands of practitioners worldwide;

all this during a time of intense persecution of drug-free, natural health practitioners.



Chiropractic has survived and thrived as a profession largely due to the talents of this man and those who worked with him. His legacy remains. His family continues to be associated with the Palmer College of Chiropractic in Davenport, Iowa that was founded at the turn of the century.

Chiropractic Research



Bedwetting (nocturnal enuresis) and chiropractic. Thirty-three patients (3 to 18 years old) who had nocturnal enuresis were placed under chiropractic care in this study.

An analysis of their records showed that 22 had resolution of symptoms for 12 months after beginning chiropractic care. Most of the children received two adjustments. Ten of those with bedwetting also found their constipation resolved. (1)

Lumbar nerve pain with disc herniation. This is a study of 49 patients suffering for years with lower back pain, nerve pain and disc herniation. The patients were followed for 14.5 months after ending care.

Upon interview 77.5% said they had improved with 90% saying the improvement was “good” or “excellent.” Clinically meaningful improvements in pain and disability were seen in 79% and 70% of patients, respectively. Patients averaged about 13 visits. (2)

Learning disabilities, dyslexia, Attention-Deficit Hyperactivity Disorder (ADHD) and chiropractic. One hundred fifty-seven (157) children, aged 6 to 13 (86 boys and 71 girls), with developmental delay syndromes involving difficulties in reading, learning, social interaction, and school performance received chiropractic care.

Under chiropractic care all 157 children showed improvements in 8 psychometric tests and 20 areas of cognitive function including their ability to concentrate, to maintain focus and attention, to control impulsivity which improved their performance at home and school. (3)

Did you know Kraft cheese has no cheese?

Many of Kraft's synthetic "cheese" products contain absolutely no cheese whatsoever.

When confronted with their misleading labeling, Kraft CEO Irene Rosenfeld claims the fake cheese "meets the high standards for taste, quality and performance consumers expect when buying a Kraft-branded cheese product." Under citizen pressure to clamp down on Kraft's fraudulent labeling in 2002, the FDA issued a perfunctory warning letter to the company. Kraft thumbed its nose at the federal agency by removing their "cheese foods" labels and replacing them with equally misleading labels calling the pseudo-dairy items "cheese products". Learn more: http://www.organicconsumers.org/articles/article_4015.cfm.

Avoid fluoride and get a water filter

For decades the harmful effects of fluoride on adults and children have been discovered in laboratories throughout the world. Fluoride, the main ingredient in rat poison, is an industrial waste product that is added to the water in many communities throughout the US.

If your community adds fluoride to your drinking water please get a water filter that removes this harmful chemical before it goes into the mouths of you and your family. (Good filters remove chlorine as well).

Animal studies conducted in the 1990s by EPA scientists found dementia-like effects at the same concentration (1 ppm) used to fluoridate water, while human studies have found adverse effects on IQ at levels as low as 0.9 ppm among children with nutrient deficiencies, and 1.8 ppm among children with adequate nutrient intake. (4-7)

Hormone Replacement Therapy (HRT) linked to cataracts

HRT has been linked to breast and ovarian cancer, heart attacks and dementia. Now, in an eight-year study of 30,000 postmenopausal women, it's been linked to cataracts.

This comes from the Thursday, March 11, 2010 issue of *Natural News* (we recommend you subscribe to this great free newsletter). Read the rest at:
http://www.naturalnews.com/028349_HRT_cataracts.html.

Can you get your children into school if they aren't vaccinated?

Know your rights. In most of the US you CAN get your non-vaccinated children into public school. Some excellent medico-legal information is located at the Vaccine Rights website: www.vaccinerights.com.

The Pandemic Response Project (PReP) also has excellent vaccination information: www.pandemicresponseproject.com.



Pass on the margarine

Margarine is a white substance with no food appeal so yellow coloring is added and sold to people to use in place of butter.

DO YOU KNOW ... the difference between margarine and butter?

- Both have the same amount of calories.
- Butter is slightly higher in saturated fats at 8 grams compared to 5 grams, however...
- Eating margarine can increase heart disease.
- Eating butter increases the absorption of many other nutrients from other foods.
- Butter has many nutritional benefits where margarine has none.
- Butter tastes much better than margarine and it can enhance the flavors of other foods.

And now, for margarine ...

- Very high in trans-fatty acids
- Triples the risk of coronary heart disease
- Increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol (the good cholesterol)
- Increases the risk of cancers up to five-fold
- Lowers quality of breast milk
- Decreases immune response
- Decreases insulin response

Prostate screening test questioned

The American Medical Association published a fascinating article questioning the value of prostate specific antigen (PSA) testing. The PSA blood test is supposed to detect prostate cancer, but researchers now question whether it is has any value in saving lives at all.

New research reveals that the PSA test detects smaller and less dangerous tumors and is more indicative of prostate enlargement rather than prostate cancer.

Autopsies often show men with enlarged or even cancerous prostates – a condition they had lived with for years, perhaps decades, without any treatment. (8)

For more information, see: <http://www.ama-assn.org/amednews/2004/10/11/hll21011.htm>
and see also: <http://www.aafp.org/afp/2008/1215/p1377.html>.

Humor

A 54 year old woman had a heart attack and was taken to the hospital. While on the operating table she had a near death experience. Seeing God she asked "Is my time up?"

God said, "No, you have another 43 years, 2 months and 8 days to live."

Upon recovery, the woman decided to stay in the hospital and have a face-lift, liposuction, breast implants and a tummy tuck. She even had someone come in and change her hair color and brighten her teeth! Since she had so much more time to live, she figured she might as well make the most of it.

After her last operation, she was released from the hospital. While crossing the street on her way home, she was killed by an ambulance.

Arriving in front of God, she demanded, "I thought you said I had another 43 years? Why didn't you pull me from out of the path of the ambulance?"

(You'll love this)

God replied: "I didn't recognize you."

HAIRCUT

One day a florist went to a barber for a haircut. After the cut, he asked about his bill, and the barber replied, 'I cannot accept money from you, I'm doing community service this week.'

The florist was pleased and left the shop. When the barber went to open his shop the next morning, there was a 'thank you' card and a dozen roses waiting for him at his door.

Later, a cop comes in for a haircut, and when he tries to pay his bill, the barber again replied, 'I cannot accept money from you, I'm doing community service this week.' The cop was happy and left the shop.

The next morning when the barber went to open up, there was a 'thank you' card and a dozen donuts waiting for him at his door.

Then a Congressman came in for a haircut, and when he went to pay his bill, the barber again replied, 'I can not accept money from you. I'm doing community service this week.'

The Congressman was very happy and left the shop.

The next morning, when the barber went to open up, there were a dozen Congressmen lined up waiting for a free haircut.

And that, my friends, illustrates the fundamental difference between the citizens of our country and the politicians who run it.

THE AMISH ELEVATOR

An Amish boy and his father were in a mall. They were amazed by almost everything they saw, but especially by two shiny, silver walls that could move apart and then slide back together again.

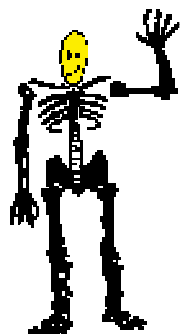
The boy asked, "What is this Father?"

The father (never having seen an elevator) responded, "Son, I have never seen anything like this in my life, I don't know what it is."

While the boy and his father were watching with amazement, a fat, old lady in a wheelchair moved up to the moving walls and pressed a button. The walls opened and the lady rolled between them into a small room. The walls closed and the boy and his father watched the small circular numbers above the walls light up sequentially.

They continued to watch until it reached the last number and then the numbers began to light in the reverse order. Finally the walls opened up again and a gorgeous 24-year-old blonde stepped out.

The father said quietly to his son.....
"Go get your mother."



Bye!!!

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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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