



Horning  
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# Newsletter

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## Complimentary Consultation and Examination

In our continuing quest to introduce more people (including children) to the benefits of chiropractic care we are offering a complimentary consultation and exam to see if chiropractic can help. Call the office for an appointment and bring in this page in order to receive your **FREE consultation and exam (\$125 value)**. Call now: 856-778-8688

Why is chiropractic so popular? Why do millions of people visit their neighborhood Doctor of Chiropractic? Why are the numbers 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.

## This issue's table of contents

- Is this you?
- Hepatitis B vaccination increases autism 300%
- More on aspartame
- Did you know?
- The importance of good posture
- PSA screening test – “PSA era is over”
- Researching chiropractic
- Humor
- References

Enjoy this newsletter. 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 hard (printed) copy, stop by the office.

## Is this you?

Hmm, you certainly don't see this when you look in a mirror. Well, like so much of life, it's below the surface.

This is a dramatic illustration of the spark of electricity that jumps across a gap (synapse) between each of your nerve cells. Right now that is happening BILLIONS of times each second as you read these words (or do anything else).

Without that spark you couldn't breathe, walk, talk, eat or think. None of your organs would work; without that spark you could not survive for even a nano-second.

You don't really feel these sparks of life because they are very subtle. Nearly all the sensations and goings-on inside you occur without your awareness. After all, how could you perform day-to-day activities if you also had to consciously deal with billions of nerve interactions every second? You couldn't.

What orchestrates all these nerve firings? Certainly not your conscious mind. We humans can barely walk and chew gum at the same time much less juggle millions and billions of interactions at the same time.

Fortunately we have a wisdom within us that controls, coordinates, orchestrates and directs all these amazing things so that we *can* walk and chew gum and even talk at the same time. While we do these things energy flows over our brain and outlying nerves and vivifies each and every organ, gland, muscle, tissue and cell to life.

The "conductor" of our body processes is referred to as our innate (inborn) intelligence. Our body wisdom uses the brain and nervous system to send billions upon billions of messages over billions of synapses (gaps) and directs our many body parts to do their job and respond to stress.

Your chiropractor's role is to make sure there is no interference between your brain, nerves and body parts – so that your energies can flow without any blockages.

Chiropractors do this by locating and correcting **subluxations** – tiny distortions in your body that you may not even feel, yet can cause tremendous damage. Chiropractors spend years learning the art and science of locating and correcting subluxations. They also study the natural philosophy of life and health that guides chiropractic clinical practice and research.

Everyone needs to be checked and adjusted for subluxations. Even chiropractors go to chiropractors to be sure they are free of subluxations so they are functioning at their peak.

Unblock your energies so that your inner "conductor" (healer) can send its information throughout your body without interference. You'll then be able to function at your best with lots of energy, high resistance to disease and the ability to handle life's stresses and stay balanced (emotionally as well as physically).

**Hepatitis B vaccination increases autism 300%**

Researchers discovered that vaccinating boys with the hepatitis B vaccine that is given shortly after birth triples the chances that they will be diagnosed with autism compared to boys never vaccinated or vaccinated after the first month of life. (1)

## More on aspartame

Aspartame (NutraSweet™, Equal™) is in thousands of food products, especially if they are labeled “diet,” “sugar free” or “low-cal.” Aspartame breaks down into toxic substances such as methanol (alcohol that blinds drinkers), formaldehyde (embalming fluid – cancerous) and formic acid (found in ant venom).

The FDA has received thousands of aspartame related reports complaining of seizures, migraine, headache, memory loss, vision problems, coma, cancer, brain tumors and death. Aspartame appears to worsen or mimic the symptoms of fibromyalgia, MS, lupus, ADD, diabetes, Alzheimer’s, chronic fatigue and depression. (2) Please avoid this dangerous chemical.

## Did you know?

The numbers on baseball players’ uniforms were first decided on in accordance with the player’s position in the team’s batting order. That’s why Babe Ruth wore number 3, Lou Gehrig wore number 4, etc.

## The importance of good posture

According to researchers reporting in the *American Journal of Pain Management*, "Posture affects and moderates every physiological function from breathing to hormonal production. Spinal pain, headache, mood, blood pressure, pulse, and lung capacity are also among the functions influenced by posture."

"Posture especially influences respiration, oxygenation and sympathetic function. Ultimately, it appears that homeostasis and autonomic regulation are intimately connected with posture. It has been clinically observed that many symptoms, including pain, may be moderated or eliminated by improved posture." (3)

We’d like to add however that good posture is much more than remembering to “sit up straight”, “don’t hunch”, “hold your head up” and other ways of holding ourselves. Most of our posture is unconscious and is the result of how we deal with our relationship with gravity, stress, our emotions, fatigue and whether we have subluxations or not.

Because of that it is important for children (as well as adults) to have a chiropractic checkup to ensure that they grow up in balance and alignment.

## PSA screening test – “PSA era is over”

The prostate-specific antigen (PSA) test, a blood test doctors use to see if a man may have prostate cancer, has been controversial for a long time. In 1987 the *New England Journal of*

*Medicine* published an article suggesting that rising PSA levels could be useful to detect and monitor prostate cancer. However in the October 2004 *Journal of Urology* the lead author of the 1987 study had a dramatic change of opinion. He and his fellow researchers found that the PSA test was discovering smaller tumors that were less likely to be deadly.

Now we know that PSA levels are more indicative of whether the prostate is enlarged than if it is cancerous and needs to be treated. Prostate cancer is something people often die with rather than die from. "The PSA era is over in the US," said Dr. Stamey, professor of urology at Stanford University School of Medicine and lead author of the 1987 *NEJM* study. "Our study raises a very serious question of whether any man should even use the PSA test for prostate cancer screening any more." (4)

## Researching chiropractic

**Concentration, reading, writing, communication skills and chiropractic.** This is a wonderful study that reminds us that all children should receive chiropractic care.

In this study ten children who received chiropractic care for subluxation correction for one year were evaluated. The children received upper cervical, full spine and cranial adjustments.

By the time of the 5<sup>th</sup> adjustment, the parents reported signs of progress in awareness and attention behavior. The majority of the children improved their reading, writing and communication skills and related better to each other socially.

As they were more balanced structurally, neurologically and behaviorally, improvement of their schoolwork was remarked upon by their parents and teachers. By the 12th office visit their posture and visual coordination improved significantly. The doctor, parents, relatives and teachers corroborated these improvements. (5)

**Tourette's, tardive dyskinesia and chiropractic.** A 45-year-old male with a history of fatigue, Tourette's syndrome, tardive dyskinesia and CREST syndrome sought chiropractic care. CREST syndrome (also known as limited scleroderma) is a hardening of the skin that can sometimes affect the throat and digestive system. There is no known cure.

In addition the patient stuttered when he spoke and had an uncoordinated stagger as he walked, along with tremors in his arms and hands.

Over a 12-month period he received approximately 108 chiropractic adjustments, and was also given exercises, traction and heel lifts. After the first few months of care the patient's wife reported improvements in his energy level and that the tremors were decreasing. After a year of care the patient was markedly improved. Follow-up X-rays showed improvements as well. (6)

## Humor

### HOW CAN YOU LIVE WITHOUT KNOWING THESE THINGS?

The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone. Men can read smaller print than women can; women can hear better. Coca-Cola was originally green. It is impossible to lick your elbow.

The state with the highest percentage of people who walk to work: Alaska  
The percentage of Africa that is wilderness: 28%  
The percentage of North America that is wilderness: 38%  
The cost of raising a medium-size dog to the age of eleven: \$6,400  
The average number of people airborne over the US any given hour: 61,000  
The first novel ever written on a typewriter: Tom Sawyer

Intelligent people have more zinc and copper in their hair.  
The world's youngest parents were 8 and 9 and lived in China in 1910.  
The youngest pope was 11 years old.  
Those San Francisco cable cars are the only US mobile national monuments.

Each king in a deck of playing cards represents a great king from history:

Spades – King David  
Hearts – Charlemagne  
Clubs – Alexander, the Great  
Diamonds – Julius Caesar

$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle.  
If the horse has one front leg in the air the person died as a result of wounds received in battle.  
If the horse has all four legs on the ground, the person died of natural causes.

Only two people signed the Declaration of Independence on July 4<sup>th</sup>: John Hancock and Charles Thomson. Most of the rest signed on August 2, but the last signature wasn't added until 5 years later.

Q. Half of all Americans live within 50 miles of what?

A. Their birthplace

Q. Most boat owners name their boats. What is the most popular boat name requested?

A. Obsession

Q. If you were to spell out numbers, how far would you have to go until you would find the letter "A"?

A. One thousand.

Q. What do bulletproof vests, fire escapes, windshield wipers and laser printers all have in common?

A. All invented by women.

Q. What is the only food that doesn't spoil?

A. Honey

**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 e-mail, have them write to us and we'll add them to our subscriber list.

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