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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 structural system 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 hard (printed) copy, stop by the office.

## It's sum, sum, summertime

Yes, this is another summer-time photo. Why? Because WE LOVE SUMMER. Summertime can be the healthiest time of the year. Get lots of nutritious, fresh air; eat fresh, organic and nutrient dense food; have fun and relax. Lie in the sun and enjoy the quiet. Stay connected with your family and friends. This is all good for you.

## Chiropractic is for the whole family

Speaking of families, we love to see entire families coming to our office. Why not? Doesn't every child need a healthy spine, structural and nervous system? Don't students need to have free-flowing energy in order to be able to concentrate better, do better in sports and have improved immune systems and greater health?

Of course parents who have been on this earth longer have been subject to all kinds of stresses that have affected their bodies. Especially grandparents! They most certainly could benefit from a chiropractic checkup – and adjustment! Every age group – from newborns to the elderly – benefit from regular chiropractic care.

Perhaps if there is one type of patient who needs chiropractic more than anyone else it would be pregnant patients. To ensure a healthy pregnancy please visit us regularly.

Chiropractic has something more to offer the family – a drug-free, natural lifestyle. Chiropractic teaches children that health cannot be found in a pill bottle and that there's a more natural, drug-free, toxin-free approach to health and healing.

Chiropractic is good for every age. Please don't leave your spouse, children or parents at home when you come to us to get healthy. They also deserve a chiropractic checkup.

## Arthritis and chiropractic

Arthritis is a disease of the whole body (a systemic disease) that is most dramatically seen in the joints. The word "arthritis" may include more than 100 conditions, many of which were formerly known as "rheumatism."

Osteoarthritis or OA, also known as degenerative joint disease, is the most common arthritis of all; almost everyone over the age of 50 has a touch of it. OA often results from an unbalanced structural system creating stress on the joints so that bone growths ("lipping" and "spurring") try to strengthen the joint by depositing extra bone. (1) Sometimes the growths compress nerves, causing pain and affecting internal organs. (2)

Rheumatoid Arthritis (RA) is the crippler that destroys joints, affects the heart, blood vessels, eyes, skin, muscles and other organs. It often appears suddenly around ages 30 to 40 – then may disappear just as suddenly! No one knows what causes it. Some researchers believe RA is caused by infected root canals or other dental infections.

Juvenile Rheumatoid Arthritis is similar to adult RA but in over half the cases the disease simply disappears. The rubella vaccine has been discussed as a cause – up to 40% of those vaccinated with rubella suffered joint pain arthralgia, with nearly 2% developing arthritis. (3)

According to one researcher: *There now exists a growing theoretical concern which links immunizations to the huge increase of ... rheumatoid arthritis, multiple sclerosis, lupus erythematosus, lymphoma, and leukemia.* (4)

Medicine offers no cure for arthritis. Since the underlying cause is unknown, symptom treatment – a lifetime of drugs for the pain and inflammation, heat, hot packs or exercises in warm water and similar treatments – is suggested. If a joint becomes severely deteriorated then surgery may be considered.

## The Chiropractic Approach

For over a century arthritic patients have benefited from chiropractic care. (5-7)  
Chiropractic care has even reversed osteoarthritis – something previously considered impossible. (8-9)

Chiropractic is a system of healthcare that improves the function of your entire body by removing or releasing blockages called subluxations. Subluxations weaken your nervous and immune systems, weakening your body. This can set the stage for sickness and diseases of all kinds – arthritis included.

## Another reason not to use artificial sweeteners

According to research reported by the Weston A. Price Foundation, pregnant women who consume aspartame (Nutrasweet™) risk damaging the fetal nervous system and increasing the baby's risk of cerebral palsy, impaired vision, birth defects, lifelong carbohydrate cravings, developmental disorders and mental retardation. (10)

It seems that the more we know about artificial sweeteners such as aspartame the worse it gets. But instead of withdrawing this toxic stuff from the food supply, aspartame is slowly making its way into ordinary products used every day, which do not carry any indication of being for people on diets or for diabetics. Thus, if you eat processed foods, you put yourself and your offspring at risk.

<http://www.westonaprice.org/modern-foods/575-aspartame-diet-astrous-results>

## Researching Chiropractic

**Chiropractic has become the most popular natural, drugless healing art in the world because of its great success. People with all kinds of health concerns, in all age groups and from all over the world, have discovered the benefits of chiropractic – often after drugs and surgery failed. Before you resort to powerful drugs and surgery, it is prudent to explore more natural, less toxic and safer options (if at all possible). Below are only a fraction of the successes chiropractic has had.**

### **Neck pain, carpal tunnel syndrome, low back pain and cholesterol levels.**

A 49-year-old woman with neck pain, carpal tunnel syndrome, low back pain, high blood lipids (dyslipidemia) and vertebral subluxations began chiropractic care.

Lipid-lowering statins were prescribed by her medical physician, but, using her own judgment, she elected not to take them.

After six months of chiropractic care her total cholesterol improved from 221 to 170 mg/dL, her LDL went from 153 to 109 mg/dL and her HDL went from 33 to 38 mg/dL. Her triglycerides improved from 241 to 199 mg/dL and her quality of life scores were increased in eight categories. No other interventions were used. (11)

**Cluster Headaches:** A 47-year-old woman diagnosed with cluster headaches presented at a chiropractic office. She reported that the problem had begun two years prior. She was originally diagnosed with migraine and given drugs that did not help. She had feelings of hopelessness and despair, and thoughts of suicide.

The patient was adjusted 3 times per week with Koren Specific Technique (KST) for the first four weeks and then on an average of once a week for four months. After five months of care her headaches resolved and she was able return to a normal lifestyle. (12)

**Nine-year-old girl with epilepsy:** A nine-year-old girl presented at a chiropractic office with uncontrollable blinking of her left eye and fainting spells. She had been diagnosed by a neurologist as suffering from occipital lobe epilepsy.

Chiropractic adjustments were applied to the first cervical (neck) vertebrae on 3 separate occasions and other adjustments were applied to various areas of the spinal column where vertebral subluxations existed. The patient's uncontrolled eye twitching decreased immediately following the first upper cervical adjustment and ceased completely 3 weeks following the final adjustment. The twitching has not resurfaced in approximately 2 years. (13)

## Before you even consider a measles shot ...

There are *at least* six times more measles vaccine adverse reactions than measles cases.

The following is abridged from The Refusers ([www.therefusers.com](http://www.therefusers.com)):

The "great measles epidemic" in Washington State (3 cases, no deaths) has the CDC – the Center for Disinformation Control, we mean Centers for Disease Control – releasing another fear campaign: "The US has had 118 measles cases so far this year, the most for this date since 1996...."

However none had encephalitis and none died.

Compare that to the reactions to getting the measles shot. There have been 698 FDA Vaccine Adverse Event Reporting System (VAERS) reports related to measles vaccines in 2011 — including 4 deaths and 280 emergency room visits. Former FDA Commissioner David Kessler wrote in the *Journal of the American Medical Association* that "only about 1% of serious adverse events are reported to the FDA." (14)

So 698 adverse reactions to measles vaccines in 2011 may be just the tip of the iceberg (i.e. 69,800 vaccine reactions and 400 deaths from the shot). The problem is that MDs rarely report vaccine reactions or deaths.

Want to know more? The VAERS numbers and cases can be found at [www.medalerts.org](http://www.medalerts.org). Among the reactions to the measles shots are severe neurological events such as encephalitis, meningitis and seizures shortly after vaccination. This is exactly the catastrophe that parents of autistic kids observe before their children descend into autism.

## Did you know?

Walt Disney was afraid of mice.

## The pizza story

Asked to make a special dish to mark the Naples visit of Queen Margherita Teresa Giovanni of Italy in 1889, tavern owner Don Rafaele Esposito took a traditional oven-baked flatbread (known as pizza) and, instead of brushing it with the expected basics (olive oil, herbs and spices), he layered it with fresh tomatoes, a cheese made from the milk of water buffalo, and basil – because those ingredients were red, white and green, the colors of the Italian flag. The queen loved it and Margherita pizza was soon a menu staple all over Southern Italy.

## Humor

**LOT 'S WIFE:** The Sunday school teacher was describing how Lot's wife looked back and turned into a pillar of salt, when little Jason interrupted, 'My Mommy looked back once while she was driving,' he announced triumphantly, 'and she turned into a telephone pole!'

**GOOD SAMARITAN:** A Sunday school teacher was telling her class the story of the Good Samaritan. She asked the class, 'If you saw a person lying on the roadside, all wounded and bleeding, what would you do?'

A thoughtful little girl broke the hushed silence, 'I think I'd throw up.'

**DID NOAH FISH?:** A Sunday school teacher asked, 'Johnny, do you think Noah did a lot of fishing when he was on the Ark?'

'No,' replied Johnny. 'How could he, with just two worms?'

**HIGHER POWER:** A Sunday school teacher said to her children, 'We have been learning how powerful kings and queens were in Bible times. But, there is a Higher Power. Can anybody tell me what it is?'

One child blurted out, 'Aces!'

**MOSES AND THE RED SEA:** Nine-year-old Joey was asked by his mother what he had learned in Sunday school.

'Well, Mom, our teacher told us how God sent Moses behind enemy lines on a rescue mission to lead the Israelites out of Egypt. When he got to the Red Sea, he had his army build a pontoon bridge and all the people walked across safely. Then he radioed headquarters for reinforcements. They sent bombers to blow up the bridge and all the Israelites were saved.'

'Now, Joey, is that really what your teacher taught you?' his mother asked.

'Well, no, Mom. But, if I told it the way the teacher did, you'd never believe it!'

**THE LORD IS MY SHEPHERD:** A Sunday school teacher decided to have her young class memorize one of the most quoted passages in the Bible – Psalm 23. She gave the youngsters a month to learn the chapter.

Little Rick was excited about the task – but he just couldn't remember the Psalm. After much practice, he could barely get past the first line.

On the day that the kids were scheduled to recite Psalm 23 in front of the congregation, Ricky was so nervous. When it was his turn, he stepped up to the microphone and said proudly, 'The Lord is my Shepherd, and that's all I need to know.'

**ALL MEN/ALL GIRLS:** When my daughter, Kelli, said her bedtime prayers, she would bless every family member, every friend, and every animal (current and past). For several weeks, after we had finished the nightly prayer, Kelli would say, 'And all girls.'

This soon became part of her nightly routine, to include this closing. My curiosity got the best of me and I asked her, 'Kelli, why do you always add the part about all girls?'

Her response, 'Because everybody always finish their prayers by saying 'All Men!'

**SAY A PRAYER:** Little Johnny and his family were having Sunday dinner at his grandmother's house. Everyone was seated around the table as the food was being served.

When Little Johnny received his plate, he started eating right away.

'Johnny! Please wait until we say our prayer.' said his mother.

'I don't need to,' the boy replied. 'Of course, you do.' his mother insisted. 'We always say a prayer before eating at our house.'

'That's at our house.' Johnny explained. 'But this is Grandma's house and she knows how to cook!'

**UNANSWERED PRAYER:** The preacher's five-year-old daughter noticed that her father always paused and bowed his head for a moment before starting his sermon. One day, she asked him why.

'Well, honey,' he began, proud that his daughter was so observant of his messages. 'I'm asking the Lord to help me preach a good sermon.'

'How come He doesn't answer it?' she asked.

### **BEING THANKFUL**

A rabbi said to a precocious six-year-old boy, 'So your mother says your prayers for you each night? That's very commendable. What does she say?'

The little boy replied, 'Thank God he's in bed!'

**UNTIMELY ANSWERED PRAYER:** During the minister's prayer one Sunday, there was a loud whistle from one of the back pews. Tommy's mother was horrified. She pinched him into silence and, after church, asked, 'Tommy, whatever made you do such a thing?'

Tommy answered soberly, 'I asked God to teach me to whistle, and He did!'

**TIME TO PRAY:** A pastor asked a little boy if he said his prayers every night. 'Yes, sir.' the boy replied.

'And, do you always say them in the morning, too?' the pastor asked.

'No sir,' the boy replied. 'I ain't scared in the daytime.'

## **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.

Congratulations! You've read all the way down to here. For that you deserve a bonus. So here are:

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