

Newsletter

June 1, 2011

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.

What is this strange creature? Look closely – it's an artichoke plant with artichokes growing on the top of the stalks. That's what they really look like before they arrive at the market. Soon they'll be ripe and ready to be steamed and served with homemade hollandaise sauce. Doesn't that sound tasty?

This issue's table of contents

- It hurts me here – why do you adjust me there?
- Did you know?
- Childhood vaccination and infant mortality
- Your home base
- Hepatitis B vaccination increases chance of autism 300%
- Airport scanners
- Researching chiropractic
- Humor
- References
- Famous last words

This issue has a lot of valuable information that 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 hurts me here – why do you adjust me there?

Doctor, “It hurts me here – why do you adjust me there?” That’s a question we hear in our office all the time. Patients have also asked:

“The pain is in my leg, why do you adjust my back?”

“The menstrual cramps aren’t in my neck, why are you adjusting me there?”

“How can doing something to my child’s spine affect her ear infection (fever, asthma, allergies or stomach ache)?”

A common misconception is that since chiropractors work on the spine and structural system they are thought of as doctors who “treat” musculoskeletal problems. (Musculoskeletal or neuromusculoskeletal refers to nerves, muscles and bones).

Well, yes, we chiropractors do work on your bones or structural system but that’s our “portal of entry” – the starting point from which our care affects the entire body.

Think of it this way. MD’s prescribe drugs you take by mouth or give injections into the skin. But does that mean MDs are mouth and skin doctors? We never hear medical patients asking, “How can taking something in my mouth that goes to my stomach affect my asthma? Aren’t they different parts of my body?”

Of course we know that drugs, even if taken by mouth, are the “portal of entry” to affect the entire body. Drugs enter your blood after you (usually) swallow them to change your entire body chemistry.

So in the same way the spine and structural system is your chiropractor’s “portal of entry” or starting point. Why?

Because it’s a very powerful area – it connects you to your ... everything. All your body organs – lungs, bronchi, digestive system, heart, immune system organs, brain, eyes, ears, nose, throat; all your muscles, bones, discs, joints, ligaments – your entire you – are affected by the nerves coming out of your spine and structural system. For you to be healthy all of your body parts must work together in a coordinated manner. Your nerves carry messages from your brain to all your body parts so you function at 100%. Your nervous system helps organize your body so can live at your fullest potential.

Whether you’re regulating your blood pressure, catching a baseball, fighting a cold or the flu (experiencing a cleansing), patrolling your every nook and cranny for germs and cancer cells, keeping your blood chemistry in balance, thinking, reading a wonderful patient newsletter, or doing so many other things you need your nerves to be healthy.

Energy flows over your nerves. You need an uninterrupted nerve flow to function at 100%. And if you aren’t at 100% anything less is less than optimum is lack of health or dis-ease.

Chiropractors have discovered a serious distortion in your spine and structural system that partially blocks or alters the nerve flow through your body. This distortion is called a subluxation. No matter where they are we’ll seek them out and fix them. And no matter what condition you are suffering from you will function better without nerve pressure.

If you have subluxations in your body problems can arise anywhere. Why? Because your nerves interconnect in many complex ways. Therefore a pain or problem *here* may be related to a subluxation *there*.

Life is complicated and things aren't always what they seem. The goal of healing is to get to the cause of a person's problems and correct it, rather than just treat symptoms. That is our goal in this office. No matter what health problems you or your children are suffering from our goal is to locate and correct their subluxations – no matter where they are.

Did you know?

Did you know that many conventional farmers and ranchers won't even eat their own food? You know why? Because they know what's in it!

Check out this awesome short video featuring Farmer Brad who explains what's really going on in agriculture today: <http://naturalnews.tv/v.asp?v=2B8905351E28D05F8B2A7A0FF65BBEF2>

Childhood vaccinations and infant mortality

Death after vaccination has been acknowledged in the medical literature since the 1930s. The US government has officially recognized this and will pay \$50,000 if a child dies after vaccination. So far \$billions have been paid out.

A recent paper in *Human Experimental Toxicology* by Neil Z. Miller and Gary S. Goldman revealed the following: "Nations that require more vaccine doses tend to have higher infant mortality rates." (1)

This tragic side of vaccination is acknowledged but rarely studied. Government agencies and pharmaceutical companies simply do not do the necessary research.

Hopefully this eye-opening study will not be ignored and will point the way for badly needed research on the safety of the vaccines most children receive. Sadly, you and millions of other parents and concerned people will not know about this study because it won't be mentioned on the evening news nor will it be in your local papers.

Note: Neil Miller's website is at www.thinktwice.com.

Your home base

You have a "home base" in your body. We're not talking baseball. This base is in you – the base of your spine.

It supports you; you couldn't sit, stand, walk or run without it. The illustration to the left is of your base: your hips, your pubic bones and your sacrum (the middle part that holds your lower back). Where your sacrum and hips meet is known as the sacroiliac joint.

Your entire spine sits on your sacrum – your hips connect to your sacrum and your legs connect to your hips.

To keep your spine and body balanced you need balanced hips – or else everything above can be weak. You need healthy hips for a comfortable pregnancy, a healthy lower back, healthy discs, healthy sciatic and other nerves, balanced muscles, strong legs and healthy organs including the intestines, ovaries, testes, bladder, uterus, kidneys, adrenals and other pelvic organs.

That is why your Doctor of Chiropractic will check you for alignment from the top of your structural system to the bottom.

Hepatitis B vaccination increases chance of autism 300%

In this report researchers found 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. (2)

Airport scanners – from Natural News (www.naturalnews.com)

“We have some astonishing breaking news for you today: The testing of the TSA's backscatter airport security machines was *rigged* to produce fraudulent test results that vastly understate the amount of radiation being emitted by these machines.

“Even more, it turns out the TSA has operated in complete secrecy surrounding these machines, including using secret scientists to conduct the radiation tests, which were based on secret methodologies, using secret equipment and measured by devices that are physically incapable of detecting high levels of X-ray radiation!

“The TSA's utter fabrication of its "safety data" is now unraveling at record speed.”

Full story at: http://www.naturalnews.com/032425_airport_scanners_radiation.html

Researching chiropractic

Chiropractors release a serious stress (subluxations) from your body. This releases energy for healing, regeneration and growth.

All people (especially children) need a body free of blockages and stress so they'll have strong, happy and healthy lives. Below are some clinical cases illustrating the potential of the chiropractic adjustment to correct subluxations.

Night terrors and headaches. A female adolescent with recurring headaches and night terrors (parasomnia) began chiropractic care. The headaches and sleep disturbances were interfering with her school performance and academics, sports and her social life. Upon examination the chiropractor discovered that she had cervical (neck), thoracic (mid back) and lumbar (lower back) subluxations.

With one month of care her postural abnormalities and associated vertebral (spinal) subluxations were corrected during which time there was a reduction in headaches and complete resolution of night terrors.

Sleep disturbances in children are common and often develop without explanation. To date there are few interventions that can help alleviate these problems. Vertebral subluxation should always be considered when a child is suffering from health issues. (3)

Brachioradial pruritis (BRP) is a condition characterized by non-stop itching on the top of the forearms (overlying the brachioradialis muscle). Scratching seems to make the itching worse.

In this case a thirty-seven-year old female with a history of brachioradial pruritis began chiropractic care. In addition to the itching, she also had complaints of neck stiffness and vertigo (dizziness). Vertebral subluxations were identified using chiropractic analysis which included palpation, heat scanning and X-ray.

After 2 ½ months of chiropractic care, the symptoms associated with BRP as well as her neck and dizziness had completely resolved. (4)

Breech baby turns. A 25-year-old woman who was 31 weeks pregnant sought chiropractic care in the hope that she would be able to avoid a cesarean section due to the fetus' breech presentation, which was confirmed by her Ob/Gyn.

The patient also had low back pain that intensified since her pregnancy.

She was evaluated and found to have sacroiliac subluxations and tension on the uterine ligaments. She was adjusted twice to correct the subluxations and ligament tension.

The baby shifted from the breech position after the first visit and after the second visit, the baby shifted to a normal vertex position. She was able to avoid a cesarean section and have an uncomplicated vaginal delivery. (5)

Humor

1. Is it good if a vacuum really sucks?
2. Why is the third hand on the watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words?
5. Why do we say something is out of whack? What is a whack?
6. Why do "slow down" and "slow up" mean the same thing?
7. Why do "fat chance" and "slim chance" mean the same thing?
8. Why do "tug" boats mostly push their barges?
9. Why do we sing "Take me out to the ball game" when we are already there?
10. Why are they called "stands" when they are made for sitting?
11. Why is it called "after dark" when it really is "after light"?
12. Doesn't "expecting the unexpected" make the unexpected expected?
13. Why are a "wise man" and a "wise guy" opposites?
14. Why do "overlook" and "oversee" mean opposite things?
15. Why is "phonics" not spelled the way it sounds?
16. If work is so terrific, why do they have to pay you to do it?
17. If all the world is a stage, where is the audience sitting?
18. If love is blind, why is lingerie so popular?

19. If you are cross-eyed and have dyslexia, can you read all right?
20. Why is bra singular and panties plural?
21. Why do you press harder on the buttons of a remote control when you know the batteries are dead?
22. Why do we put suits in garment bags and garments in a suitcase?
23. How come abbreviated is such a long word?
24. Why do we wash bath towels? Aren't we clean when we use them?
25. Why doesn't glue stick to the inside of the bottle?
26. Why do they call it a TV set when you only have one?



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HCC - 5/11

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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