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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.**

Below is a picture of spring. Spring isn't all sunshine and flowers. It's also storms, rain, wind and cloudy grey skies, even hail and tornados. There's a lesson here – all that earth-shattering tumult is necessary to prepare the earth for the bursting forth of life in all its rich colors and expressions. Sometimes you have to shake things up before richness and beauty can be revealed. There are grey skies but there are also rainbows.

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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.

## What does a chiropractor do?

Chiropractors do something no other primary healthcare provider does. Chiropractors are specially trained to locate distortions in your body that can interfere with your health. These distortions are commonly caused by misplaced spinal vertebrae (spinal bones) and are called subluxations.

Subluxations are dangerous because they may impinge and interfere with your nerves that connect your brain and spinal cord to your muscles, bones, joints, ligaments, discs, glands and other internal organs. This can affect how your body functions.

How can you tell if you have a subluxation? Some subluxations are associated with pain or malfunction. A person may say, "I have a pinched nerve" or "I have pain when I bend, move, breathe, walk, all the time," etc. (and they hopefully know they need to see their chiropractor).

But many subluxations don't cause pain— some subluxations may seem to cause no obvious symptoms. For example, let's say you have a vertebra out of position causing nerve pressure that affects nerves going to the stomach. Your digestion may be impaired, your stomach may be "nervous," you may have ulcers or other conditions but feel no back or spinal pain even though there is nerve pressure from a displaced spinal vertebra.

As this illustration shows, your heart, lungs, kidneys, intestines, bladder, eyes, ears, throat, and other internal organs are connected to your brain by many nerves that emit from your brain and spine. If these nerves are irritated by a subluxation your individual organs and your entire health can be affected.

Over a hundred years of chiropractic clinical observation has shown the benefits of subluxation correction for conditions such as ear infections, asthma, allergies, cancer, heart disease, ADD/ADHD, autism, overall immunity, balance, brain function, concentration, IQ, headaches, backaches, vision, hearing, digestive problems, energy—the list is very long.

### **So what 'conditions' does a chiropractor 'treat'?**

Chiropractors don't treat asthma, ear infections, allergies, cancer or heart disease – they care for people who have these conditions. Our goal is to permit your body to function better – not to 'treat' a symptom. DC means Doctor of Chiropractic but many people say it stands for "Doctor of Cause."

A person with cancer needs a chiropractic adjustment so his/her body will function better. A person with the flu, cold, migraines, brain fog, depression, low energy, mental illness and any disease or condition certainly needs a body free from subluxations.

You are healthier when you are subluxation-free.

Everyone needs to have a spinal column, structural system and entire body free from subluxations. For some it may make the difference between a life of high energy, vitality and good health and a life of fatigue, low energy and disease.

Do you have any questions about the value of chiropractic for you or your family or friends? Please feel free to write or call us.

## **Sex and health**

It isn't every day we're told something we like is good for us but a research study reveals that an active sex life may protect a man's health. 918 men in Wales, ages 45-59, were followed for 10 years and a statistical analysis of the men who died versus those who did not revealed something quite interesting. The men with the highest frequency of orgasm had half the death rate compared to the men with the lowest frequency. The men in the high frequency group had sex at least twice a week while those in the lowest frequency had sex less than once a month. (1)

What about women, you ask? This may be a shock to you but studies have revealed that women are different from men. Whereas the quantity of sex was important to longevity to men, with women the quality mattered. The enjoyment of sex was what made the difference—those with the most enjoyment lived longer. (2)

## **Pet vaccines**

We often discuss the dangers of childhood vaccination but what about pet vaccines? Well, here's a link entitled Vaccine Insights <http://www.youtube.com/watch?v=a6oDCJPDGQ> by Dr. Patricia Jordan who discusses how vaccines affect your pets. It contains some useful information. Let us know if you find this helpful.

## **Who owns the web site you like to visit?**

Here's a way to find out.

<http://www.networksolutions.com/whois/index.jsp>

## **Study: Healthy people who take aspirin to prevent heart attack may be doing more harm than good**

Do you know anyone who is taking an aspirin a day? Well, we hate to upset anyone but the human body was not made with an aspirin deficiency; they may be hurting themselves. Read the article at:

<http://www.foxnews.com/story/0,2933,544575,00.html?test=latestnews>

## **Two centuries of official statistics prove vaccinations do not work**

Did you know that deaths from measles, mumps and whooping cough, for example, were dramatically dropping years *before* vaccination? Vaccines are dangerous and useless. Here is the data the drug industry does not want you to see. Go to this web site and be enlightened.

Show it to any MDs and nurses you may know.

<http://childhealthsafety.wordpress.com/graphs/>

## **Did you know?**

Kites are named after the kite bird, a member of the hawk family.

## **Researching chiropractic**

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

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

### **Birth-induced facial asymmetry**

A four-day-old boy had facial asymmetry (distortion of the face) from a difficult birth. He also suffered from constipation, excess saliva and intestinal gas. Upon examination his chiropractor located vertebral and cranial subluxations.

Chiropractic care was implemented to reduce and eliminate the child's subluxations. This was followed by a dramatic improvement in the child's facial asymmetry, constipation and intestinal gas. (3)

### **Fibromyalgia**

A 36-year-old woman with fibromyalgia-related symptoms presented for chiropractic care after she had been injured in a motor vehicle accident three days prior.

A chiropractic examination located vertebral subluxations. The patient began chiropractic care for subluxation correction and over a 12-week period a dramatic improvement in fibromyalgia symptoms followed. (4)

### **Parkinson's Disease and Chiropractic**

A 67-year-old woman with symptoms of Parkinson's disease that included weakness, tremors, scoliosis and rigidity presented to a private chiropractic practice.

Examination revealed an atlas (upper neck) subluxation. Over a period of 6 months, the patient was seen 19 times and received 12 adjustments to her atlas. In addition to improvements in her X-ray findings and spinal muscle balance she reported improvements in Parkinson's symptoms of weakness, tremors, rigidity and overall mobility. (5)

## **Keep cell phones away from your face and head**

Researchers in Israel found that people who used cell phones heavily experienced a 58% increase in "parotid tumors"—a cancer of the saliva gland near the ear.(6) Another study last year out of Sweden concluded that cell phone users are ten times more likely to develop cancers of the ear and brain. (7)

Because their heads are smaller, cell phones are particularly dangerous for children. The radiation from the phone can cover their entire skull (and brain).

Our advice? Use a headset that keeps your cell phone away from your body.

## **Pass on the corn syrup**

Almost half of all Americans are either overweight or obese, with the numbers in each category growing by 70% and 12%, respectively, during the decade prior to 2003.(8) Is it because of the 73 pounds of HFCS (high fructose corn syrup) on average that Americans eat per year?

The calories from high fructose corn syrup are unhealthier than those from natural sweeteners such as sugar. Research reveals that rats fed HFCS gained significantly more weight than those given table sugar, even when their overall caloric intake was the same. (9)

While the Surgeon General is raising alarms over the epidemic of obesity, the president is signing farm bills designed to keep the river of cheap corn flowing, guaranteeing that the cheapest calories in the supermarket will continue to be the unhealthiest. And HFCS may be tainted with mercury—which is toxic to the brain.

## Humor

A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages.

“Mama, look what I found,” the boy called out.

“What have you got there, dear?”

With astonishment in the young boy's voice, he answered, “I think it's Adam's underwear!”

A little girl had just finished her first week of school. “I'm just wasting my time,” she said to her mother. “I can't read, I can't write, and they won't let me talk!”

A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, “Daddy, you shouldn't wear that suit.”

“And why not, darling?”

“You know that it always gives you a headache the next morning.”

While walking along the sidewalk in front of his church, our minister heard the intoning of a prayer that nearly made his collar wilt. Apparently, his 5-year-old son and his playmates had found a dead robin. Feeling that proper burial should be performed, they had secured a small box and cotton batting, then dug a hole and made ready for the disposal of the deceased. The minister's son was chosen to say the appropriate prayers and with sonorous dignity intoned his version of what he thought his father always said: “Glory be unto the Faaather, and unto the Sonnn, and into the hole he gooos.” (I want this line used at my funeral!)

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, “The tooth fairy will never believe this!”

It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me.

“Is that a dog you got back there?” he asked.

“It sure is,” I replied.

Puzzled, the boy looked at me and then towards the back of the van. Finally he said, “What'd he do?”

While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about 6 years old. Looking up and down at my uniform, she asked, “Are you a cop?”

“Yes,” I answered and continued writing the report.

“My mother said if I ever needed help I should ask the police. Is that right?”

“Yes, that's right,” I told her.

“Well, then,” she said as she extended her foot toward me, “would you please tie my shoe?”

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little

boy watched in amazement and then asked, "What's the matter, haven't you ever seen a little boy before?"

I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat, "Mom, that lady isn't wearing a seat belt!"

On the first day of school, a first-grader handed his teacher a note from his mother. The note read, 'The opinions expressed by this child are not necessarily those of his parents.'

A woman was trying hard to get the ketchup out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. "Mommy can't come to the phone to talk to you right now. She's hitting the bottle."

## **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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