

November 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.**

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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.

## Chiropractic taking over medicine

It's really happening – more and more medical doctors, nurses and people in the “medical camp” are visiting Doctors of Chiropractic for wellness care.

order, local MDs were quietly visiting their neighborhood chiropractors. There's an important lesson to learn here. See the story below.

## Many doctors and nurses embrace chiropractic and other natural healthcare

### Do as I say, not as I do?

University of Minnesota researchers discovered that MDs and nurses, health technicians and healthcare administrators were more likely than their patients to turn to chiropractic care, acupuncture and nutritional supplements to stay healthy and for general wellness.

A recent study in the journal *Health Services Research* revealed that 76% of healthcare workers reported using alternative or complementary therapy in the preceding year compared with 63% of the general population!

The most common reason given by healthcare professionals for use of complementary or alternative medicine (CAM) was general wellness (68%), while the least common reason was that traditional medical care was too expensive (4%).

Back, neck or joint pains were the most commonly reported health conditions cited as reasons for seeing an alternative practitioner. Anxiety was the most commonly reported condition for self-treatment.

There's a new world afoot – more and more “regular MDs” and “conventional” healers are visiting chiropractors and other natural healers. May more people follow their lead. (1)

## Mid-back curve and mortality

Remember seeing bent over old men and women on the street with their backs curved too much and their heads bent forward?

A study reveals that the death rate increases for those with that kind of spinal curve.

Kyphosis is a term used to describe your normal mid-back curve. If it's very exaggerated it's called a hyperkyphosis – a hump back is an example of a severe hyperkyphosis.

This curve has been found to have a powerful effect on health. A study looked at 1,353 people who had their kyphotic curve measured at an osteoporosis visit.

It was measured by counting the number of 1.7-cm blocks that needed to be placed under their head to achieve a neutral head position when lying face up.

The 1,353 were followed for 4.2 years (on average). Those who had a hyperkyphotic posture (one or more blocks under the head) had a 1.44 greater rate of death due to heart disease.

From the paper: “In cause-specific mortality analyses, hyperkyphotic posture was specifically associated with an increased rate of death due to atherosclerosis.”

Some of the nerves that affect the heart come from the upper and mid-thoracic spine (the location of the kyphosis).

This is just another example of how your posture and health are intimately connected. Please bring your parents in for chiropractic care; it could make a major difference in their health. (2)

## **Not a single pharmaceutical can make the same claim**

In this study it was found that those with cancer who kept a happy and positive outlook were much more likely to survive.

This is one of many, many studies showing the relationship between positive emotions, close relationships and a stronger immune system. Bernie Siegel, MD (author of *Love, Medicine and Miracles*), commenting on similar studies has said, "It's scientific to love." (3)

## **What part of your body does this?**

I am the largest generator of electromagnetic energy in your body. In fact I am so sensitive that I contract when an electromagnet is placed near me.

The energy I send out affects every cell in the body. I am always communicating with every part of the body.

I manufacture so many hormones I've been re-classified as an endocrine gland, among other things.

I manufacture chemicals to keep you happy, that affect all your organs. I am exquisitely sensitive to emotions and respond immediately to them.

Who am I? Your heart of course.

The heart is amazing – more and more is being discovered about its abilities and that is why we need to keep it healthy. The heart seems to feed on love, happiness, joy, optimism, hope, sharing, prayer and charity to stay healthy.

But it also needs physical food and that's been getting a lot of press for the past few decades.

Research repeatedly shows that those eating lots of saturated animal fats, butter, eggs, coconut oils and fish and avoiding margarine, corn oil, vegetable oils, trans-fats, hydrogenated fats (i.e. Crisco) and other Frankenstein foods have healthier blood vessels and less inflammation and clogging.

Another very important way to keep your heart healthy is to make sure your spine is healthy. Why? Because your heart (as well as your other organs) needs constant communications and energy to and from your brain via your spine. A subluxation could block essential communications between your brain and body, potentially affecting organ function.

Help ensure your heart health (and those of your parents and grandparents) – make sure you see your chiropractor for a checkup.

## First male casualty to an HPV vaccine, a ten-year-old boy died

The number of injuries and deaths associated with an HPV vaccine (Gardasil™, Cerevax™) continues to rise. In September 2010 the first male casualty, a ten-year-old boy from New Jersey, died just eight days after being vaccinated with Gardasil.

According to the report sent to the US government tracking agency from the MD:

" Mother called me on 9-17-10 afternoon that her son is sick and feeling very weak. I recommended the mother to take him to nearest ER..."

The boy was complaining of 'asthenia and malaise' (severe fatigue and weakness, and a general unwell feeling). He died shortly thereafter.

Seizures, paralysis, blood clots, weakness, fatigue, temporary blindness, heart problems, fainting, numerous heart ailments, stomach issues and vomiting are among other reported reactions to HPV vaccines. The injury reports now stand at 20,443. However it is estimated that only 1% to 10% of all vaccine injuries and deaths ever get reported. The actual number of injuries and deaths is probably ten to 100 times higher.

## Did you know? (There's a lesson here)

Did you know that the movie *Toy Story* was supposed to have a Barbie character but Mattel refused to allow its doll's likeness to be used in the film? The creators used Little Bo Peep instead.

When *Toy Story* became such a huge hit Mattel made a big about face and was only too happy to give permission for Tour Guide Barbie to appear in *Toy Story 2*. Do you think the great boost in sales of the toys that were featured in the movie had anything to do with it?

Does this remind you of the candy company Mars passing on using M&Ms in the movie ET? Instead they used Hershey's Reese's Pieces as the lure to bring the shy little alien to the boy's home. Within two weeks of the film's opening Reese's Pieces sales skyrocketed. We wonder if any heads rolled at Mars from that corporate decision.

This is a little lesson for us. You see, even the most successful, brilliant companies filled with really bright men and women with all kinds of marketing degrees and experience hold meetings and ... screw up. So don't be so hard on yourself. Everyone makes mistakes.

## Researching Chiropractic

**Chiropractic clinical case histories have been a regular feature of our patient newsletter since its inception and have included papers published in various bio-medical and chiropractic journals. There seems to be no end to the conditions that respond to chiropractic care – physical as well as psychological conditions.**

**That is because chiropractic does not "treat" a particular condition. Chiropractic care "treats" or more accurately, "corrects" a serious interference to brain, nervous system and energy function known as the subluxation.**

**No matter what condition you or a loved one may have, we will always function better when free from subluxations. Chiropractors are uniquely trained to locate and correct subluxations. Enjoy this month's cases and see more next month.**

### **Face spasm, neck pain and low back pain**

A 48-year-old male patient with hemifacial (half face) spasm, accompanied by neck pain and low back pain began chiropractic care.

A chiropractic exam found him to have subluxations of the atlas (C-1), L4, L5, sacrum and the sacroiliac (hip) joints.

The patient received adjustments to specific upper cervical, lumbar, sacral and pelvic areas. The patient's symptoms resolved following three chiropractic adjustments and he was still free of symptoms at a 3-month follow-up. (4)

### **Chronic constipation in a newborn**

An 11-week-old baby boy with constipation and excessive crying was evaluated for chiropractic care.

The child's difficulty with pushing and grunting to achieve a bowel movement was associated with crying. The constipation affected his eating and sleeping habits. Medical care consisted of leg exercises, abdominal massage, gripe water and Mylicon™. Over 8 weeks, the infant had only 5 bowel movements that his mother attributed to prune juice intake and suppositories twice a week.

Over a period of 10 weeks, the child received 14 chiropractic adjustments to reduce vertebral subluxations. The result was an improvement in the child's constipation by having several bowel movements per day, a normal frequency. (5)

### **Restoration of cervical (neck) curve**

The patient presented with a chief complaint of neck pain and X-rays revealed that the cervical spinal curve was not merely reduced but was actually reversed! In other words the neck curve was kyphotic. This is a very unstable situation. Further neck analysis revealed subluxation of the atlas (C-1) vertebra.

The patient received specific light adjustments to various regions of the patient's spine to release spinal-meningeal stress. Follow-up X-rays were taken after one year of care that showed a return to a more normal cervical curve and spinal alignment along with a reduction of symptoms. (6)

## **Success Story**

### **Chronic Headaches, Left Hip Pain, Leg Pain, and Lower Back Pain**

I have suffered from chronic headaches, as well as pain in my left hip, leg, and lower back for years. I saw medical doctors as well as a neurologist, but was never given an explanation for the pain.

In January, 2010, my leg pain and headaches intensified. At this time, my husband suggested that I contact Dr. Jeffrey Horning. I had never had chiropractic treatment before and was not sure what to expect. However, I started to feel better after only three treatments and was

able to walk without limping. As the treatments continued, the daily headaches subsided, and I am feeling better each day.

In addition to treatments, Dr. Horning has kept my husband and I informed on pertinent health topics via newsletter and e-mail.

It is nice to finally find a doctor who is willing to listen and answer questions. I have recommended Horning Chiropractic Center to many people.

Dorothy D.

## Humor

### Best speeding excuse ever!

When asked by a young patrol officer, "Do you know you were speeding?," this 83-year-old woman gave the young officer an ear-to-ear smile and stated: "Yes, but ... I had to get there before I forgot where I was going."

The officer put his ticket book away and bid her good day. Makes perfectly good sense to me.

### References

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