

October 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 and mental health

Since chiropractic's inception in 1895 the psychotherapeutic benefits have been noticed. Simply stated – the brain functions better when the body has no subluxations.

In fact, for many decades in the 20<sup>th</sup> century, chiropractors owned and ran sanitariums for “nervous and mental disorders.” A famous book called *Mental Health and Chiropractic*, which includes many case studies and the contributions of Nobel prize laureates, discusses the possible biological mechanism behind chiropractic's great success with brain health.

Today, with so many children exhibiting autism, attention deficit disorder, hyperactivity, Asperger's syndrome, Rhetts's syndrome and other disorders affecting their personality and social function, it is essential that all children receive a chiropractic checkup. Below in this newsletter is a summary of a paper on chiropractic, autism and depression (see Researching Chiropractic). Please bring in your children for care.

Chiropractic helps most all children in so many ways – grades increase, concentration improves, balance and coordination are enhanced, sports performance improves – why wouldn't you bring in your child for chiropractic's unique subluxation correction?

## **Pregnant? Avoid drugs and vaccinations**

All pregnant women should know that any drug can affect their growing fetus and result in fetal malformations and birth injuries. Fetal damage can come from nearly every class of drugs.

That's why chiropractic's drug-free approach is such a blessing to pregnant women.

Especially avoid the mercury-laden flu shot that is being recommended for pregnant women. Why risk having an autistic or brain-injured child by having brain-toxic chemicals injected into the mother?

If there is any group of individuals who need chiropractic care the most – it is pregnant women.

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

- It deactivates drugs – without it a few ounces of alcohol could keep you drunk for life; a moment's adrenalin rush would go on and on; pharmaceuticals would never stop altering your body chemistry.
- It helps life sustaining nutrients to get to your cells.
- It converts food into nutrients.
- It stores fats, sugars, iron, and vitamins for later use by the body
- It is the most amazing juggler in existence – creating and balancing over 13,000 chemicals and hormones.
- It keeps your blood sugar levels within a safe margin and balances vitamins and minerals so your bones will stay strong and won't deteriorate.
- It clears out inhaled, swallowed or absorbed (through the skin) toxins, chemicals and pollution. Without this constant detoxification of waste and toxins you'd be dead in less than a day.
- It works 24 hours a day, seven days a week and doesn't take off for holidays.
- With the exception of your skin it is the largest organ in your body and performs more than

500 functions to keep you healthy.

If you guessed your liver go to the head of the class.

When your liver is not functioning properly you may feel sluggish and possibly nauseous. Many of your organs are affected by an unhealthy liver – your eyes can be bloodshot, you can have bad breath, abdominal bloating, poor digestion, fatigue, a coated tongue, a sluggish metabolism, excessive body heat, sugar cravings and inability to lose weight. A sluggish liver stresses the kidney, heart and brain.

This is one very important organ.

An important way to keep your liver healthy is to make sure your spine is healthy. Why? Because your liver, as well as your other organs, needs constant communications from your spine. A subluxation could block essential communications between your brain and body, potentially affecting liver function.

To keep your liver healthy, stay away from drugs (whether prescribed or recreational). Many people find that doing a “liver flush” or a “liver cleanse” is a healthy practice to help the liver detoxify and rejuvenate. These are usually done when the seasons change.

## Institute of Medicine report

A number of people have asked about the Institute of Medicine (IoM) report saying vaccines don't cause autism.

The report is flawed. The IoM consistently refuses to review scientific papers showing a vaccine-autism link and instead only reviews papers (often written by researchers with ties to drug companies) that report vaccines are safe. One of the best responses we've seen to the IoM report is from Natural News. Here is the (edited) beginning of the article; click on the link below to read the rest of it.

*The Institute of Medicine report claimed to review the adverse effects of vaccines. The old media predictably twisted the report into a complete lie and loudly declared that vaccines were once again proven completely safe! The presstitutes, it turns out, utterly failed to read the very report they claimed to be writing about, because **if you read the IoM's report, it openly admits that MMR vaccines cause seizures, measles, skin reactions, loss of consciousness and many other problems. In fact, the report admits that all kinds of vaccines cause deadly side effects such as difficulty breathing.** Know the truth about how dangerous vaccines really are. It will shock you that the mainstream media failed to report any of this. [http://www.naturalnews.com/033447\\_Institute\\_of\\_Medicine\\_vaccines.html](http://www.naturalnews.com/033447_Institute_of_Medicine_vaccines.html)*

## How do prescription drugs get tested for approval in the US?

Believe it or not many prescription drugs are tested in foreign countries on people that may be completely different from the people for whom the drugs will be prescribed. That's one reason why so many people are harmed. For every one person killed by a prescription drug, many more are injured, some severely.

An article in *Vanity Fair* sums up this state of affairs very well:

*Prescription drugs kill some 200,000 Americans every year. Will that number go up, now that most clinical trials are conducted overseas – on sick Russians, homeless Poles, and slum-dwelling Chinese – in places where regulation is virtually nonexistent, the F.D.A. doesn't reach, and "mistakes" can end up in pauper's graves?* The authors investigate the globalization of the pharmaceutical industry, and the U.S. government's failure to rein in a lethal profit machine.

Read the complete article at <http://www.vanityfair.com/politics/features/2011/01/deadly-medicine-201101>

This is just another good reason why you and your family seeing your chiropractor makes good common sense.

## Did you know?

Bloomingdale's at 1000 Third Avenue is the third most popular tourist attraction in New York City, after the Empire State Building and the Statue of Liberty.

## Researching Chiropractic

**Asperger's and Chiropractic.** A 6-year-old male patient was brought to the office in October 2000. He had not responded to standard medical care. His initial complaints included: Asperger's Syndrome that resulted in uncontrollable "rocking, jumping and flapping" of his hands; asthma triggered by exertion; seasonal allergies and colds or bronchial congestion; and severe allergies to mold, dust, animal dander and seasonal triggers. His Asperger's symptoms started at age 3, and he had asthma and allergy symptoms since early childhood.

Cranial and spinal subluxation patterns were detected and a treatment program was implemented to address these patterns using SOT protocols and procedures.

The patient and family reported that the Asperger's Syndrome symptoms "settled down within the first week of care." While first seen in October 2000, by January 2001 his Asperger's symptoms had been stabilizing and he was off medications for asthma and allergies.

His Asperger's symptoms continued to improve and only occurred infrequently when under extreme stress. His asthma and allergies responded positively within the first few weeks of care,

Presently the patient is 15 years old and has not needed any medication over the past 7 years, nor have his Asperger's symptoms returned. At the present time this patient is being seen on a wellness/maintenance chiropractic care program. (1)

**Depression, anxiety and chiropractic.** A 58-year-old male with shoulder and neck pain sought chiropractic care. Past history revealed two major car accidents that involved hospitalizations. At the same time the patient had many symptoms related to his depression and anxiety, such as poor concentration, irritability, lethargy, panic attacks and heart palpitations. He scored 46 on the Beck Depression Inventory-II, which indicates severe depression.

Care was directed towards the location and correction of subluxations. The patient was seen three times per week for three months with documented improvement in quality of life. (2)

### **Migraine, cervicogenic headache and chiropractic.**

Systematic literature searches of controlled clinical trials published through August 2009 relevant to chiropractic practice were conducted using many databases. Twenty-one articles were used to develop recommendations. The evidence suggests that chiropractic care improves migraine and cervicogenic headaches. (3)

## **Apples top list for pesticide residue (so go organic)**

The Environmental Working Group's 2011 *Shopper's Guide to Pesticides in Produce* ([www.ewg.org/foodnews/summary](http://www.ewg.org/foodnews/summary)) revealed that apples contain the most pesticide residue of all popular produce sold in the US. Celery and strawberries followed with very high pesticide rates.

Of the 50 common vegetables and fruits tested, the high pesticide group included peaches, spinach, imported nectarines and grapes, sweet bell peppers, potatoes, domestic blueberries, lettuce, kale, and collard greens, while onions, sweet corn and pineapples had the least pesticide residue.

Sales of organic fruits and vegetables — which are grown without synthetic pesticides — now make up 12% of all U.S. fruit and vegetable sales, according to the Organic Trade Association, nearly \$10.6 billion in 2010, up nearly 12% percent from 2009.

We can't stress it enough – for greater health eat non-pesticide foods; go organic.

## **Humor**

Lexiphile (i.e., "lovers of words" you know ... like... you can tune a piano, but you can't tuna fish ... or, I wondered why the baseball was getting bigger ... then it hit me ... etc.). Well, here are some for you to enjoy ...

- To write with a broken pencil is ... pointless.
- When fish are in schools they sometimes ... take debate.
- A thief who stole a calendar ... got twelve months.
- When the smog lifts in Los Angeles ... U.C.L.A.
- The professor discovered that her theory of earthquakes ... was on shaky ground.
- The batteries were given out ... free of charge.
- A dentist and a manicurist married.... They fought tooth and nail.
- A will is a ... dead giveaway.
- If you don't pay your exorcist ... you can get repossessed.
- With her marriage, she got a new name ... and a dress.
- Show me a piano falling down a mineshaft and I'll show you ... A-flat miner.
- You are stuck with your debt if ... you can't budge it.
- Local Area Network in Australia ... The LAN down under.
- A boiled egg is ... hard to beat.
- When you've seen one shopping center ... you've seen a mall.
- Police were called to a day care where a three-year-old was ... resisting a rest.

- Did you hear about the fellow whose whole left side was cut off? He's all right now.
- If you take a laptop computer for a run you could ... jog your memory.
- A bicycle can't stand alone ... it is two tired.
- In a democracy it's your vote that counts; in feudalism ... it's your Count that votes.
- When a clock is hungry ... it goes back four seconds
- The guy who fell onto an upholstery machine ... was fully recovered.
- He had a photographic memory ... which was never developed.
- Those who get too big for their britches will be ... exposed in the end.
- When she saw her first strands of gray hair ... she thought she'd dye.
- Acupuncture ... a jab well done.

## Success Story

### Herniated Disc Severe Neck and Back Pain For Over a Year

I have a herniated disc and had been living with severe neck and back pain for over a year. As a working single mother, taking pain medication and/or muscle relaxers was not an option. I have also had bad allergies and been on allergy medicine my entire life. Neither of which I thought were related.

I took a friend's advise and made an appointment to see Dr Horning. Dr Horning was my last resort before breaking down to have surgery, something I was not quite ready for while still in my 30's.

I was amazed at our first meeting because after so many doctors, specialists and prescriptions, Dr Horning was the only person that said he wanted to find out what was causing my pain and FIX the CAUSE of my pain without surgery and without medication. I also saw that he loves his work and genuinely cared about my well being and wanted to help ME. I immediately felt significant relief.

Over the next few weeks, I saw Dr Horning 3 days a week, we worked on my allergies and my pain, some visits would last up to an hour but Dr Horning made sure that I felt good before I walked out the door every time, no matter how long it took.

In a few short weeks, my allergies are in check, and my herniated disc gives me minimal aches. I am pain free, medication free (both for the back and allergies) and am able to function and move around like normal. I feel FANTASTIC!!!!!!

Thank you Dr Horning, you gave me my life back!!!!

Sasha L

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.

### References

1. Rosen MG, Blum CL. SOT chiropractic care of a 6-year-old boy diagnosed with Asperger's syndrome and related conditions. *J. Pediatric, Maternal & Family Health*. December 29, 2010; 267-268.
2. Teytelbaum M. Improvement in symptoms related to depression, anxiety and pain in a patient undergoing subluxation based chiropractic care. *Annals of Vertebral Subluxation Research*. August 29, 2011;84-91.
3. Bryans R, Descarreaux M, Duranleau M et al. Evidence-based guidelines for the chiropractic treatment of adults with headache. *J Manipulative Physiol Ther*. 2011;34(5):274-289. doi: 10.1016/j.jmpt.2011.04.008.