

Healthy Living Newsletter

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There are natural ways of seeking wellness. There are natural ways to get healthy. In 1895 Chiropractic was discovered and challenged the world of drugs and surgery. It was a long, lonely battle but now chiropractic is the largest natural, drug-free healthcare system in the world. More and more people are turning away from symptom treatment and choosing natural ways of becoming and staying healthy.

Looking for more than a drug approach? Welcome to the world of chiropractic.

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Why become a chiropractor?

I'm sure you may have wondered, "Why do people become chiropractors?"

Many chiropractors hail from medical families where a parent, sibling or other relative is in the medical profession. There are people who left the practice of medicine for chiropractic. Why is that? We're glad you asked.

Chiropractic is a unique profession – we don't put anything into your body or take anything out – no drugs, no surgery, no devices, no chemicals. And yet case histories abound of people with all kinds of horrible conditions (some of which we mention in this newsletter each month) rediscovering health and wellness after a chiropractic adjustment.

Who is the real doctor? The real doctor is you. Your body has the ability to heal itself from every disease.

Your chiropractor releases blockages, called subluxations, inside you that interfere with your natural healing ability and therefore prevent full healing.

When these blockages are located and released (or adjusted) the result is a healthier you – more balance, more energy, more healing. Chiropractic students learn, among other things, how to locate and correct subluxations.



A nice side effect of becoming a chiropractor is that you learn about a drug-free lifestyle that includes organic and nutrient dense foods, non-invasive peaceful childbirth, breastfeeding and natural immunity. Plus, it's an enjoyable profession. Enhancing health and wellness is fun and rewarding.

Your nerves go everywhere, so make sure they are happy



The illustration to the left is of the most complicated wiring system in the universe – your nerves. The nerve cells in your brain have long wire-like extensions that join together like a big bundle of billions of nerve fibers. This bundle forms your spinal cord. It exits from your skull through a big hole in the bottom of your head called the foramen magnum (Latin for “big hole”).

The photo to the right is a view of your open skull from above. The foramen magnum is in the purple bone.

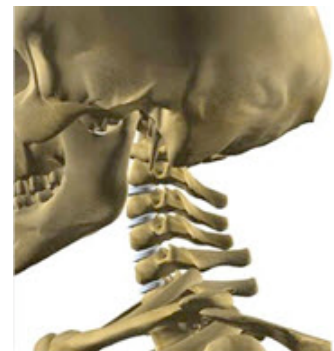


Imagine billions of nerve fibers traveling through that hole. Now imagine them branching off at different levels of the spine and going to your heart, lungs, kidneys, intestines, liver, gall bladder, adrenals, thyroid and other glands, and to your hundreds of muscles and bones. That's what the illustration above depicts.

That is how your body communicates. Without nerve communication your body would stop working properly.

If your spinal bones (vertebrae) are slightly out of place you have a subluxation. A subluxation could interfere with the function of millions and billions of nerves going from your brain down your spine and to all parts of the body.

A subluxation can affect your resistance to disease; your ability to digest food and to eliminate waste; to see, hear, walk and talk; and even your ability to concentrate, process information, read and think.



That's why there are case reports of chiropractic care returning people back to health from nearly any disease. Chiropractic releases blockages that prevent your body from working better – so your natural healing ability can function at its peak. And the greatest doctor in the world is your natural healing ability.

Since subluxations can affect anyone – newborns and infants, school children, adults and the elderly – it is essential that all people get themselves checked for this health damaging condition.

Chiropractors are specially trained to locate subluxations. Unless a person has had a chiropractic checkup and correction (adjustment) they may be living their lives with spine and nerve stress – and living their lives with less health, wholeness and happiness.

That's why we recommend you bring in your loved ones and friends for care. It might make the difference between health and disease or even life and death.

Race horses love chiropractic

When a top-class thoroughbred wasn't responding to standard veterinary practice, Tim Johnson, DC was called in. "[The horse] responded very quickly," he says. "His gait improved immediately.... Two weeks later he won a race in Adelaide and a few weeks later came second in the Cox Plate."

Equine chiropractors become important players in an industry where a small injury can render someone's multimillion-dollar investment worthless. A successful adjustment is "like rebooting your computer," says Dr. Johnson, "It resets the reflexes in the nervous system in that area."



"The horses start to enjoy it because they know they are going to get relief. They're pretty smart animals. Once they get relief they are more likely to stand still and enjoy it." Some even get hooked. On one occasion when he returned to a stud farm where he had treated two horses the previous week, the same two horses came bounding up to greet him. (1)

Gardasil report:

Michigan teen suffers severe reaction two months after Gardasil™ shot

Reports about illnesses and deaths after vaccination with Gardasil™, the HPV vaccine marketed by Merck, continue. More and more people are questioning this "cervical cancer" vaccine that has not been shown to prevent cervical cancer. The research is hypothetical. More people are saying the cure is worse than the disease. And now they want to give this vaccine to boys? Send this video to anyone you know who may be considering getting this shot. Go to: http://www.youtube.com/watch?v=CkpT_OrHl0I&feature=email

Football and Chiropractic



Jerry Rice, a 13-time Pro Bowl football player who owns 38 career records and three Super Bowl rings and is a "Dancing with the Stars" celebrity, shares his positive experiences with chiropractic care:

"Professional football is a very rough and vigorous sport, and I attribute my longevity and durability to a vigorous exercise program and chiropractic adjustments. Chiropractic gave me the edge to succeed, not only on the gridiron but also on the dance floor," says Rice.



He continues to rely upon chiropractic adjustments to keep himself healthy and active. "I did a lot of things to stay in the game, but regular visits to my chiropractor were among the most important." (2)

Nutrition warning:

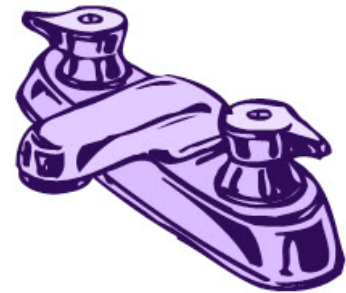
One more reason to avoid artificial sweeteners (such as Nutrasweet™)

Research on common food additives, including the controversial sweetener aspartame, and food colorings suggests they may interact to interfere with the development of the nervous system. Pregnant women (and their fetuses) and young children may be especially at risk for nerve damage. (3)

One more reason to get a water filter for your home

Chlorinated water nearly doubles risk of birth defects

Pregnant women in heavily chlorinated areas have nearly double the risk of giving birth to children with heart problems, cleft palate, major brain defects, urinary tract defects and Down's syndrome. Higher risk is from drinking water, taking a bath or shower, or even by standing close to a boiling kettle. Earlier studies linked chlorinated water to stillbirth, miscarriage, birth defects and bladder cancer. (4)



You can really do this with your mobile phone



Emergency 112: If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and the mobile will search any existing network. 112 can be dialed even if the keypad is locked.

Unlock your car: If you're locked out and someone has access to your spare keys call them on their cell phone from your cell phone. Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock.

Hidden battery power: If your cell battery is very low press *3370#. It will restart with this reserve and the instrument will show a 50% increase in battery.

Disable a stolen mobile phone: Key in the following digits on your phone: *#06#. A 15-digit code will appear on the screen. Write it down and keep it somewhere safe.

If your phone gets stolen, you can phone your service provider and give them this code. They will then be able to block your handset so your phone will be totally useless.

Free directory service for cells: Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls. When you need to use information simply dial: (800) FREE411, or (800) 373-3411 for free information.

Words of Wisdom

If a million people say a foolish thing, it is still a foolish thing. – Anatole France

Chiropractic research

Pregnancy and chiropractic. A 32-year-old pregnant woman with pain in the pubic and groin region since she was 28 weeks pregnant began chiropractic care. The severe pain limited her motion and did not allow her to sleep. Relief began following the first adjustment; she was able to sleep that night.



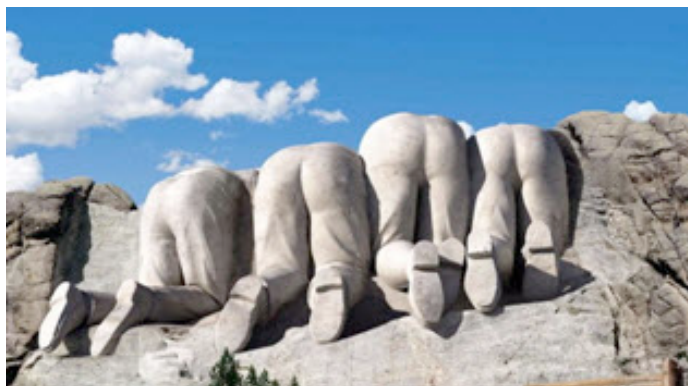
By the fifth adjustment she was pain free. She gave birth to a healthy 6-pound boy and had no pubic pain during the (vaginal) delivery. (5)

Atopic dermatitis, allergy and asthma. 360 patients with atopic dermatitis were divided into 6 groups. In the group receiving the most spinal care, 88% showed improvement in skin itching and 72% showed improvement in skin condition. Allergies improved in 70% of the spinal care group and improvement was seen in the asthma group. The authors write: "There is a high possibility that allergic disease relates to the innervation of organs that relate to the immune function which are affected by...vertebral misalignment." (6)

Humor

For many years I have wondered what was on the other side. Last year I went to the other side and took this picture.

If you've never traveled to Mount Rushmore but wondered what was on the other side of the mountain, here is a glimpse:



Inner Peace

We all could use a little more calmness in our lives.

By following the simple advice I heard on the Dr. Phil show, I have finally found inner peace. Dr. Phil proclaimed, "The way to achieve inner peace is to finish all the things you've started and never finished."

So, I looked around my house to see all the things I started and hadn't finished, and before leaving the house this morning, I finished off a bottle of Merlot, a bottle of White Zinfandel, a bottle of Bailey's Bristol Cream, a bottle of Kahlua, a bottle of Gray Goose, a package of Oreos, the remainder of my old Prozac prescription, the rest of the cheesecake, some saltines and a box of chocolates.

You have no idea how good I feel. Please pass this on to those you feel might be in need of inner peace.

Why Men Don't Write Advice Columns

Dear Walter,

I hope you can help me. The other day, I set off for work leaving my husband in the house watching the TV as usual. I hadn't driven more than a mile down the road when the engine conked out and the car shuddered to a halt. I walked back home to get my husband's help. When I got home I couldn't believe my eyes. He was in our bedroom with the neighbors' daughter. I'm 32, my husband is 34, and the neighbors' daughter is 22. We have been married for ten years.

When I confronted him, he broke down and admitted that they had been having an affair for the past six months. I told him to stop or I'd leave him. He was let go from his job six months ago and he says he has been feeling increasingly depressed and worthless. I love him very much, but ever since I gave him the ultimatum he has become increasingly distant. He won't go to counseling and I'm afraid I can't get through to him anymore. Can you please help?

Sincerely, Sheila

Dear Sheila:

A car stalling after being driven a short distance can be caused by a variety of faults with the engine. Start by checking that there is no debris in the fuel line. If it's clear, check the vacuum pipes and hoses on the intake manifold and also check all grounding wires. If none of these approaches solves the problem, it could be that the fuel pump itself is faulty, causing low delivery pressure to the injectors.

I hope this helps,
Walter

See you next month



We work very hard every month to bring you information you may never see anywhere else. We sincerely hope you are enjoying this newsletter. Please write or stop by and give us your feedback. Any subjects you'd like us to write 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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