

# Healthy Living Newsletter

## Village Square Health & Wellness

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**See us on the Web at: [VSH&W.com](http://VSH&W.com)**



Enjoy the benefits of Chiropractic, the largest natural, drug-free, healthcare system in the world. Families are discovering that chiropractic promotes health and healing without dangerous drugs. More and more people are turning away from symptom treatment and choosing natural ways of expressing health.

Tired of being sick and tired? Welcome to the world of chiropractic ~ discovers how natural health can be.

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**Chiropractor – Doctor of Cause**



Chiropractors spend thousands of hours studying how to locate and correct a major cause of stress and body malfunction (or dis-ease): the subluxation complex (VSC). Subluxations are areas of stress inside your spine and body structure that interfere with your nervous system causing body/mind disharmony. Subluxations lead to lowered resistance to disease, inefficient body function, altered chemistry, distorted posture and balance, accelerated aging and premature death.

Only a chiropractor is trained to locate and correct subluxations using specialized techniques called chiropractic adjustments.



Without subluxations your natural healing wisdom – your innate intelligence or inner doctor – can function more efficiently. The initials DC stand for Doctor of Chiropractic, but to many it also stands for “Doctor of Cause.”

## OK, break out the spring



Spring is here, so bask in nature’s healing rays. Go for walks in the sun, lie in the sun, enjoy great scenery, go out into the countryside and revel in springtime (it only comes once a year).

Springtime is for rebirth and what better time for growth, healing and inspiration. It seems like springtime is the best time for resolutions – after all bathing suit weather is on the horizon.



Spring is also a great time for a chiropractic checkup for you and your family. Bring them all in.

## Epigenetics

These days we hear so much about our fate being determined by our genes. People are told they can blame their genes for all their shortcomings: “I can’t help it if I’m fat, it’s genetic. I can’t help it if I’m unhappy, it’s genetic, I can’t help it if I’ve got diabetes, it’s genetic. However, the fact is that your genes make up a small part of what your life and health become.



Whether or not you remain healthy and vibrant into your 80s, 90s and beyond has more to do with lifestyle than with your genetics (DNA) or luck.

No kidding – you are not a slave to your genes.

Yes, it doesn’t hurt to choose long-lived parents and grandparents – but why did *they* live so long? That begs the question – why did one’s great-great grandparents live so long?

The emerging science of epigenetics is revealing that genetics plays a rather small part in how

long and how healthy you will live. Epigenetic experiments reveal that you can turn on or turn off your genetic expression (which genes will work) by changing how you eat, think and enjoy (or don't enjoy) life.

Simply stated, consciousness can change genetic expression.

This has implications for chiropractic care. Chiropractic's powerful ability to release blocked life energies/mental impulses has been a blessing to millions of people suffering from all kinds of conditions, including conditions believed to be "genetic."

How does this occur? According to Dawson Church, Ph.D. in his groundbreaking book *The Genie in Your Genes*:

*As we think our thoughts and feel our feelings, our bodies respond with a complex array of shifts. Each thought or feeling unleashes a particular cascade of biochemicals in our organs. Each experience triggers genetic changes in our cells. (1)*



A good attitude, creativity, compassion, love, healthy relationships, a sense of awe and gratitude, a purpose in life, prayer, good nutrition, sunlight, laughter – all these are methods by which we can improve our genetic expression.

The exact mechanisms by which your consciousness and environmental influences can actually touch your DNA to alter your genetic expression remain a mystery. But don't worry about that. Enjoy this mystery; be amazed at your amazing powers to change, heal and grow and in so doing you'll continue to help your genes express your best for a healthy, long, happy life.

## BJ Palmer, DC – Developer of Chiropractic

Here is a rare photo of Dr. BJ Palmer, the son of the man who discovered chiropractic (DD Palmer) demonstrating chiropractic spinal adjusting procedures in his research clinic in Davenport, Iowa in 1935.

Dr. Palmer was a multifaceted genius – an educator, researcher, scientist, author, speaker and very importantly, a defender of chiropractic.

Under his watchful gaze and direction, chiropractic grew from a fledgling profession practiced by a few people in the American mid-west to tens of thousands of practitioners worldwide; all this during a time of intense persecution of drug-free, natural health practitioners.



Chiropractic has survived and thrived as a profession largely due to the talents of this man and those who worked with him. His legacy remains. His family continues to be associated with the Palmer College of Chiropractic in Davenport, Iowa that was founded at the turn of the century.

## Chiropractic Research



**Bedwetting (nocturnal enuresis) and chiropractic.** Thirty-three patients (3 to 18 years old) who had nocturnal enuresis were placed under chiropractic care in this study.

An analysis of their records showed that 22 had resolution of symptoms for 12 months after beginning chiropractic care. Most of the children received two adjustments. Ten of those with bedwetting also found their constipation resolved. (2)

**Lumbar nerve pain with disc herniation.** This is a study of 49 patients suffering for years with lower back pain, nerve pain and disc herniation. The patients were followed for 14.5 months after ending care.

Upon interview 77.5% said they had improved with 90% saying the improvement was “good” or “excellent.” Clinically meaningful improvements in pain and disability were seen in 79% and 70% of patients, respectively. Patients averaged about 13 visits. (3)

**Learning disabilities, dyslexia, Attention-Deficit Hyperactivity Disorder (ADHD) and chiropractic.** One hundred fifty-seven (157) children, aged 6 to 13 (86 boys and 71 girls), with developmental delay syndromes involving difficulties in reading, learning, social interaction, and school performance received chiropractic care.

Under chiropractic care all 157 children showed improvements in 8 psychometric tests and 20 areas of cognitive function including their ability to concentrate, to maintain focus and attention, to control impulsivity which improved their performance at home and school. (4)

## Did you know Kraft cheese has no cheese?

Many of Kraft's synthetic "cheese" products contain absolutely no cheese whatsoever.

When confronted with their misleading labeling, Kraft CEO Irene Rosenfeld claims the fake cheese "meets the high standards for taste, quality and performance consumers expect when buying a Kraft-branded cheese product." Under citizen pressure to clamp down on Kraft's fraudulent labeling in 2002, the FDA issued a perfunctory warning letter to the company. Kraft thumbed its nose at the federal agency by removing their "cheese foods" labels and replacing them with equally misleading labels calling the pseudo-dairy items "cheese products". Learn more: [http://www.organicconsumers.org/articles/article\\_4015.cfm](http://www.organicconsumers.org/articles/article_4015.cfm).

## Avoid fluoride and get a water filter

For decades the harmful effects of fluoride on adults and children have been discovered in laboratories throughout the world. Fluoride, the main ingredient in rat poison, is an industrial waste product that is added to the water in many communities throughout the US.

If your community adds fluoride to your drinking water please get a water filter that removes this harmful chemical before it goes into the mouths of you and your family. (Good filters remove chlorine as well).

Animal studies conducted in the 1990s by EPA scientists found dementia-like effects at the same concentration (1 ppm) used to fluoridate water, while human studies have found adverse effects on IQ at levels as low as 0.9 ppm among children with nutrient deficiencies, and 1.8 ppm among children with adequate nutrient intake. (5-8)

## Hormone Replacement Therapy (HRT) linked to cataracts

HRT has been linked to breast and ovarian cancer, heart attacks and dementia. Now, in an eight-year study of 30,000 postmenopausal women, it's been linked to cataracts.

This comes from the Thursday, March 11, 2010 issue of *Natural News* (we recommend you subscribe to this great free newsletter). Read the rest at:  
[http://www.naturalnews.com/028349\\_HRT\\_cataracts.html](http://www.naturalnews.com/028349_HRT_cataracts.html).

## Can you get your children into school if they aren't vaccinated?

Know your rights. In most of the US you CAN get your non-vaccinated children into public school. Some excellent medico-legal information is located at the Vaccine Rights website: [www.vaccinerights.com](http://www.vaccinerights.com).

The Pandemic Response Project (PReP) also has excellent vaccination information: [www.pandemicresponseproject.com](http://www.pandemicresponseproject.com).



## Pass on the margarine

Margarine is a white substance with no food appeal so yellow coloring is added and sold to people to use in place of butter.

DO YOU KNOW ... the difference between margarine and butter?

- Both have the same amount of calories.
- Butter is slightly higher in saturated fats at 8 grams compared to 5 grams, however...
- Eating margarine can increase heart disease.
- Eating butter increases the absorption of many other nutrients from other foods.
- Butter has many nutritional benefits where margarine has none.
- Butter tastes much better than margarine and it can enhance the flavors of other foods.

And now, for margarine ...

- Very high in trans-fatty acids
- Triples the risk of coronary heart disease
- Increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol (the good cholesterol)
- Increases the risk of cancers up to five-fold
- Lowers quality of breast milk
- Decreases immune response
- Decreases insulin response

## Prostate screening test questioned

The American Medical Association published a fascinating article questioning the value of prostate specific antigen (PSA) testing. The PSA blood test is supposed to detect prostate cancer, but researchers now question whether it has any value in saving lives at all.

New research reveals that the PSA test detects smaller and less dangerous tumors and is more indicative of prostate enlargement rather than prostate cancer.

Autopsies often show men with enlarged or even cancerous prostates – a condition they had lived with for years, perhaps decades, without any treatment. (9)

For more information, see: <http://www.ama-assn.org/amednews/2004/10/11/hll21011.htm>  
and see also: <http://www.aafp.org/afp/2008/1215/p1377.html>.

## Words of Wisdom



"Medicines are of subordinate importance because of their very nature, they can only work symptomatically." – Hans Kutsche, MD

"If all the medicine in the world were thrown into the sea, it would be bad for the fish and good for humanity." – O.W. Holmes, MD, Professor of Medicine, Harvard University

## Humor

**These quotes are among the most witty, intelligent and biting. Use them carefully if you choose to use them at all.**

The exchange between Churchill & Lady Astor:  
Lady Astor, "If you were my husband I'd give you poison."  
Churchill, "If you were my wife, I'd drink it."

A member of Parliament to Disraeli: "Sir, you will either die on the gallows or of some unspeakable disease."

"That depends, Sir," said Disraeli, "whether I embrace your policies or your mistress."

"He had delusions of adequacy." – Walter Kerr

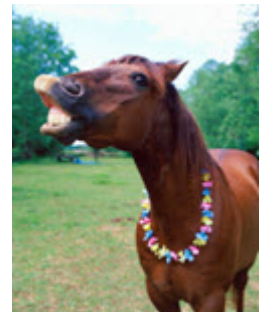
"He has all the virtues I dislike and none of the vices I admire."  
– Winston Churchill

"I have never killed a man, but I have read many obituaries with great pleasure."  
– Clarence Darrow

"He has never been known to use a word that might send a reader to the dictionary." – William Faulkner (about Ernest Hemingway)

"Thank you for sending me a copy of your book; I'll waste no time reading it."  
– Moses Hadas

"I didn't attend the funeral, but I sent a nice letter saying I approved of it."



– Mark Twain

"He has no enemies, but is intensely disliked by his friends." – Oscar Wilde

"He is not only dull himself; he is the cause of dullness in others."

– Samuel Johnson

"I am enclosing two tickets to the first night of my new play; bring a friend.... if you have one." – George Bernard Shaw to Winston Churchill

"Cannot possibly attend first night, will attend second ... if there is one."

– Winston Churchill, in response

"I feel so miserable without you; it's almost like having you here." – Stephen Bishop

"He is a self-made man and worships his creator." – John Bright

"I've just learned about his illness. Let's hope it's nothing trivial." – Irvin S. Cobb

"He is simply a shiver looking for a spine to run up." – Paul Keating

"In order to avoid being called a flirt, she always yielded easily." – Charles, Count Talleyrand

"He loves nature in spite of what it did to him." – Forrest Tucker

"His mother should have thrown him away and kept the stork." – Mae West

"Some cause happiness wherever they go; others, whenever they go."

– Oscar Wilde

"He uses statistics as a drunken man uses lamp-posts... for support rather than illumination." – Andrew Lang

"He has Van Gogh's ear for music." – Billy Wilder

"I've had a perfectly wonderful evening. But this wasn't it." – Groucho Marx



**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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