

# Healthy Living Newsletter

Community Chiropractic  
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Welcome to our office



from the "Spine Gang."

*Even in dreams good works are not wasted.* – Pedro Calderon de la Barca

*Knowing is not enough; we must apply. Willing is not enough; we must do.*  
– Bruce Lee

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**What do chiropractors do?**

**They locate and correct your subluxations**



For over a century chiropractic has helped millions of people of all ages suffering from a multitude of health conditions. How? Chiropractors specialize in locating and correcting a serious, life-damaging condition called the *vertebral subluxation complex* (VSC). The VSC is a slight distortion of your spine and body structure that stresses your nervous system, internal organs, discs, tendons, ligaments and joints; lowers your resistance to disease; and can affect physical and mental function.

When chiropractors adjust or release the VSC your “inner healing ability” is awakened and you are better able to return to your natural state of strength, ease, vitality and wholeness.

Spinal health is a little like nutrition: always important when you are well and vital if you are ill. Chiropractic’s safe, drug-free approach attracts many millions of people each year. For many, chiropractic has made the difference between a life of health, ease, and vitality and a life of disease, pain, and disability.

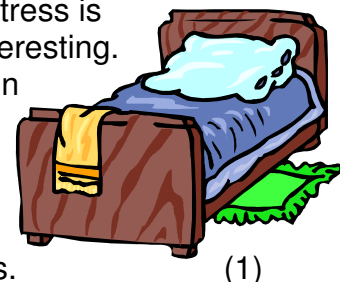
Remember – you cannot be 100% healthy with a VSC in your spine. No matter what disease or condition you have, it is important to ensure that your spine is healthy. A chiropractic adjustment may make the difference for you!



Only a chiropractor can tell if you (or those you care about) have a VSC. Get a chiropractic spinal checkup (and adjustment) to maintain (and regain) health.

## Firm or medium-firm mattress?

People with chronic back pain who wonder what kind of mattress is best should find this study from the British journal *Lancet* interesting. British researchers had 313 adults with chronic low back pain sleep on a firm or medium-firm mattress for 90 days. The researchers were surprised to find that the medium-firm users had less pain than the firm users. The researchers theorized that the medium-firm mattresses gave support but also conformed more to the body, resulting in less stress.



## Another study reveals link between MMR vaccine and autism



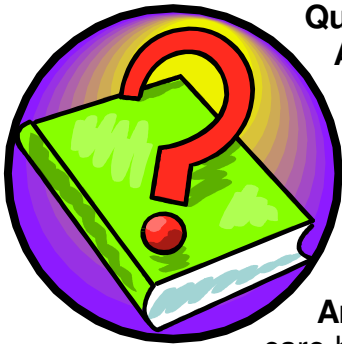
In a recent article in the *Journal of American Physicians and Surgeons*, all the children studied developed autism shortly after vaccination. Measles virus, most likely from the vaccine, was detected in spinal fluid of children with autism, but not controls. This study is the latest in a series that examines the relationship between internal measles virus infection and autism. The US government's Institute of Medicine was made aware of these and similar findings but they chose to ignore them in their latest report which said there was no relationship between vaccination and autism *in the research they reviewed*. (2)

## Antibiotics may lead to allergies and asthma

Chiropractic helps keep your children away from antibiotics by developing natural immunity. Keeping your child antibiotic-free may also prevent allergies. Researchers have disclosed findings, as confirmed by earlier studies, that children who use antibiotics increase their risk for developing allergies. The mechanism appears to be that antibiotics alter the normal balance of intestinal bacteria and fungi resulting in increased hypersensitivity. (3)



## Chiropractic questions and answers



**Question:** Is chiropractic safe?

**Answer:** Chiropractic is one of the safest healing professions known. As proof one just has to compare malpractice rates among healthcare professions. Chiropractors pay a fraction of what medical care providers pay. Chiropractic is safe, effective and has no side effects (except for improved health).

**Question:** Can someone who has a disc problem see a chiropractor?

**Answer:** Absolutely! Studies are revealing that chiropractic care has been able to reduce disc herniation/protrusion.

Chiropractic has saved people from spinal surgery.

## Words of wisdom

*One or more vertebrae of the spine may or may not go out of place very much. They might give way very little, and, if they do, they are likely to produce serious complications and even death, if not properly adjusted.*

– Hippocrates, “Father” of Medicine

*I am not the first person to replace subluxated vertebrae, for this art has been practiced for thousands of years. I do claim, however . . . to create a science which is destined to revolutionize the theory and practice of healing art.*

– D.D. Palmer, Discoverer of Chiropractic

## Chiropractic and spinal research



**Infertility.** A 32-year-old woman attempted to become pregnant for two years with no success. Artificial insemination, a fertility drug and in-vitro fertilization failed. She suffered from endometriosis, low back pain, and frequent headaches. After 6 weeks chiropractic care her low back pain and headaches improved dramatically. The patient's fertility specialists noted that her estrogen levels, endometrial thickness, and cervical mucus levels were all at more favorable levels. A second in vitro

fertilization was successful. (4)

**Vision improvement.** A 25-year-old woman who was nearly blind from terminal glaucomatous retinal damage sought chiropractic care for spinal pain, headache, and classic migraine. Immediately after the first chiropractic adjustment significant visual field improvement was recorded. After 4 adjustments visual field and acuity improved dramatically. From the abstract: "Recovery of vision in this patient was an unexpected and remarkable outcome, raising the question of whether chiropractic spinal manipulative therapy may be of value in the management of glaucomatous visual field loss." (5)

**Vertigo.** Fifteen individuals suffering from cervical vertigo had spinal care with various other interventions. After five sessions over 41 days 60% of patients reported complete remission of vertigo. (6)

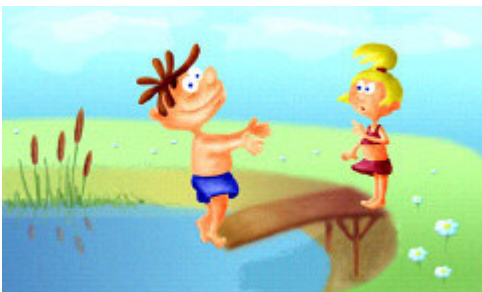
## Breastfeeding improves baby's brain function

Breastfed infants tend to have higher intelligence than formula-fed infants because the nutritional properties of breast milk are not only good for the newborn's immune system, they are also good for the baby's brain. Some chemicals in breast milk seem to be especially nourishing to the infant's brain such as [omega-3 fatty acids](#).

One study found that the verbal IQ of 7- and 8-year-old children who had been breastfed was about 10 points higher than those who were not. Another 18-year study of over 1,000 children found that those who were breastfed had higher intelligence and greater academic achievement than children who were formula-fed as babies. Breastfed babies also spend more time in a "quiet alert" state, which is the state most conducive to the newborn's learning (parents appreciate it too). (7)



## Make your own vitamin D



It keeps bones strong and healthy, fights cancer, heart disease, high blood pressure, multiple sclerosis, diabetes, Alzheimer's

disease, rheumatoid arthritis, and general aches and pains.

What is it?

Vitamin D. Research shows that there is a surprising amount of vitamin D deficiency in the population. But don't worry, you can make your own! All you need is about 15-20 minutes of sun exposure on your bare skin and you'll make 10,000 IU of it. You don't need to become a nudist – a bathing suit exposure will do. Remember, the older you are or the darker your skin color the more D you need. Bonus: Getting enough during the summer can carry you through the winter. (8)

## Humor

A man's home is his castle, in a manor of speaking.

Dijon vu - the same mustard as before.

Practice safe eating - always use condiments.

Shotgun wedding - a case of wife or death.

A man needs a mistress just to break the monogamy.

A hangover is the wrath of grapes.

Dancing cheek-to-cheek is really a form of floor play.

Does the name Pavlov ring a bell?

Condoms should be used on every conceivable occasion.

Reading while sunbathing makes you well red.

When two egotists meet, it's an I for an I.

A bicycle can't stand on its own because it is two tired.

What's the definition of a will? (It's a dead giveaway.)

Time flies like an arrow. Fruit flies like a banana.

In democracy your vote counts. In feudalism your Count votes.

She was engaged to a boyfriend with a wooden leg but broke it off!

A chicken crossing the road is poultry in motion.

If you don't pay your exorcist, you get repossessed.

With her marriage, she got a new name and a dress.

When a clock is hungry, it goes back four seconds.

The man who fell into an upholstery machine is fully recovered.

You feel stuck with your debt if you can't budge it.

Local Area Network in Australia: the LAN down under.

He often broke into song because he couldn't find the key.

Every calendar's days are numbered.

A lot of money is tainted - it taint yours and it taint mine.

A boiled egg in the morning is hard to beat.

He had a photographic memory that was never developed.

A plateau is a high form of flattery.

A midget fortune-teller who escapes from prison is a small medium at large.

Those who get too big for their britches will be exposed in the end.

Once you've seen one shopping center, you've seen a mall.

Acupuncture is a jab well done.





See you next month – make an appointment to get your spine check for subluxations. Stay healthy so you'll have a healthier and happier summer.



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