



## Monthly Newsletter

*Time is a created thing. To say "I don't have time," is like saying, "I don't want to." – Lao-Tzu*

*God is a comedian playing to an audience too afraid to laugh. – Voltaire*



**Looking for a drug-free lifestyle; health and wholeness for yourself and your family? Interested in disease prevention and health**



**enhancement?**

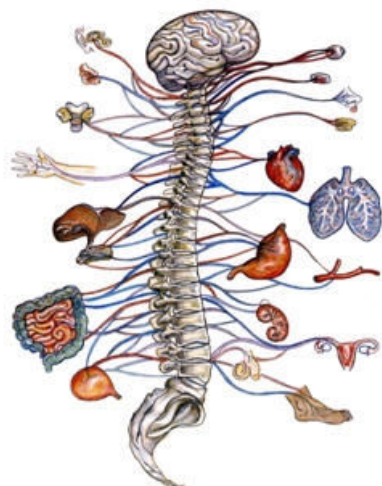
**Then welcome to a more natural world, welcome to the world of chiropractic.**

Note: The above photos show chiropractors present and past. On the left is a photo that was taken in the early 1900s of DD Palmer, the discoverer of chiropractic. On the right are chiropractors reviewing a spinal x-ray .

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## Doctor of Cause



Chiropractors spend thousands of hours studying how to locate and correct a major cause of stress and body malfunction (dis-ease): the subluxation. Subluxations are areas of stress inside your spine and body structure that 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 vertebral subluxations using specialized techniques called chiropractic spinal 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.”

## Disc herniation and back surgery

A study of CT scans showed that 27% of healthy people over the age of 40 had a herniated disc, and 60% had spinal abnormalities that were judged significant. And yet none of these people had nagging back pain. Just because a disc is unhealthy does not mean it is the cause of the back pain. That’s why the majority of disc operations fail. (1)

Too many people in agony from sciatica and spinal, disc and pelvic pain learn the hard way: in most cases surgery is not the answer. The return of the pain after back surgery is so common it has a special name: Failed Back Surgery Syndrome. Over half of all back surgeries fail – the pain returns. That leaves the original problem plus a weakened, damaged spine (from the surgery).

Chiropractic has an excellent record with disc sufferers, often saving them from the bleak prospect of surgery. Chiropractic care is also often effective at helping those who already have gone through orthopedic surgery. Why?



Because it doesn't treat symptoms – it addresses the cause.

Dr. John Upledger, developer of CranioSacral Therapy, writes: “Although ‘curing’ may remove the symptoms of a disease from the outside, so to speak, it usually leaves the underlying causes of the symptoms untouched.” (2) Remember, the pain is not the problem; it is a warning that there is a problem. When you correct the cause then the pain, inflammation and suffering will in almost all cases disappear.

## All infants need chiropractic



The newborn that knew only the warmth, softness, darkness, quiet and comfort of the womb is suddenly exposed to a cold, noisy, hard, harsh, blinding world. Separated from mother, often dangled from its heels and struck on its rear, these procedures can cause permanent physical trauma and emotional scarring. As one expert has stated:

“The birth process, even under optimal controlled conditions, is potentially a traumatic, crippling event for the fetus...the application of standard orthodox procedures may prove intolerable to the fetus. Most signs of neonatal injury observed in the delivery room are neurological.” (3)

For these reasons all infants need a chiropractic checkup to see if they have subluxations (nerve stress) in their bodies. Subluxations may cause serious health problems in infancy and in later life. Chiropractors are specially trained to locate and remove subluxations helping your child's body to work as naturally as possible.



There are numerous reports of babies suffering from colic; diarrhea; constipation; crying; vision, hearing, neurological, digestive and developmental problems and more responding to chiropractic care.

## Home birth or hospital birth?

The late Robert Mendelsohn, M.D. one of America's leading pediatricians, wrote: “If you have your baby in a hospital, you will be exposed to an array of obstetrical hazards. Having your baby at home is less risky. Procedures such as ultrasound diagnosis, internal fetal monitoring, excessive use of sedatives, pain relievers and anesthetics, pitocin-induced labor, and the temptation to resort to delivery by caesarean section, are largely avoided when you play it safe and have your baby in your very own bed.”(4)

For these reasons, you'll find natural childbirth, home birth, breastfeeding and similar practices more common among chiropractors' families.

## In conclusion

Give your baby the best possible chance to have a healthy life. That includes natural childbirth, breastfeeding, and avoidance of drugs and medical procedures (except in emergencies). You have your baby's eyes checked, heart checked, hearing checked—why not include a chiropractic spinal checkup? It could change their lives.

## Is autism caused by vaccination?

Listen to this radio interview on the Imus show with David Kirby (03-05-2008)

<http://www.wellwithin1.com/Mar052008davidkirby-Imus.mp3>

## Words of Wisdom



*What is not in nature can never be true.* – Voltaire

*People are healed by many different kinds of healers and systems because the real healer is within. The various healing modalities are merely different ways of activating that inner healer.* – George Goodheart, DC

## Chiropractic and Spinal Research

### Multiple sclerosis and chiropractic

Please watch this great YouTube video

[http://www.youtube.com/watch?v=qiOtb6yM\\_ow](http://www.youtube.com/watch?v=qiOtb6yM_ow). It shows Montel Williams, who suffers from Multiple Sclerosis, getting adjusted upper cervically. “It’s the most amazing thing that has ever happened to me!” – Montel Williams

### Lowered blood pressure and chiropractic

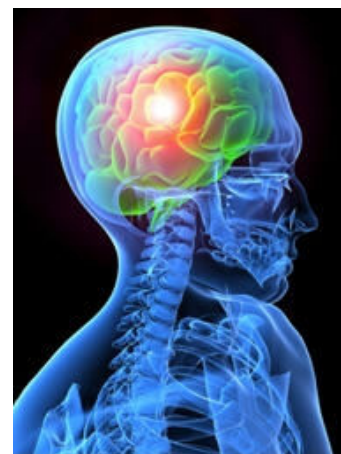
Chiropractic adjustments to the atlas vertebra are associated with marked reductions in blood pressure – a natural approach to healthcare instead of using dangerous drugs. (5)

### Ear infections and chiropractic

Research involving hundreds of children reveals that correction of subluxations results in improvement in ear infections without antibiotics or other drugs. (6)

### Uncontrolled asthma

A 6-year-old girl with three years of uncontrolled asthma was on several different drugs taken daily. She experienced an instant reduction in cough as reported by her mother. In 30 days, no medication was being used. Upon subsequent visits to the pediatrician, the patient also demonstrated a marked increase in lung volume. (7)



## Nutrition myth

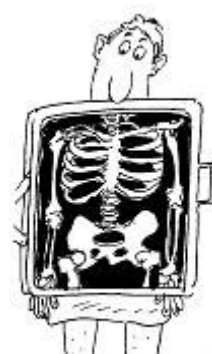
Myth: To avoid heart disease, we should use margarine instead of butter.

Truth: Margarine eaters have twice the rate of heart disease as butter eaters. (8)

## Sugar can ruin your sex life?

High levels of glucose and fructose can deactivate the sex hormone binding globulin gene (SHBG) that controls the amount of testosterone and estrogen in your blood. (9) In men this can lead to impotence and low libido. In women, in addition to low libido, it can result in diabetes, infertility, polycystic ovaries, acne and uterine cancer. (10) This is just another good reason to avoid junk food and especially anything with high fructose corn syrup (check labels when you shop). Use natural sweeteners and avoid artificial sweeteners.

## Did you know...?



- Initially, the numbers put on baseball uniforms were done in accordance with the player's position in his team's batting order, so Babe Ruth became 3, Lou Gehrig was 4, etc.
- You can use a drop of vodka on each lens to clean eye glasses without streaks.
- One 12-ounce glass of soda contains up to ten teaspoons of sugar.
- Champagne actually gets people tipsy faster than other alcoholic beverages because the carbon dioxide bubbles speed the alcohol into the bloodstream.
- Immigrants arriving at Ellis Island were served ice cream as part of their first American meal. Baffled, many attempted to spread it on their bread.
- Onions get their distinctive smell by soaking up sulfur from the soil. These

sulfoxides, which form a mild sulfuric acid when they combine with the water in our eyes, are also what cause most of us to cry while chopping onions.

## Be aware of this jury duty scam: Scam to obtain SS and birth date info for identity theft

This has been verified by the FBI (their link is included below). Please pass this along to others if you have a mind to do so. This scam is REAL, and it is spreading fast. The scam preys upon anyone who is inclined to take a jury summons seriously – as most of us do.

The caller will claim to be a jury coordinator, inquiring about your failure to respond to a jury summons. If you protest that you never received a summons for jury duty, the scammer will ask you for your Social Security number and your date of birth so he or she can verify their information in order to "cancel an arrest warrant."

Make no mistake about it: this is an identity theft scam. The fraud has been reported so far in 11 states. It is particularly insidious because they use intimidation over the phone by pretending they are with the court system. The FBI and the federal court system have both issued nationwide alerts on their web sites warning consumers about the fraud. Check it out here:

[http://www.fbi.gov/page2/june06/jury\\_scams060206.htm](http://www.fbi.gov/page2/june06/jury_scams060206.htm)

It's also at snopes.com: <http://www.snopes.com/crime/fraud/juryduty.asp>

## Humor



*When they discover the center of the universe, a lot of people will be disappointed to discover that they are not it. – Bernard Bailey*



## English Signs Abroad

Here are some signs and notices written in English that were discovered throughout the world. You have to give the writers an 'E' for effort.

In a Zurich hotel: Because of the impropriety of entertaining guests of the opposite sex in the bedroom, it is suggested that the lobby be used for this purpose.

In an advertisement by a Hong Kong dentist: Teeth extracted by the latest Methodists.

In a Rome laundry: Ladies, leave your clothes here and spend the afternoon having a good time.

Outside a Hong Kong tailor shop: Ladies may have a fit upstairs.

In a Bangkok dry cleaner's: Drop your trousers here for best results.

Outside a Paris dress shop: Dresses for street walking.

In a Rhodes tailor shop: Order your summers suit. Because is big rush we will execute customers in strict rotation.

On the menu of a Polish hotel: Salad a firm's own make; limpid red beet soup with cheesy dumplings in the form of a finger; roasted duck let loose; beef rashers beaten up in the country people's fashion.

A sign posted in Germany's Black forest: It is strictly forbidden on our black forest camping site that people of different sex, for instance, men and women, live together in one tent unless they are married with each other for that purpose.

In a Czechoslovakian tourist agency: Take one of our horse-driven city tours – we guarantee no miscarriages.

Advertisement for donkey rides in Thailand: Would you like to ride on your own ass?

In a Bangkok temple: It is forbidden to enter a woman even a foreigner if dressed as a man.

In a Tokyo bar: Special cocktails for the ladies with nuts.

In a Copenhagen airline ticket office: We take your bags and send them in all directions.

On the door of a Moscow hotel room: If this is your first visit to the USSR, you are welcome to it.

In a Norwegian cocktail lounge: Ladies are requested not to have children in the bar.

In a Budapest zoo: Please do not feed the animals. If you have any suitable food, give it to the guard on duty.

In the office of a Roman doctor: Specialist in women and other diseases.

In an Acapulco hotel: The manager has personally passed all the water served here.

In a Tokyo shop: Our nylons cost more than common, but you'll find they are best in the long run.

From a Japanese information booklet about using a hotel air conditioner: Cooles and Heates: If you want just condition of warm in your room, please control yourself.

From a brochure of a car rental firm in Tokyo: When passenger of foot heave in sight, tootle the horn.

Trumpet him melodiously at first, but if he still obstacles your passage then tootle him with vigor.



**Bye. See you next month. Remember, a chiropractic adjustment today can make a big difference for you and your family. Come visit us and bring your family. Remember: friends don't let friends stay subluxated.**

**Want hard copies of this newsletter? Stop by the office and we'll give you some for your friends and relatives. If they have e-mail, have them write to us and we'll add them to our mailing list.**

