

Healthy Living Chiropractic Newsletter

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KIDS DAY!!

Saturday, August 13th is kids day!! (8 am-noon)

*Make an appointment for your child age 16 and under. They will receive an exam and consultation at no charge. (necessary x-rays not included)

*All adjustments are \$20!!!

*Discounts on ergonomic backpacks

*Backpack fittings

*Prizes

*FUN!!!!

Call 831-0955 to schedule an appointment

Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).

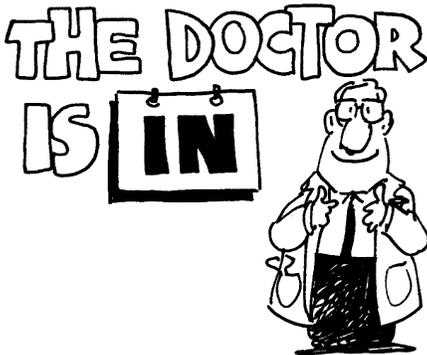
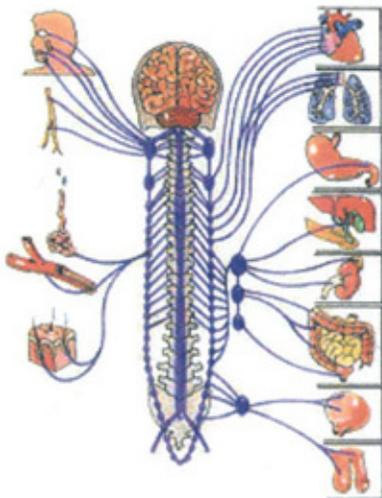


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(References upon request)

Chiropractic is good for your whole body



Chiropractic clinical reports reveal kidney function, bowel and bladder function, digestive organs, reproductive organs, heart and lungs – just about every organ and system – benefiting from adjustments. How can a spinal adjustment do that?

It's all in your nerves. All your organs, glands, muscles and bones receive a nerve supply from your spine. This connection is essential for proper health.

If this connection is interfered with your organs may not function properly and your health could be damaged.

If you have a subluxation – a misalignment of a spinal bone causing pressure on your nerves – then your internal organs, blood vessels, bones, muscles (really everything) won't



function at 100%. That can mean pain, weakness, lack of energy, lowered resistance to disease and ultimately sickness.

What do to? Why, visit your chiropractor to have your spine checked for these health-destroying subluxations. If your chiropractor finds any subluxations in your spine, he/she will correct (adjust) them and you'll be free of this form of severe stress to your nervous system. Your entire body will benefit.

PS. It is really important for the very young and very old to have healthy spines, so bring in your children and your parents.

Fever is good for you



Fever is one of nature's most powerful infection fighting weapons. If it could be bottled and sold it would be a true "wonder drug." Perhaps equally important, studies show that interfering with (lowering) a fever with drugs such as acetaminophen (Tylenol™) or aspirin (antipyretics) keeps sick people sick longer.

In one study doctors gave half a group of patients with flu aspirin while the other half were permitted to have a fever. The aspirin group with lowered fever stayed sick 3 ½ days longer!!! The paper concluded: "Antipyretics prolong illness in patients with Influenza... The duration of illness was significantly prolonged." (1)

Lowering fever increased the death rate in another study. Researchers reported: "There is no convincing evidence that naturally occurring fevers are harmful. In contrast, animal studies have shown that fever helps animals to survive an infection whereas antipyresis (lowering fever) increases mortality...there is considerable...evidence that...human immunological defenses function better at febrile temperatures than at normal ones." (2)

In other words, when you or your child has a fever they can better fight infection.

S.A.D. news (S.A.D. = standard American diet)

Statistics say that soda, French fries, potato chips, hamburgers and chocolate make up 70% of the American diet. The top 10 selling products in grocery stores are:

- 1- Marlboro cigarettes
- 2- Coke classic
- 3- Kraft macaroni & cheese
- 4- Pepsi
- 5- Diet coke
- 6- Budweiser beer
- 7- Campbell's soup
- 8- Tide detergent
- 9- Folger's coffee
- 10- Winston cigarettes

Is it any wonder Americans' health is so awful? To improve your health, you have to eat real foods: Unprocessed, natural and organic. The more life in the food, the more life it will give to you.





Parents are living longer than their children?

This is not good news. Partly as a result of the S.A.D. (above) and prescription and over-the-counter drug use (including vaccinations), Americans' life expectancy is lower than many other developed countries. By the middle of this century the increased risk of diabetes, heart disease and cancer is estimated to lower average life expectancy 5 years. Two-thirds of America's adults are overweight as are 30% of U.S. children. (3)

Back pain – Chiropractic is most popular care

A survey of over 2,000 back and neck pain sufferers revealed that 54% of people reporting back and neck pain used complementary care with the most popular care being chiropractic. Only 37% of those surveyed consulted MDs. Chiropractic was rated as “very helpful” by 61% of patients as compared with 27% for those visiting a conventional provider (medical doctor/physical therapist). (4)



Chiropractic and Spinal Research

Do you know anyone living on drugs? They may have years of uncorrected subluxations in their body. Please tell them about chiropractic.



Childrens' health complaints and pelvic subluxations. 650 children aged 2 to 18 (327 boys and 323 girls) were analyzed by chiropractors. It was found that the children's health complaints were related to subluxations of their pelvic bones. The authors found that 96% of the children examined were found to have pelvic subluxations and the beginning of spinal degeneration. The following conditions were found in the subluxated children: limb pain and numbness, low back and neck pain, “growing pains,” sinus problems, headaches, dizziness, stomach problems, bed-wetting, constipation, diarrhea, asthma, breathing problems, fatigue, colic, croup and menstrual cramps. Behavioral concerns included ADHD, learning difficulties, temper, memory and sleeping problems.

The authors stressed that Chiropractic care should be started early so that abnormal joint function, disc stress and early degenerative changes can be corrected as soon as possible. (7)

Words of Wisdom



The preservation of health is easier than the cure of disease. – B.J. Palmer, DC

The best and most beautiful things in the world cannot be seen or even touched...but are felt in the heart.

– Helen Keller

Looking for a New Career? Consider Chiropractic!



The magazine *Fast Company* published its list of "The 25 Top Jobs for 2005." The top jobs were based upon four criteria: Job Growth Index, Salary Range Index, Education Index and Innovation Index. Number four on the list is: Chiropractor. Chiropractor had the highest score in the Education Index - 98.48, higher than medical scientist (98.28), biochemist/biophysicist (96.48); epidemiologist (98.28) and lawyer (98.37). Chiropractor also did well on the Salary Range Index with a score of 84.93. This fell below personal athlete (100); security sales agent (89.36); and financial advisor (87.95), but bested the remaining 21 jobs. (8)

Humor

From the minds of children



A first grade teacher gave each child in her class the first half of a proverb and asked them to come up with the remainder of the proverb.

Better to be safe than.....punch a 5th grader.
Strike while thebug is close.
It's always darkest before.....Daylight Savings Time.
Never underestimate the power of..... termites.
You can lead a horse to water but.....how?
Don't bite the hand that.....looks dirty.
No news is.....impossible.
A miss is as good as a.....mister.
You can't teach an old dog new.....math.
If you lie down with dogs, you'll.....stink in the morning.
Love all, trust.....me.
The pen is mightier than the.....pigs.
An idle mind is.....the best way to relax.
Where there's smoke there's.....pollution.
Happy is the bride who.....gets all the presents.
A penny saved is.....not much.
Two's company, three's.....the Musketeers.
Don't put off till tomorrow what.....you put on to go to bed.
Laugh and the whole world laughs with you, cry and.....you have to blow your nose.
There are none so blind as.....Stevie Wonder.
Children should be seen and not.....spanked or grounded.
If at first you don't succeed.....get new batteries.
When the blind leadeth the blind.....get out of the way.

And the favorite...

Better late than.....pregnant. (This one must know a lot about the facts of life at an early age.)



See you next month. Don't forget to stop by for a spinal checkup and an adjustment. And bring in the family too – for a healthier summer!