

# Healthy Living Chiropractic Newsletter

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

*Tension is who you think you should be. Relaxation is who you are.* – Chinese Proverb

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### **KIDS DAY!!**

**Saturday, August 13<sup>th</sup> is kid's 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

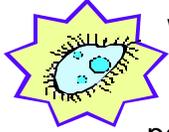
\*Backpack fittings

\*Prizes

\*FUN!!!!

**Call 831-0955 to schedule an appointment**

## Germs don't cause disease?

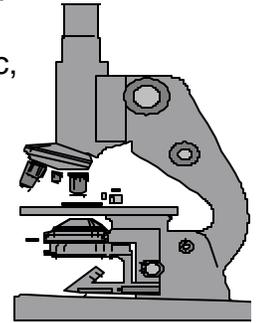


Germs, such as bacteria and viri, are everywhere: in the air we breathe, the food we eat, the water we drink and everything we touch.

You probably have influenza, tuberculosis, tetanus, staphylococcus and other germs in you all the time. Yet infections are relatively rare – most of the time we, and most people, are infection free. Why isn't everyone sick all the time?

Because there's more to getting sick than breathing in germs. Even in the worst epidemic, the majority of the population never get sick.

Professor Rene Dubos, one of the most influential scientists of the 20th century, rejected "germ equals disease" thinking. He said, "Viruses and bacteria are not the sole cause of infectious disease, there is something else." (1)



What is that "something else?" A malfunctioning body causing low resistance to disease becomes fertile ground for germs!

A great way to improve resistance to disease and keep germs in their place is make your body function better by having your subluxations corrected. Chiropractic care has been shown to improve your ability to fight infection and if you or a loved one has an infection, chiropractic care is necessary so the body will be in a better state to heal itself.

## Do nothing, live longer?

Experts disagree – slow down or speed up?

In *The Joy of Laziness: How to Slow Down and Axt*, says everybody has a limited amount of "life speed with which it is consumed determines their exercise more produce more "free radicals" – that are believed to speed the aging process. The runner, says gentle walking is sufficient to keep

a diet that is low in carbohydrates and high in protein. But Dr. Graham Archard, of Britain's Royal College of General Practitioners, says: "I can understand why the book might sell well as it is always nice to be told that you can sit on your backside and do nothing." (2)

The answer is that we need balance in our lives: periods of rest and periods of activity, work and play. We don't need to be long-distance runners nor do we need to be sleeping all the time. Moderation is the key to a happy, long, healthy life.



*Live Longer*, Dr. Peter energy" and that the life span and those who unstable oxygen molecules author, a reformed long-distance people in shape if combined with

## Words of Wisdom

*The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore, all progress depends on the unreasonable.* – George Bernard Shaw

*Nature never makes any blunders; when she makes a fool she means it.*  
– Joshua Billings

## Chiropractic and arthritis

Arthritis can cause disability, pain and ruined quality of life. Osteoarthritis (OA), also known as degenerative joint disease, is the most common type affecting about 80% of the U.S. population. (3) Why is this happening? Can we prevent OA? The major cause of osteoarthritis is long-term vertebral subluxations. Chiropractors specialize in analyzing the spine for, and eliminating (adjusting) subluxations. This can not only prevent osteoarthritis but has even been able to reverse it, (considered impossible by medicine). Everyone with OA needs chiropractic care so as to avoid prescription drugs as much as possible. (4-5)

## Can autism and learning disorders be reversed?

"Finding the Words," a documentary which will be aired this summer on PBS, is about autistic kids that went through a variety of therapies to get rid of the mercury, etc., and came out of it and are now living normal lives. For more information go to [Finding the Words](http://shopping.netsuite.com/c.ACCT129248/site/files/ftw.htm) or <http://shopping.netsuite.com/c.ACCT129248/site/files/ftw.htm>



## Pacifiers bad for baby's teeth

A study in the December *Archives of Diseases in Childhood* revealed that pacifiers or thumb sucking may be responsible for some forms of malocclusion of infancy. Another reason to breastfeed. (8) Read more about the benefits of breastfeeding here: <http://www.icpa4kids.org/research/children/breastfeeding.htm>

## Deadly immunity by Robert F. Kennedy Jr.

If you are interested in keeping your children healthy you need to read this article about a government study revealing that mercury in childhood vaccines may be the cause of the epidemic of autism and learning disorders. Go to <http://www.salon.com/news/feature/2005/06/16/thimerosal/print.html> to read this eye-opening article.

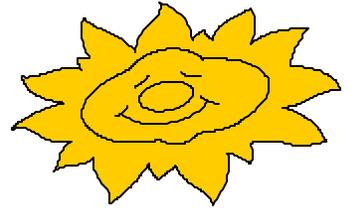


## Sunlight saves lives



Get in the sun (just don't burn) and you'll be healthier and happier. New research is showing that not getting enough sun causes more cancer and deaths than too much sun.

The many benefits of sunlight include prevention of heart disease, 16 different cancers (i.e. breast, colon and prostate), Parkinson's disease, multiple sclerosis, diabetes, rheumatoid arthritis, osteoporosis, chronic muscle pain and weakness. As long as you are getting safe doses of sunshine it will help prevent – rather than cause – cancer. (9)



## Humor

### 4 reasons not to mess with children

A Kindergarten teacher: was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work.

As she got to one little girl who was working diligently, she asked what the drawing was.

The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without missing a beat, or looking up from her drawing, the girl replied, "They will in a minute."

One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her brunette head. She looked at her mother and inquisitively asked, "Why are some of your hairs white, Mom?"

Her mother replied, "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white."

The little girl thought about this revelation for a while and then said, "Momma, how come ALL of grandma's hairs are white?"

A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, she said, "Now, class, if I stood on my head, the blood, as you know, would run into it, and I would turn red in the face.."

"Yes," the class said.

"Then why is it that while I am standing upright in the ordinary position the blood doesn't run into my feet?"

A little fellow shouted, "Cause your feet ain't empty."

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray: "Take only ONE. God is watching." Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want. God is watching the apples."



See you next month. Don't forget to stop by for a spinal checkup and an adjustment (if needed). And bring in the family too – non-subluxated people are healthier.