

# 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). References for any of the following information are available.



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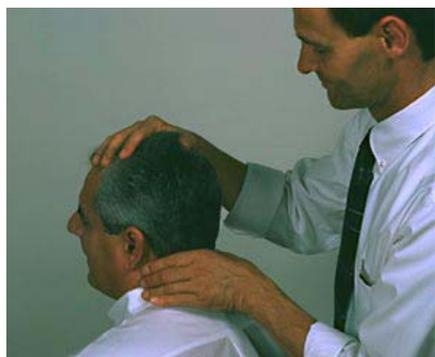
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### What's Happening?

#### Thursday, May 26<sup>th</sup> – NEW PATIENT APPRECIATION DAY

*On May 26<sup>th</sup>, Dr. Laura Bertram will only be seeing new patients. The normal office charges for the Initial Examination and necessary X-rays will be waived. Please tell anyone who may be considering Chiropractic care not to miss this special opportunity!!! Please call the office for more information and schedule your family members!*

## Stay younger longer and healthier with chiropractic



It's been said that age is a feeling, not a number. We're sure you know those who are active, healthy, full of life and "sparkle" well into "old" age while younger people are sickly, aged and really old. Can chiropractic help you stay younger, healthier and prevent premature aging? Research is increasingly saying "yes."

When you have subluxations, your bones become fixated (locked, jammed or stuck).



This causes degeneration: the joint fills up with scar tissue (fibrosis), tightens, becomes arthritic and prematurely ages. The first symptoms may not be pain but stiffness and/or loss of range of motion: you can't turn, twist or move body parts as easily or completely. (1) Subluxation degeneration often takes years to develop but accidents can age people "overnight." (2)



Chiropractic to the rescue! Chiropractic adjustments unlock or un-jam your joints, increase your range of motion and begin to reverse degeneration. (3)

Keep your body moving and aging will be delayed. We'll make sure your parts are unlocked and have more flexibility so you'll stay active. If you want to stay young and flexible keep in mind one dictum, "The body is made to move." (4)

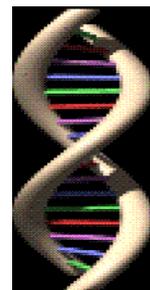
### **More chiropractic good news (your DNA likes us)**

Chiropractors have long observed that regular chiropractic care helps you better handle stress, improves health and keeps you younger. More research is backing up these observations.

It is known that stress makes you produce lots of free radicals, chemicals that damage your DNA, inhibit DNA repair and cause faster aging. In a recent study 25 patients under short-term chiropractic care were compared to 21 patients under long-term chiropractic care (at least two years) and 30 non-chiropractic controls.

The exciting news is this – long-term chiropractic patients showed more antioxidants in their blood (serum thiols). These are chemicals that fight free radicals, protect your DNA and hasten DNA repairs.

What are you waiting for? You're not getting any younger. Get an adjustment today (bring your friends and family too). (5)



### **Words of Wisdom**

*Loving a child doesn't mean giving in to all his whims; to love him is to bring out the best in him, to teach him to love what is difficult.* – Nadia Boulanger (celebrated French conductor)

*If one completes the journey to one's own heart, one will find oneself in the heart of everyone else.* – Father Thomas Keating

### **Mommy's all night pharmacy**



Antibodies, or immune molecules, in a mother's breast milk are transferred to the baby, giving them immunity to illnesses that the mother is immune to. If your newborn is exposed to a virus or bacteria, it will go from the baby's mouth through the breast to the mom's immune system. She will make antibodies to that foreign agent and transfer them back to the baby at the next feeding. Studies repeatedly reveal that babies who are breastfed exclusively have better functioning immune systems in the long-term as well.

## Great, new e-newsletter: <http://www.cancermonthly.com/>

"Cancer Monthly" provides cancer patients with the results of hundreds of therapies for advanced and metastatic cancers so that patients can compare treatments, have more meaningful discussions with their doctors, and ultimately, make more informed treatment decisions. Every month, Cancer Monthly summarizes the latest clinical results of cancer therapies presented by oncologists, researchers, and other cancer professionals working in hospitals and research institutions around the world.

## Solving the real drug problem



The real drug problem is the legal drugs that kill hundreds of thousands of people each year. Death from illegal drugs does not compare to that. Want to teach your kids to not take drugs – legal and illegal? Show them a better way to deal with life's stresses, aches and pains than taking drugs. Explore drug-free healthcare – and bring your kids with you when you visit the chiropractor, homeopath, naturopath, nutritionist or other healer. The April 5, 2004 issue of the *Atlanta Journal Constitution* (AJC) reports on a study from Metropolitan State University in Minneapolis that shows that children and teens

are more likely to use non-medical alternatives if their parents did too! According to the researchers: "Not surprisingly, the most significant factor that determined whether a pediatric patient would use complementary or alternative medicine is whether an adult in the family used it." (6)

## And now for something completely different

Now this is really important – according to a *News release*, researchers from the University of California say that if men share household chores...their wives will find them more attractive.



## And they're calling us dangerous?

One response to the damage caused by unproven and untested drugs and medical procedures is that lots of people are turning to the world of drug-free, natural, safer healthcare. The medical response is typical.

On April 9, 2005 Dr. Gong-Soog Hong and her team presented findings at the annual meeting of the American Council on Consumer Interests in Columbus, Ohio revealing that more than 70% of adults aged 50 or older use some type of alternative therapy, such as herbal medicine, meditation, or chiropractic. Obviously they are seeking safer, more effective, health optimizing care. Dr. Hong, reflecting the medical mindset said: "many of these remedies are largely untested, and experts still don't know if they interfere with many combinations of drugs older adults are taking." (9)



Many in the medical profession simply refuse to see the handwriting on the wall and are in a state of denial. Patients will continue to seek safer, less expensive, more effective care as long as modern medicine remains dangerous and expensive and concentrates more on treating symptoms than correcting the cause of dis-ease.

## Humor



### TEENAGERS ARE LIKE CATS

1. Neither teenagers nor cats turn their heads when you call them by name.
2. No matter what you do for them, it is not enough. Indeed, all humane efforts are barely adequate to compensate for the privilege of waiting on them hand and foot.
3. You rarely see a cat walking outside of the house with an adult human being, and it can be safely said that no teenager in his or her right mind wants to be seen in public with his or her parents.
4. Even if you tell jokes as well as Jay Leno, neither your cat nor your teen will ever crack a smile.
5. No cat or teenager shares your taste in music.
6. Cats and teenagers can lie on the living room sofa for hours on end without moving, barely breathing.
7. Cats have nine lives. Teenagers carry on as if they did.
8. Cats and teenagers yawn in exactly the same manner, communicating that ultimate human ecstasy: a sense of complete and utter boredom.
9. Cats and teenagers do not improve anyone's furniture.
10. Cats that are free to roam outside sometimes have been known to return in the middle of the night to deposit a dead animal in your bedroom. Teenagers are not above that sort of behavior.

Thus, if you must raise teenagers, the best sources of advice are not other parents, but veterinarians. It is also a good idea to keep a guidebook on cats at hand at all times. And remember, above all else, put out the food and do not make any sudden moves in their direction.

When they make up their minds, they will finally come to you for some affection and comfort, and it will be a triumphant moment for all concerned.



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 – kids do better at school when they have fewer spinal misalignments (really!)

**Want copies of this newsletter for your friends? Stop by the office and we'll give you some hard copies or write to us and we'll add them to our mailing list. Please remember that everyone needs to be free from subluxations so bring your friends and loved ones for a spinal checkup.**