
Healthy Living Chiropractic Newsletter

Gateway Chiropractic Center

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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 available upon request.

The robbed man that smiles, steals something from the thief. – William Shakespeare

Blessed are the flexible, for they shall not be bent out of shape. – Unknown

Chiropractic is mysterious? No way!

So many people receive regular chiropractic care as a part of their lives. They get periodic chiropractic checkups and (if needed) adjustments for themselves and their family. Subluxation-free people are shown to feel great and are happier and healthier. To many people, if there are health issues in their families, the chiropractor with his/her drug-free approach is the first healthcare provider they call. Some lucky people have even been under chiropractic care since they were children!



Yet to others chiropractic care is something mysterious. Why? Simply because they've never seen a chiropractor. Here we have a doctor who doesn't give drugs, shots, surgery or do invasive procedures and some people are more afraid of going to a chiropractor than going under the knife.

Do your friends a favor – introduce them to us. Even if they just come in with you and wait in the waiting room, just seeing other practice members and our professional office is enough to defuse a lot of fear. Maybe they'll even ask us some questions – and we'll be happy to answer them.



Do drugs make you healthy?

True health does not mean merely being symptom-free or “feeling ok.” True health is a properly working body: lots of energy, proper alignment, restful sleep and the strength to deal with life’s physical and emotional stresses. If simply being free of symptoms were the only sign of good health, then aspirin, drugs and other medicines would make you healthy. But why are the people taking the most drugs the sickest?



Drugs don't make you healthy. They may reduce or alter your symptoms, but that does not make you healthy. What makes you healthy? Life makes you healthy. Having 100% life flowing through you, having a body free of spinal nerve stress so the energies from the brain can travel freely to every part of your body is what health is all about. And that's the goal of the Doctor of Chiropractic.

Chiropractor helps professional football team



Almost every NFL team has a Doctor of Chiropractic on staff. Why? Apart from helping players with injuries chiropractic care keeps their spines and bodies balanced and aligned and does it without drugs or surgery.

Chiropractic athletes have better coordination, improved strength and can run faster than control groups of athletes.

Among team chiropractors is Dr. Doug Miller (right) who has been adjusting the Baltimore Ravens



professional football team for ten years. He was on the playing field when the Ravens won the 2000 Super Bowl. Ravens trainer Bill Tessenorf says, "A player favoring a knee or an ankle can cause alignment problems elsewhere. A chiropractor can help with a lot of those issues."

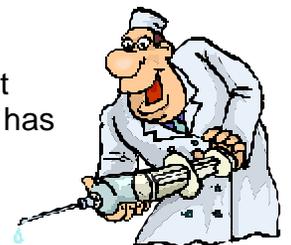
Dr. Miller adds a larger dimension to chiropractic awareness: "It's not just about relieving pain from backaches and injuries. It's about achieving optimum health," he says. (1)

Why refuse the flu shot?

Not wanting Alzheimer's Disease (AD) is a good reason.

Since flu shot season is approaching we think it appropriate to remind everyone that according to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has had flu shots their chance of getting Alzheimer's disease increases greatly. (2)

Dr. Fudenberg feels the mercury and aluminum in flu shots (and many childhood and RhoGam shots) build up in the brain causing AD. Is that why Alzheimer's is expected to quadruple? (3)



Flu hysteria is on the way (again)

Reports said that "Influenza kills 30,000 to 40,000 Americans every year." (4)

Hogwash! It's simply not so. How many people really die of Influenza? Here is what the CDC says:

In 2002: 753 died of the flu (5)

In 2001: 267 died of the flu (6)

In 2000: 2,175 died of the flu (7)

In 1999: 1,685 died of the flu (8)

These were no doubt people who were frail, sickly, weak, malnourished and unhealthy to begin with. Dying from the flu is, in fact, a very rare occurrence – research shows the flu shot does not affect mortality of elderly people.

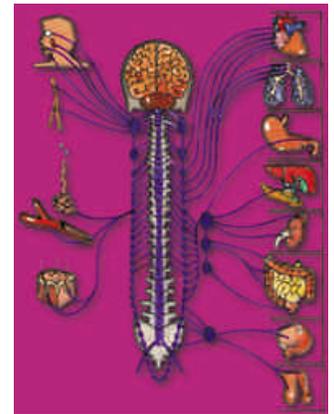
Please share this flu information to everyone you know.

Celibacy or Chiropractic?

Pubic symphysis dysfunction is a condition that a pregnant woman may suffer from as a result of the changes her body goes through while carrying her unborn child. They may spend months in dire pain on walking and turning in bed.

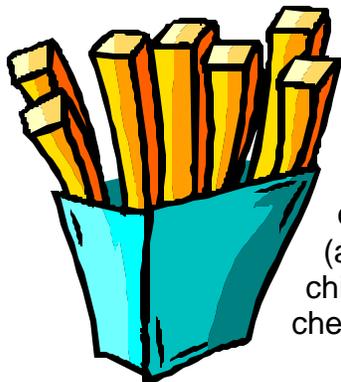
The medical treatment is contraception (don't get pregnant) or nothing (live with the pain) or celibacy or all of the above.

Pubic symphysis dysfunction is usually due to a subluxation of the lower spine or pubic bones (located in front of the pelvis). It usually responds to one or two chiropractic adjustments. (10)



Girls' consumption of French fries linked to breast cancer in adulthood

This information from the *Natural Health Newsletter* by Randall Neustaedter OMD. Subscribe to this free newsletter at www.hpakids.org.



A large study found that one additional serving of French fries per week consumed during ages 3-5 years increased the risk of breast cancer by 27%. The study also found reduced risk of breast cancer for children who consumed whole milk (compared to skim and low-fat milk), butter and liver. A problem with fried foods is the presence of a class of carcinogens called acrylamides, formed when starchy carbohydrates like potatoes, corn, oats or wheat are subjected to high temperatures (above 360 degrees) for prolonged periods, as in deep-frying. French fries, potato chips, doughnuts, and even oven-baked French fries contain acrylamide. This chemical is monitored in drinking water because of its ability to cause cancer. (11)

Humor

Some facts about the 1500s:

Most people got married in June because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell so brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children – last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water."

Houses had thatched roofs – thick straw – piled high, with no wood underneath. It was the only place for animals to get warm, so all the dogs, cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could really mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

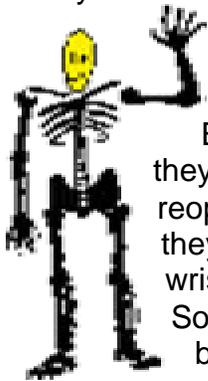
The floor was dirt. Only the wealthy had something other than dirt. Hence the saying "dirt poor."

When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man "could bring home the bacon." They would cut off a little to share with guests and would all sit around and "chew the fat."

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "upper crust."

Lead cups were used to drink ale or whisky. The combination would sometimes knock them out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a "wake."



England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a "bone-house" and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they thought they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell.

Someone would have to sit out in the graveyard all night (the "graveyard shift") to listen for the bell; thus, someone could be "saved by the bell" or was considered a "dead ringer."

Bye, and thanks for reading this far down. Thanks for being our patient, and letting us care for you. We really do appreciate you. Want copies for friends? Let us know. Don't forget to stop by for a spinal adjustment so you can be at your best. And remember, friends don't let friends stay subluxated. Bring your friends and loved ones for a spinal checkup.