

# 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).



*Figure out what your purpose is in life, what you really and truly want to do with your time and your life. Then be willing to sacrifice everything and then some to achieve it. If you are not willing to make the sacrifice, then keep searching.*  
– Quintina Ragnacci

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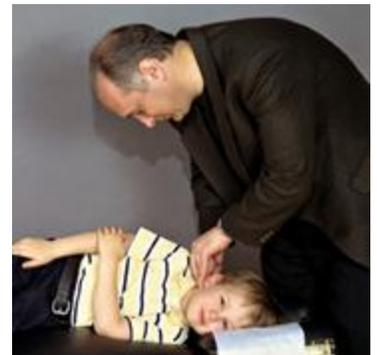


### Chiropractic For A Happier, Healthier Child



Want a happier, healthier child? Bring them in for a chiropractic spinal checkup. Chiropractors locate and correct vertebral subluxations in children's spines, reducing posture, nerve and spinal stresses. For over a hundred years parents, clinicians and researchers have noticed improvements in physical health, behavior and emotional states of children following chiropractic care. Among the observed effects of subluxation correction are

improvements in emotional, behavioral and neurological problems such as asthma, anxiety, inability to concentrate, hyperactivity, dyslexia, learning disabilities, attention deficit disorders, discipline problems and even low grades.



## Carpal Tunnel Syndrome (CTS) and Chiropractic

Tingling and numbness in the hands, fingers and wrists and pain so intense that it awakens you at night with the possibility of similar symptoms in the upper arm, elbow, shoulder or neck are some of the symptoms of CTS.

The drug-free chiropractic approach of releasing nerve and spine stress by freeing your body of vertebral subluxations has been a blessing to millions afflicted with this condition. Years ago telegraph operators, seamstresses, carpenters and meat cutters were the chief sufferers from this condition. Today it's office workers, computer operators, musicians and assembly line workers who are more prone to it.

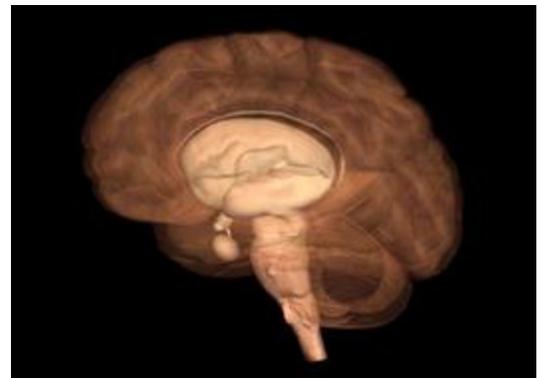
Research is revealing that CTS is not only a hand and wrist problem but is also a spinal problem. For example, when 1,000 cases of carpal tunnel syndrome were investigated it was found that a large number of them also had neck arthritis. That is one reason why clinicians, researchers and patients have reported relief of classic carpal tunnel symptoms and improvement in overall body function after chiropractic spinal adjustments.

Anyone suffering from CTS should see a chiropractor to ensure that their spine is free of spinal nerve stress. A chiropractic spinal adjustment may make the difference between a pain-free wrist and hand surgery!



## Chronic Back Pain Causes Brain Shrinkage

The *Journal of Neuroscience* brings sobering news to chronic back pain sufferers. Scientists found that even one year of chronic back pain can age the brain 10 to 20 years. 26 people with chronic, continuous pain of more than a year were compared with 26 healthy people. The researchers theorize that the stress of chronic pain causes “burnout shrinkage.” But that may not be a life sentence. Shrinkage doesn’t always equal loss of brain cells and shrinkage may reverse once the chronic pain ends. Can chiropractic reverse the damage? Chiropractic success with chronic conditions is well known. Apparently “learning to live with it” may cause serious long-term problems. If you know anyone with a chronic condition please advise them to explore chiropractic – their pain and their brain will thank them.



## Vaccinations Not Required to Enter School

In most states Part A of the law says, “No shots, no school,” but most parents don’t know that Part B of the law says “if you don’t want them you don’t have to have them” (because they aren’t told). Every state has exemptions. To find exemptions for your state go to [www.thinktwice.com](http://www.thinktwice.com) and click on “immunization laws.”

## What's in a Vaccine?

More and more parents are saying "No" when it comes to vaccinations for their children. One reason is because children are injected with some of the most lethal poisons known: formaldehyde, mercury, aluminum, phenol (carbolic acid), borax (ant killer), antifreeze, disinfectant, dye, acetone (nail polish remover), latex, MSG, glycerol, polysorbate 80/20 plus blood or cells from monkey, cow, chick embryo, pig, sheep and dog. Vaccines are linked to:



- Ear infections, allergies, asthma, eczema, hay fever
- Irritability, screaming, sleepiness, convulsions
- Bowel problems, blindness, deafness
- Autism, ADD, ADHD, Asperger's, dyslexia, learning difficulties
- Epilepsy, paralysis
- Lupus, diabetes, arthritis, multiple sclerosis
- Anorexia
- Cancers such as leukemia, lung, brain and bone tumors
- Crib death (the biggest single cause of infant mortality)
- Infertility

## Nursing Moms Should Sleep With Baby

Nursing babies should sleep right next to their parents' bed, advises the American Academy of Pediatrics (AAPA). The AAPA also advises that mothers should feed babies only breast milk for six months and continue breastfeeding for at least one year and ideally stop when the baby wants to quit.

Human milk is far superior to any formula for a child's physical and mental health. Breastfeeding benefits to mother include a faster return to pre-pregnancy figure and weight, increased child spacing, decreased risk of breast and ovarian cancer, protection from hip fractures and osteoporosis later in life. For babies the advantages include better brain development and protection against meningitis, bacteremia, diarrhea, otitis media, diabetes, cancer, obesity, asthma, urinary tract infection and crib death.



## Chickenpox Shot Not Working?

From 1987 to 1997, although the reported national incidence of chickenpox decreased 58%, that may not be because there's less chickenpox but because doctors are no longer required to report it. "The decrease from 1987 to 1997 corresponded with decreases in the number of states reporting," admits the CDC. In the 14 states that maintained continuous reporting of varicella, the incidence remained completely unchanged, at 107.0 cases per 100,000 population.



## Americans are Medicating Themselves to Death

According to the U.S. Centers for Disease Control 130 million Americans swallow, inject, inhale, infuse, spray, and pat on prescribed medication every month – more per person than any other country. So many Americans die from drug reactions and mistakes each year that pharmaceuticals are the fourth-leading cause of death after heart disease, cancer and stroke.

"We are taking way too many drugs for dubious or exaggerated ailments," says Dr. Marcia Angell, former editor of the *New England Journal of Medicine* and author of *The Truth About the Drug Companies*. "What the drug companies are doing now is promoting

drugs for long-term use to essentially healthy people. Why? Because it's the biggest market."

## Benefits of an Organic Diet

Organic food *is really* better for you. Rats fed conventional or organic food experienced quite different health. The "organic" rats had improved immune system status compared to rats that ate conventional diets: they slept better, were slimmer than rats that fed on other diets and had higher vitamin E content in their blood.



## Humor

**Thank God for church ladies with typewriters. These sentences actually appeared in church bulletins or were announced in church services:**

Bertha Belch, a missionary from Africa, will be speaking tonight at Calvary Methodist. Come hear Bertha Belch all the way from Africa.

The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching for Jesus."

Barbara remains in the hospital and needs blood donors for more transfusions. She is also having trouble sleeping and requests tapes of Pastor Jack's sermons.

At the evening service tonight, the sermon topic will be "What Is Hell?" Come early and listen to our choir practice.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

**Bye – see you next month.** Please share this newsletter with someone you know.



Especially share it with your friends who are taking medications or contemplating surgery; let them know there may be a drug-free alternative. Please remember that everyone needs to be free from subluxations, so bring your friends and loved ones for a spinal checkup.