

# Spencer Family Chiropractic

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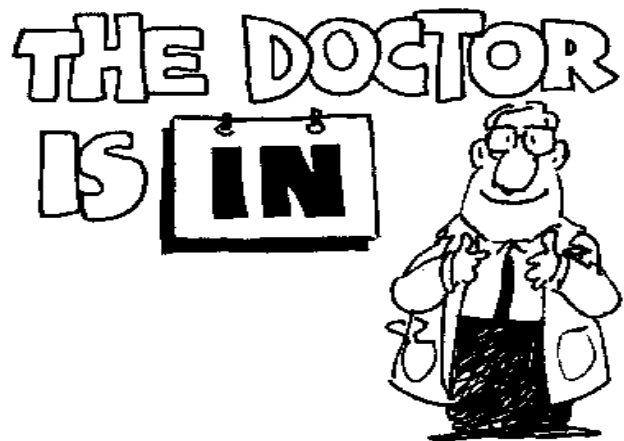
Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).

*To control your cow, give it a bigger pasture.* – Suzuki Roshi, Zen Master

*What is not in nature can never be true.* – Voltaire

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## If your neck is subluxated...

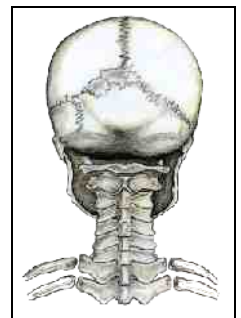


You have 7 neck (cervical) vertebrae and they are named C-1 (right under your skull), C-2, C-3 all the way to C-7 at the bottom of your neck. When a particular vertebra is out of position, certain nerves may be affected. If those nerves cannot supply your body parts

(organs, glands, muscles, bones, etc.) with energy and information, they may not work properly and various conditions may result.

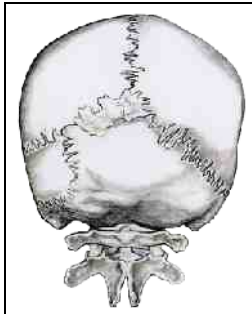
While there's not a 100% correlation between a certain subluxation in your spine and a particular health problem, over a century of clinical observations have revealed that certain conditions seem to be associated with certain subluxated vertebrae. Following are common correlations. If you know anyone with any of these problems please tell them to call us for a chiropractic checkup.

[Illustration on the right is of the head and cervical (neck) vertebrae from the back.]



**Your first cervical vertebra is called C-1 but it also has a special name: the “atlas.” Why? Because it holds up the globe of your head just as the Greek god Atlas held up the globe of the heavens.**

Nerves from between your skull and C-1 (atlas) affect your head, face, upper neck, inner & middle ear, sympathetic nerve system, sinuses, eyes, auditory nerves, pituitary gland, scalp, brain and more! So



many nerves are in this area that when a C-1 subluxation is corrected nerves all over your body, your spinal cord, brain, brain coverings (meninges) as well as your entire spine from top to bottom may be helped.

[Illustration at left shows head and C1 and C2 vertebrae from the back.]

### What can a C-1 subluxation do to me?

A subluxation of your atlas (C-1) has been related to headaches, migraines, nervousness, insomnia, head colds, nervous “breakdowns”, anxiety, difficulty concentrating, ear infections, hormonal problems, menstrual difficulties, depression, “brain fog”, low IQ, low resistance to disease, low overall brain function, digestive problems and many other conditions.

**Your second cervical vertebra or C-2 also has a special name: the axis. That’s because it’s involved in turning, twisting and tilting your head.**

Nerves between the atlas (C-1) and the axis (C-2) affect your optic nerves, sinuses, mastoid bones, tongue, forehead and heart.

### What can a C-2 subluxation do to me?

A subluxation of your axis (C-2) has been related to sinus troubles, allergies, crossed eyes, deafness, eye troubles, fainting spells and seizures as well as many other conditions.



Chiropractors are able to locate and correct (adjust) subluxations in your body, especially those of your upper neck: your atlas and axis (C-1 and C-2).

What can cause C-1 and/or C-2 to go out of place? Stress is often the culprit. Sometimes a difficult or even not-so-difficult birth can subluxate the upper neck vertebrae and cause body malfunction and health problems for someone for the rest of their lives. That’s why it’s especially important for these areas to be checked by a chiropractor as early as possible.

Other causes of upper cervical (upper neck) subluxations include emotional traumas, falls, accidents, getting knocked around playing sports, chemical stress such as junk food and anything that overcomes your natural tendency to stay balanced.



The photo at left shows a Doctor of Chiropractic adjusting a C-1 subluxation using a special adjusting procedure for babies. The photo at right shows a young man being adjusted using an adjusting table.



Both of these photos illustrate what many people have remarked about many chiropractic patients – they are really, really cute.

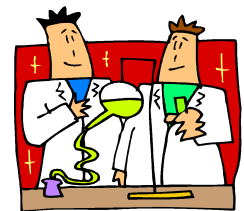
By the way, there are many different ways of adjusting these vertebrae. Why not ask us about the procedures we use? And please, bring in your children for a spinal checkup – a C-1 or C-2 adjustment today may prevent a lifetime of less-than-perfect physical and mental functioning.

(P.S. We’ll be highlighting more vertebrae and their effects on the body in our next issue. If you have any specific questions, please let us know).

## Trans-fats

What is a trans-fat? Is it really bad for you?

It seems that a number of years ago scientists with way too much free time on their hands found out that if they heated cooking oil to a very high temperature and then bubbled hydrogen through it the oil became solid. Voila – margarine was born (shortening too). These are trans-fats.



Sound unnatural? It is. But wait, it gets worse. According to the Harvard School of Public Health, consumption of trans-fatty acids doubles the risk of a heart attack, increases the risk of diabetes and is responsible for the deaths of 30,000 Americans annually.

Udo Erasmus, in *Fats that Heal, Fats that Kill*, writes that trans-fats interfere with vision in children, lower intelligence, interfere with liver function, affect sexual function in animals and have been correlated with increased breast and prostate cancers. It appears that while trans-fats increase supermarket food shelf life they don’t seem to help our shelf life.(1)

## Did you know?

- *Time* magazine's Man of The Year in 1982 was: the computer.
- The first multipurpose computer weighed more than 30 tons. It filled an 1,800-square-foot room and had 6,000 manual switches. Today's average laptop weighs 6 lbs.
- Our brains take in more information in one day than the largest computer does in years.
- In 1875, the director of the US patent office resigned. He said there was nothing left to invent.
- Tohru Iwatani, the inventor of the video game Pac-Man, came up with the idea when he saw a pizza with a slice missing at a dinner party.

## Words of Wisdom

*When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.*  
– Helen Keller

*Nearly all men can stand adversity, but if you want to test a man's character, give him power.* – Abraham Lincoln

## Deodorant spray could cause breast cancer?



After being dismissed as an “urban myth”, experts are now calling for more research into a possible link between deodorants and breast cancer. There is increased evidence that the aluminum in common

antiperspirants can break through the skin and potentially cause breast cancer by mimicking the hormone estrogen, which is related to breast cancer. The paper appeared in the *Journal of Applied Toxicology*. (1)

Another study from Northwestern University also suggests a possible link between breast cancer and deodorants when used in conjunction with underarm shaving. In the study of 437 breast cancer patients, those who shaved at least three times a week and applied deodorant at least twice a week were almost 15 years younger when diagnosed with breast cancer. (2) In a CBS News interview Dr. McGrath said:

*I personally feel there is a very strong correlation between the underarm hygiene habits and breast cancer.... Breast cancer has existed since Hippocrates. But when you plot the sales of antiperspirant deodorants with the incidence of breast cancer in the United States, they both have grown in almost a parallel fashion.* (3)

In response the billion-dollar antiperspirant industry says their products are undeniably safe while the U.S. Food and Drug Administration (FDA) declined to investigate the issue.

## 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.

**Improvement in depression.** Since the earliest days of chiropractic, it has been found that chiropractic care can have a profound impact on depression. Chiropractors formerly owned and operated two psychiatric hospitals with impressive results that were superior to medical institutions.



In one study 15 adults who were diagnosed as clinically depressed and who were found to have an upper cervical subluxation were given chiropractic care in 3 private practice settings in the southern United States. Participants were administered the Beck Depression Inventory II prior to care and again post-care. A “highly significant improvement” in depression test scores was revealed after chiropractic care. (4)

## New advance in vaccines – avoid them

Non-vaccinated children are healthier. Yet another paper published in a bio-medical journal reminds us that having natural infections in early childhood results in less heart disease and cancer as well as other chronic diseases and illness when older. Children permitted to have natural infections have healthier, more mature, robust immune systems.

Is it therefore wise to vaccinate children against relatively benign diseases? If a child is well-nourished (as is the case for 99.99+% of children in the US and other modern countries) these diseases are beneficial. (5)

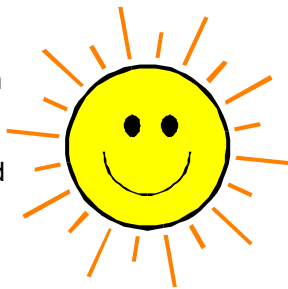
## Chiropractic in the news

**Locals say chiropractic key to recovery From neck and back pain to allergies, chiropractic may ease body's ailments.**

<http://www.theleafchronicle.com/apps/pbcs.dll/article?AID=/20060125/LIFESTYLE/601250314/1024>

## Sunlight is great for you

For thousands of years it's been common knowledge that the sun was good for you. Heliotherapy has been practiced as a serious healthcare system. The sun block industry is now a big donor to the dermatology industry and suddenly the sun causes skin cancer?



In fact the sun is one of the best things you can do for your health. Not only does it help prevent melanoma – the most lethal type of skin cancer – it also helps prevent at least 17 deadly internal cancers. We need sun; just don't overdo it. (6)

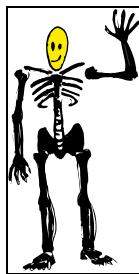
## Humor

The following quotes were taken from actual medical records from hospitals whose doctors/nurses still need to understand proper usage of the English language.

1. Between you and me, we ought to be able to get this lady pregnant.
2. She's numb from her toes down.
3. By the time he was admitted, his rapid heart had stopped and he was feeling better.
4. Patient has chest pain if she lies on her left side for over a year.
5. On the second day the knee was better and on the third day it had completely disappeared.
6. She has had no rigors or shaking chills, but her husband states she was very hot in bed last night.
7. The patient has been depressed ever since she began seeing me in 1983.
8. Patient was released to outpatient department without dressing.
9. I have suggested that he loosen his pants before standing and then, when he stands with the help of his wife, they should fall to the floor.
10. The patient is tearful and crying constantly. She also appears to be depressed.
11. Discharge status: Alive but without permission.
12. Healthy appearing decrepit 69-year-old male, mentally alert but forgetful.
13. The patient refused an autopsy.
14. The patient has no past history of suicides.
15. Patient has left his white blood cells at another hospital.
16. The patient's past medical history remarkably insignificant with only a 40 pound weight gain in the past three days.
17. She slipped on the ice and apparently her legs went in separate directions in early December.
18. The patient had waffles for breakfast and anorexia for lunch.
19. The patient was in his usual state of good health until his helicopter ran out of gas and crashed.
20. When she fainted, her eyes rolled around the room.



See you next month. Would you like to give copies of this newsletter to your friends, co-workers and relatives? Call us or stop by the office for printed copies. Please remember that everyone needs to be free from subluxations so bring your friends and loved ones for a spinal checkup.



## References

Available upon request or view the newsletter online at:  
<http://www.spencerfamilychiropractic.com/newsletters/apr/apr2006.html>

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