

Spencer Family Chiropractic Dr. Mary Spencer & Dr. Tim Ryan August 2005



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

In giving advice, seek to help, not please, your friend. – Solon (638 BC - 559 BC)

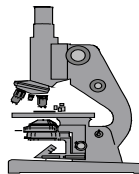
Tension is who you think you should be. Relaxation is who you are. – Chinese Proverb

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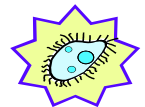
Germs don't cause disease?



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 gets 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 Live Longer*, Dr. Peter Axt, says everybody has a limited amount of "life energy" and that the speed with which it is consumed determines their life span and those who exercise more produce more "free radicals" – unstable oxygen molecules that are believed to speed the aging process. The author, a reformed long-distance runner, says gentle walking is sufficient to keep people in shape if combined with 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, as the Bible says, "To everything there is a season." 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.

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. Osteo-arthritis (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)

And, speaking of drugs for arthritis, , ,

Dangerous arthritis drugs

From the *NY Times*: "Merck stonewalled for years over the safety of its popular arthritis drug, Vioxx™, only to yank it from the market when a convincing study found it raised the risk of cardiovascular problems.... Pfizer's best-selling arthritis drug, Celebrex™, more than doubled or tripled the risk of heart attacks, strokes and cardiovascular deaths, depending on the dosage." (6)



And that's not all...

Increased Heart Attacks, Strokes in Patients Taking Naproxen (Aleve™):

A study testing whether Celebrex™ or naproxen would reduce the risk of Alzheimer's disease was halted when it was noticed that patients taking naproxen (Aleve™), had 50% more heart attacks or strokes than patients taking placebo. Naproxen, an over-the-counter pain reliever, has been on the market for nearly 30 years. (7)

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. (1) Read more about the benefits of breastfeeding here:

<http://www.icpa4kids.org/research/children/breastfeeding.htm>



Berries cure cancer?

The Moss Reports by Ralph Moss, Ph.D. is a great resource on the world of cancer cures, research and politics. The latest article BERRIES AGAINST CANCER can be found at

<http://www.cancerdecisions.com/071705.html>

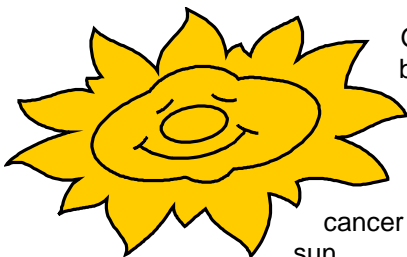
Deadly immunity by Robert F. Kennedy Jr.



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. (2)

Humor

7 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."

A Sunday school teacher: was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to "honor" thy Father and thy Mother, she asked, "Is there a commandment that teaches us how to treat our brothers and sisters?"

Without missing a beat one little boy: (the oldest of a family) answered, "Thou shall not kill."

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 little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small.

The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale

could not swallow a human; it was physically impossible.

The little girl said, "When I get to heaven I will ask Jonah".

The teacher asked, "What if Jonah went to hell?"

The little girl replied, "Then you ask him".

The children had all been photographed, and the teacher was trying to persuade them each to buy a copy of the group picture.

"Just think how nice it will be to look at it when you are all grown up and say, 'There's Jennifer, she's a lawyer,' or 'That's Michael, He's a doctor.'

A small voice at the back of the room rang out, "And there's the teacher, she's dead."

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 it 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.

Want copies of this newsletter for your friends? Stop by the office and we'll give you some. Please remember that everyone needs to be free from subluxations so bring your friends and loved ones for a spinal checkup.

If you are not currently a patient and would like to become one please contact us at:

www.spencerfamilychiropractic.com

(706) 234-3031

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References

Available upon request or view the newsletter online at

www.spencerfamilychiropractic.com/newsletters/aug/aug2005.htm

