

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).



Wisdom is knowing what path to take next.... Integrity is taking it. – Robyn Elpruhzlein

Never deprive someone of hope – it may be all they have. – Jerold Panas



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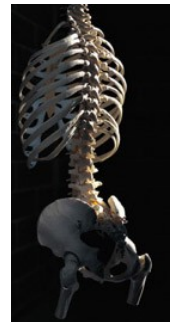
If your spine is subluxated....

Last month we discussed your mid-back (thoracic) vertebrae.

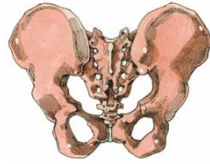
This month we'll look at your lumbar vertebrae and the segments below the lumbar – your sacrum and coccyx – and what subluxations of these areas may cause.

You have five lumbar vertebrae. When you have a subluxation of your lumbar vertebrae, certain nerves and areas are affected. Below are some of the more common findings.

Remember that subluxations stress your spine, discs, ligaments, muscles and blood vessels and they affect the nerves that help your organs, glands, muscles and other body parts function.

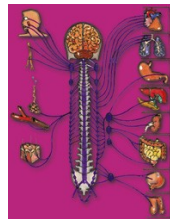


Lumbar L1. Nerves from L1 go to your large intestine, inguinal rings and uterus. Constipation, colitis, diarrhea, hernias, uterine problems and other conditions have been noted in people with L1 subluxations.



L2. Nerves from L2 go to your appendix, abdomen, upper leg and urinary bladder. Appendicitis, cramps, difficulty breathing, acidosis, leg pain and numbness, sciatica and other conditions have been noted in people with L2 subluxations.

L3. Nerves from L3 go to your sex organs, uterus, bladder, knees, prostate and large intestine. Bladder troubles, menstrual troubles, male impotency, knee and foot problems, bowel problems and other conditions have been noted in people with L3 subluxations.



L4. Nerves from L4 go to your prostate gland, muscles of the lower back and then form the sciatic nerve. Prostate problems, low back spasms, sciatica pain, leg weakness and other conditions have been noted in people with L4 subluxations.

L5. Nerves from L5 go to your lower legs, ankles, feet and prostate. Swollen ankles, weak ankles, tingling in the feet, leg cramps and other conditions have been noted in people with L5 subluxations.

Sacrum. Nerves from your sacrum go to your hipbones, buttocks, rectum, sex organs, genitalia, urinary bladder, ureter and prostate. Pelvic problems, leg length inequalities, spinal curvatures, impotence, urinary incontinence, kidney and bladder infections and other conditions have been noted in people with sacrum subluxations.

Coccyx. Nerves from your coccyx go to your rectum and anus and anchor your meninges (coverings around your brain and spinal cord). Migraine, headache, bizarre "whole body pains," mental problems, hemorrhoids, anal itching, pain with sitting and other conditions have been noted in people with coccyx subluxations.

Words of Wisdom

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. – Albert Schweitzer

The \$1.6 Trillion Question

The \$1.6 Trillion Question: If We're Spending So Much on Healthcare, Why So Little Improvement in Quality? Carolyn Clancy, MD (1)

Answer. It's because we're not spending \$1.6 trillion healthcare. We're spending it on disease care: drugs, pills, potions, medications,



on

vaccines and surgery -- all designed to suppress or eliminate symptoms, not to give us health. Suppression drives disease deeper creating more physical and mental illnesses. If we spent \$1.6 trillion on true healthcare (chiropractic, good nutrition, massage, bodywork, homeopathy, etc.) we'd be far healthier and in subsequent years we'd spend less and less and less. More medical care does not equal more health, it equals more disease and more serious diseases that need more expensive care.

Chiropractic children are healthier

Over the past few decades, research reports that children under chiropractic care are healthier, have higher IQs, and can recover from a



multitude of physical and emotional diseases and conditions without drugs and surgery. Chiropractic subluxation

correction has been shown to do wonders for children.

Children don't need to have a problem to get their spines checked, they just need a spine. Want healthier children? Bring them in for a chiropractic checkup.

Mumps epidemic?

Mumps is a relatively harmless disease. Some research indicates that getting the mumps, as well as other infectious diseases of childhood, is protective against cancer, allergies, asthma, eczema and other more serious diseases. The mumps vaccination is considered useless by many and the recent mumps epidemic in the US underlines that point of view. For example, out of 1,192 reported cases of mumps in Iowa, 94% had been vaccinated with MMR at least once and over half were vaccinated twice with MMR (others had unknown vaccination status). Only 6% of those reporting mumps could clearly state they were not vaccinated. (2)

Antibiotics for ear infections (acute otitis media) ineffective and dangerous

Six medical studies of children with middle ear infection (aged 7 months to 15 years) were reviewed. The authors found that just giving a placebo (sugar pill) got 60% of the children pain free within 24 hours. Antibiotics did not influence this at all. Further, antibiotics had no influence on whether the child would have subsequent ear infections or deafness at one month. Antibiotics, however, were associated with a near doubling of the risk of vomiting, diarrhea and/or rashes. (1) An article in the *British Medical Journal* summarized the research on giving children antibiotics for ear infections succinctly: Antibiotics are ineffective for otitis media and doctors should stop routinely prescribing them. (2)



Is your cell phone cooking your brain?

The cell phone controversy continues. Some argue that cell phone radiation can cause brain tumors or cancer. No one questions that radiation from a cell phone is harmful, but no one knows how much is dangerous. A new study revealed that the radiation from cell phones can cook eggs.



In the experiment, researchers placed one egg in a porcelain cup (because it conducts heat), and put one cell phone on one side and another cell phone on the other. The researchers then



called from one cell phone to another and kept the cell phones on after connecting. At 40 minutes, the surface of the egg became hard and after 65 minutes, the whole egg was well-cooked.

Minimize use of cell phones. If you must use one, buy an earpiece to keep the phone at a distance from your head. Children are especially vulnerable to cell phone radiation. (3)

How to live longer – have a positive attitude.

Individuals who have a positive attitude about aging live around 7 ½ years longer than those who take a dim view of aging. In the August



2002 *Journal of Personality and Social Psychology*, Rebecca P. Levy, the lead author, found that a person's 'will to live' provides part of the explanation. "People who have positive views about themselves as they age somehow

cope with society's negative attitudes towards the elderly," said Dr. Levy of Yale University. "Individuals' positive self-perceptions also can prolong their lives." (4)

Spinal fusion? No thank you!

Spinal fusion is a back operation where the surgeon fuses vertebrae together. The number of these operations in the US has doubled over the last ten years in



spite of reports revealing an extremely high rate of failure (pain comes back). Two papers from the prestigious *New England Journal of Medicine* report that there's little evidence to support fusing the spine of someone with back pain. Spinal fusion can have serious complications that can include nerve damage and impotency. If spinal fusion is being suggested – get a second opinion, especially from a chiropractor. (5-6)

Humor

Life, kids and generalized insanity

NUDITY. I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back seat, "Mom! That lady isn't wearing a seat belt!"

HONESTY. My son Zachary, 4, came screaming out of the bathroom to tell me he'd dropped his toothbrush in the toilet. So I fished it out and threw it in the garbage. Zachary stood there thinking for a moment, then ran to my bathroom and came out with my toothbrush. He held it up and said with a charming little smile, "We better throw this one out too then, 'cause it fell in the toilet a few days ago."

OPINIONS. On the first day of school, a first-grader handed his teacher a note from his mother. The note read, "The opinions expressed by these children are not necessarily those of his parents."

KETCHUP. A woman was trying hard to get the ketchup to come out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. "It's the minister, Mommy," the child said to her mother. Then she added, "Mommy can't come to the phone to talk to you right now. She's hitting the bottle."

MORE NUDITY. A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, "What's the matter? Haven't you ever seen a little boy before?"

DRESS-UP. A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit." "And why not,

darling?" "You know that it always gives you a headache the next morning."

SCHOOL. A little girl had just finished her first week of school. "I'm just wasting my time," she said to her mother. "I can't read, I can't write and they won't let me talk!"

BIBLE. A little boy opened the big family Bible. He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages. "Mama, look what I found", the boy called out. "What have you got there, dear?" With astonishment in the young boy's voice, he answered, "I think it's Adam's underwear!"

See you next month. Want hard copies of this newsletter to give to your friends, co-workers and relatives? Perhaps you'd like us to include other e-mail addresses. Call us or stop by the office. 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/aug/aug2006.html>

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