



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

**Each year millions of people enjoy the most popular natural, drug-free healthcare system in the world - chiropractic! Why live with health problems when you can live without them? Discover chiropractic - discover how natural healing can be.**

**Enjoy the beauty of every season**



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## What can chiropractic do for me?



Help keep you youthful and healthy

All your life you've gotten your teeth, eyes, hearing, blood pressure and heart checked...how many years has it been since you've had your spine checked?

Unfortunately most of us have never had this done - and it shows!

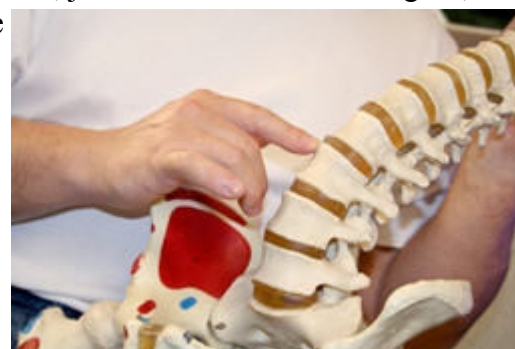
Most people's spines are suffering from a lifetime of neglect, and as a result discs are thinning, there is spinal degeneration (osteoarthritis), nerves are stressed and unhealthy, posture is off, energy is low, diseases are developing and premature aging is setting in.

Our goal in this office is to turn your health around by relieving you of a serious form of spine and nerve damage called the vertebral subluxation complex, or simply 'subluxations'.

Subluxations are distortions in your body structure that can stress and weaken your bones, nerves, muscles, ligaments, discs, joints and even internal organs,

including your brain. The effects can be immediate or they may take time - it depends on many factors such as age, diet and lifestyle.

Regular chiropractic checkups and adjustments can ensure that you and your loved ones live without subluxations, keeping your resistance to disease high and ensuring your body works at its optimum.



## Special Flu Vaccine Report

"Years ago, people developed resistance the old fashioned way: By getting the flu. And then when that type of flu came around again years or decades later, they either didn't get sick or had only a mild case. The vaccine marketers want to take that away from our population. What will that make us? Vaccine dependent, of course." – Barbara Loe Fisher, co-founder of the National Vaccine Information Center



### Three important reasons to avoid the flu shot:

1. The flu shot contains mercury, formaldehyde, gelatin and traces of chicken cells.
2. The flu shot contains viral contaminants that have been linked to cancer.
3. You can get the flu shot – and all the risks that go with it – and still get the flu.

### Flu shot does not save lives in the elderly

The flu vaccine isn't preventing death in the elderly population, the "high risk group"



that is told to get a flu shot to reduce mortality, according to a study in the Archives of Internal Medicine. (1)

Although immunization rates in those over 65 have increased 50% in the past 20 years, there has been no decline in flu-related deaths. Mortality rates for those over 85 between 1968 and 2001 showed no change as well. The authors add: “Studies substantially overestimate vaccination benefit”; a diplomatic way of saying it’s useless.



### **If you get the flu, avoid aspirin and acetaminophen (Tylenol™ & others)**

Flu sufferers who lower their fevers with aspirin or Tylenol stay sick an average of 3½ days longer than those who do not take the drugs. (2) The purpose of a fever is to fight infection and cleanse the body of toxins. Why interfere?

### **Getting the flu gives you protection against cancer**

Scientists discovered that those with a history of colds and flu also had less breast, colon, rectal, stomach and ovarian cancer.

*A history of common colds or gastro-enteric influenza prior to the interview was found to be associated with a decreased cancer risk. (3)*

In another study, subjects who reported a history of colds, flu and other infectious diseases had a 30% reduction in risk of brain tumor. (4)

### **Long-term consequences of flu shots – immune system damage?**

Researchers have discovered that repeated vaccination at a young age substantially increases the risk of influenza at older ages. However, getting the infection naturally appears to strengthen the immune system and decreases the risk of being re-infected. Natural is better. (5) Note: The authors did not even look for an Alzheimer’s-flu shot connection.

### **Ineffective flu shots?**

Does the flu shot prevent death and illness? The elderly over age 70, who account for 90% of all flu related deaths, may not be protected at all. Flu vaccine use by the elderly increased from 15% to 65% in the US since 1980 but there is no decrease in influenza-related mortality. The few clinical trials that have included elderly people have indicated there is a decrease in antibody responses (and therefore reduced clinical benefit) from flu vaccination as people age beyond 70. (6)

### **In conclusion**

Rather than see flu, colds, fevers and nasal discharge solely as uncomfortable, we should know that they operate in our best interest: to heal, cleanse and detoxify us. Suppressing symptoms may create more serious disease in the future. That doesn’t mean we should ignore a sick person. Illness is a time of rest and recuperation. Ill people need comfort, proper nutrition and support.

Many people who wish to avoid medical suppressive therapies such as aspirin, acetaminophen, antihistamines, decongestants and other drugs designed to prevent symptoms instead turn to nutrition, chiropractic, homeopathy, naturopathy, acupuncture and many other natural “expressive” healthcare systems so their bodies will get the full benefit from their symptoms – cleansing, healing and improved health.

## Chiropractic and spinal research

Is there any disease or condition you'd like to know about? Write us.

**Chronic constipation.** A 7-month-old girl suffering from chronic constipation with a history of painful straining and hard, pellet-like stools (once per day to once every 3 days) was brought in for chiropractic care. After one visit the patient's bowel function normalized to one or two soft, effortless stools per day. Improvements were confirmed at a 1-year follow-up visit. (7)



**Diabetes and chiropractic.** Six patients with Type 2 diabetes underwent chiropractic care plus baseline measurements of blood pressure, pulse, electrocardiogram and plasma glucose levels were obtained. Patients were assessed 1, 2 and 3 hours post adjustment. The adjustments resulted in a stabilization of plasma glucose levels during the three hour fasting period. (8)

**Erb's Palsy.** This is the case of a 5-week-old boy with a limp left arm. Clinical diagnosis of Erb-Duchenne Palsy was made. The child received specific chiropractic adjustments to the mid-cervical spine and an exercise program. Patient's condition resolved with only a mild "waiter's tip" deformity within two months. (9)

## Gardasil: new video reveals hidden dangers

### Importance: High

All vaccines have their dangers, but this genetically altered LIVE CANCER vaccine is especially deadly. As of this date at least 11 girls have died and hundreds more have become seriously ill from this shot. It is not even proven to be effective and many people doubt it is necessary at all.

Medical professionals are now admitting there are more dangers than they originally thought.

Think twice before you believe the scare-mongering put out by those who make money from the vaccine. Don't blindly assume they have your best interest at heart.



<http://articles.mercola.com/sites/articles/archive/2007/09/27/gardasil-new-video-reveals-hidden-dangers.aspx>

## Nutrition: high (good) fats = high health



**Myth:** A lowfat diet will make you feel better and increase your joy of living.

**Truth:** Lowfat diets are associated with increased rates of depression, psychological problems, fatigue, violence and suicide. (10)



Avoid low-fat foods. They are unnatural, unhealthy products that do not help you lose weight. Avoid unnatural or unhealthy fats such as soy, canola, margarine, corn and hydrogenated oils.

Using healthy fats from natural sources such as coconut oil; olive oil; organic butter; chicken, duck and goose fat; whole (not skim) raw milk and unpasteurized milk products as well as eating grass-fed beef and wild-caught fish will help ensure you live a long and healthy life.

## Breastfeeding doesn't make breasts sag



This may come as a welcome relief to some contemplating breastfeeding. The overall health benefits to mother and child (over cow and soy formula) are so overwhelming that the question of whether or not to breastfeed should never have to be asked. Still it's nice to know a woman doesn't have to sacrifice her looks in the process.

In addition, women who breastfeed return to their pre-pregnancy figure faster and easier.

Read the article at:

[http://women.webmd.com/news/20071029/breastfeeding-doesnt-make-breasts-sag?ecd=wnl\\_day\\_103107](http://women.webmd.com/news/20071029/breastfeeding-doesnt-make-breasts-sag?ecd=wnl_day_103107)

## Humor

Bill Maher's hilarious, yet oh-so-true, rant about Big Pharma, astutely observes: "If you believe you need all the pills and drugs the pharmaceutical industry says you do -- then you're already on drugs." Watch this "YouTube" video clip. <http://www.youtube.com/v/rHXXTCc-IVg&rel=1>

### A TEST FOR OLD KIDS

The answers are printed below, but don't cheat.

1. After the Lone Ranger saved the day grateful citizens asked, who was that masked man? Someone would answer, I don't know, but he left this behind. What did he leave behind? \_\_\_\_\_.
2. When the Beatles first came to the U.S. in early 1964, we all watched them on The \_\_\_\_\_ Show.
3. "Get your kicks, \_\_\_\_\_."
4. "The story you are about to see is true. The names have been changed \_\_\_\_\_."
5. "In the jungle, the mighty jungle, \_\_\_\_\_."
6. After the Twist, The Mashed Potato, and the Watusi, we "danced" under a stick that was lowered as low as we could go in a dance called the "\_\_\_\_\_."
7. "N\_E\_S\_T\_L\_E\_S, Nestle's makes the very best \_\_\_\_\_."
8. Satchmo was America's "Ambassador of Goodwill." Our parents shared this great jazz trumpet player with us. His name was \_\_\_\_\_.
9. What takes a licking and keeps on ticking? \_\_\_\_\_.
10. Red Skelton's hobo character was named \_\_\_\_\_ and Red always ended his television show by saying, "Good Night, and "\_\_\_\_\_".
11. Some Americans who protested the Vietnam War did so by burning their \_\_\_\_\_.

12. The cute little car with the engine in the back and the trunk in the front was called the VW. What other names did it go by? \_\_\_\_\_ & \_\_\_\_\_.
13. In 1971, Don MacLean sang about, "the day the music died." This was a tribute to \_\_\_\_\_.
14. We can remember the first satellite placed into orbit. The Russians did it. It was called \_\_\_\_\_.
15. One of the big fads of the late 50's and 60's was a large plastic ring that we twirled around our waist. It was called the \_\_\_\_\_.

**ANSWERS:**

01. The Lone Ranger left behind a silver bullet.
02. The Ed Sullivan Show
03. On Route 66
04. To protect the innocent.
05. The Lion Sleeps Tonight
06. The limbo
07. Chocolate
08. Louis Armstrong
09. The Timex watch
10. Freddy, The Freeloader, and "Good Night, and may God Bless."
11. Draft cards (Bras were also burned.)
12. Beetle or Bug
13. Buddy Holly
14. Sputnik
15. Hoola-hoop

**Bye. See you next month. Don't forget to stop by for a checkup and an adjustment.**



**Want hard copies of this newsletter? Stop by the office and we'll give you some for your friends and relatives. If they have e-mail, have them write to us and we'll add them to our mailing list.**

**References**