

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



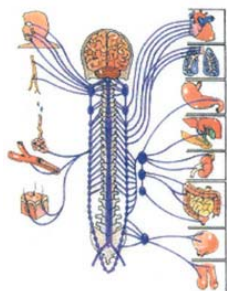
Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).

You have to recognize that every "out front" maneuver is going to be lonely. But if you feel entirely comfortable, then you're not far enough ahead to do any good. That warm sense of everything going well is usually the body temperature at the center of the herd. Only if you're far enough ahead to be at risk do you have a chance for large gains. – John Masters, Canadian oilman

We know too much and feel too little. At least, we feel too little of those creative emotions from which a good life springs. – Bertrand Russell

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Chiropractic is good for your whole body

Chiropractic clinical reports reveal kidney function, bowel and bladder function, digestive

organs, reproductive organs, heart and lungs – just about every organ and system – benefiting from adjustments. How can a spinal adjustment do that?

It's all in your nerves. All your organs, glands, muscles and bones receive a nerve supply from your spine. This connection is essential for proper health. If this connection is interfered with your organs may not function properly and your health could be damaged.



If you have a subluxation – a misalignment of a spinal bone causing pressure on your nerves – then your internal organs, blood vessels, bones, muscles (really everything) won't function at 100%. That can mean pain, weakness, lack of energy, lowered resistance to disease and ultimately sickness.

What to do? Why, visit your chiropractor to have your spine checked for these health-

destroying subluxations. If your chiropractor finds any subluxations in your spine, he/she will correct (adjust) them and you'll be free of this form of severe stress to your nervous system. Your entire body will benefit. PS. It really important for the very young and very old to have healthy spines, so bring in your children and your parents.

More on Autism: (9)

National Press about the Vaccine/ Autism Connection:

These recent articles in Washington Times reveal a very interesting hypothesis. Author, Dan Olmsted writes: "Since the Amish have been cut off for hundreds of years from American culture and scientific progress, the Amish may have had less exposure to some new factor triggering autism in the rest of population. The likely culprit: vaccines.

Traveling to the heart of Pennsylvania Dutch country in search of autistic Amish children, the reporter, based on national statistics, should have found as many as 200 children with autism in the community -- instead, he found only three, the oldest age 9 or 10.

The first autistic Amish child was a girl who had been brought over from China, adopted by one family only to be given up after becoming overwhelmed by her autism, and then re-adopted by an Amish Mennonite family. (China, India and Indonesia are among countries moving fast to mass-vaccination programs.)

The second autistic Amish child definitely had received a vaccination and developed autism shortly thereafter.

The reporter was unable to determine the vaccination status of the third child.

Read the articles here:

<http://www.washtimes.com/upi-breaking/20050321-115921-9566r.htm> and here: <http://washingtontimes.com/upi-breaking/20050417-052541-5549r.htm>

Video on Autism:

The autism mailing group recently sent out this link: <http://www.autism-recoveredchildren.com/> It is a one hour video from the DAN conference, about kids on the autistic spectrum who have recovered through the use of nutritional intervention. The interesting thing is that a lot of these kids became "autistic" after vaccination. Some really interesting footage. And a fantastic shot of the audience responding to Gov. Schwarzenager signing a bill to forbid the use of mercury in vaccinations. The speaker has all parents in the audience stand and wave their

hands if they thought their child would not be autistic if not for their vaccination.

Read more about Autism here:

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

and in the ICPA Family Wellness First Archives here:

<http://www.icpa4kids.org/wellness/0001.htm>

For information on chiropractic and autism visit:

<http://www.icpa4kids.org/research/chiropractic/autism.htm>

Fever is good for you



Fever is one of nature's most powerful infection fighting weapons. If it could be bottled and sold it would be a true "wonder drug."

Perhaps equally important, studies show that interfering with (lowering) a fever with drugs such as acetaminophen (Tylenol™) or aspirin (antipyretics) keeps sick people sick longer.

In one study doctors gave half a group of patients with flu aspirin while the other half were permitted to have a fever. The aspirin group with lowered fever stayed sick 3 ½ days longer!!! The paper concluded: "Antipyretics prolong illness in patients with Influenza... The duration of illness was significantly prolonged." (1)

Lowering fever increased the death rate in another study. Researchers reported: "There is no convincing evidence that naturally occurring fevers are harmful. In contrast, animal studies have shown that fever helps animals to survive an infection whereas antipyresis (lowering fever) increases mortality...there is considerable...evidence that...human immunological defenses function better at febrile temperatures than at normal ones." (2)

In other words, when you or your child has a fever they can better fight infection.

First watch this, and then read the SAD news below:

<http://www.storewars.org/flash/index.htm>
!

S.A.D. news (S.A.D. = standard American diet)

Statistics say that soda, French fries, potato chips, hamburgers and chocolate make up 70% of the American diet. The top 10 selling products in grocery stores are:

- 1- Marlboro cigarettes
- 2- Coke classic
- 3- Kraft macaroni & cheese
- 4- Pepsi
- 5- Diet coke
- 6- Budweiser beer
- 7- Campbell's soup
- 8- Tide detergent
- 9- Folger's coffee
- 10- Winston cigarettes



Is it any wonder Americans' health is so awful? To improve your health, you have to eat real foods: Unprocessed, natural and organic. The more life in the food, the more life it will give to you.

Words of Wisdom



The preservation of health is easier than the cure of disease. – B.J. Palmer, DC

The best and most beautiful things in the world cannot be seen or even touched...but are felt in the heart. – Helen Keller

Parents are living longer than their children?



This is not good news. Partly as a result of the S.A.D. (above) and prescription and over-the-counter drug use (including and especially vaccinations), Americans' life expectancy is lower than many other developed countries. By the middle of this century the increased risk of diabetes, heart disease and cancer is

estimated to lower average life expectancy 5 years. Two-thirds of America's adults are overweight as are 30% of U.S. children. (1)

Back surgery = permanent chronic pain

One of America's most respected medical doctors has revealed a shocking discovery: "Vast majorities of people suffering from chronic pain were actually the result of unnecessary back surgery. In one study, I demonstrated that at least 80% of those who had lumbar surgery for a presumed ruptured disc had not had a ruptured disc before their first surgery. (3)

"By the time they had between 5 and 7 unsuccessful back operations they certainly were invalids... In selective patients with back pain, we have found two significant problems: locked or degenerative facet joints or a sacral shear." (4)

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.

Childrens' health complaints and pelvic subluxations. 650 children aged 2 to 18 (327 boys and 323 girls) were analyzed by chiropractors. It was found that the children's health complaints were related to subluxations of their pelvic bones. The authors found that 96% of the children examined were found to have pelvic subluxations and the beginning of spinal degeneration.

The following conditions were found in the subluxated children: limb pain and numbness, low back and



neck pain, "growing pains," sinus problems, headaches, dizziness, stomach problems, bed-wetting, constipation, diarrhea, asthma, breathing problems, fatigue, colic, croup and menstrual cramps. Behavioral concerns included ADHD, learning difficulties, temper, memory and sleeping problems; allergies, colds, ear infections, fever, acne, sore

throats, strep and tonsillitis.
The authors stressed that Chiropractic care should be started early so that abnormal joint function, disc stress and early degenerative changes can be corrected as soon as possible. (5)

Looking for a New Career? Consider Chiropractic!



The magazine *Fast Company* published its list of "The 25 Top Jobs for 2005." The top jobs were based

upon four criteria: Job Growth Index, Salary Range Index, Education Index and Innovation Index. Number four on the list is: Chiropractor.

Chiropractor had the highest score in the Education Index - 98.48, higher than medical scientist (98.28), biochemist/biophysicist (96.48); epidemiologist (98.28) and lawyer (98.37).

Chiropractor also did well on the Salary Range Index with a score of 84.93. This fell below personal athlete (100); security sales agent (89.36); and financial advisor (87.95), but bested the remaining 21 jobs. (6)

Humor

From the minds of children



A first grade teacher gave each child in her class the first half of a proverb and asked them to come up with the rest of it:

Better to be safe than.....punch a 5th grader.
Strike while thebug is close.
It's always darkest before.....Daylight Savings Time.

Never underestimate the power of.....
...termites.

You can lead a horse to water but how?
Don't bite the hand that..... looks dirty.
No news isimpossible.
A miss is as good as amister.
You can't teach an old dog new.....math.

If you lie down with dogs, you'l...stink in the morning.

Love all, trust.....me.
The pen is mightier than the.....pigs.
An idle mind is.....the best way to relax.
Where there's smoke, there's.....pollution.
Happy the bride who.....gets all the presents.
A penny saved is.....not much.

Two's company, three's.....the Musketeers.
Don't put off till tomorrow what.....you put on to go to bed.

Laugh and the whole world laughs with you,
cry and.....you have to blow your nose.
There are none so blind as.....Stevie Wonder.

Children should be seen and notspanked or grounded.

If at first you don't succeed.....get new batteries.

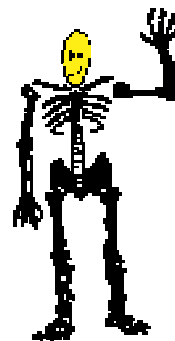
When the blind leadeth the blind.....get out of the way.

And the favorite... Better late than pregnant. (This one must know a lot about the facts of life at an early age.)

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 – kids do better at school when they aren't subluxated (really!)



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

newpatients@spencerfamilychiropractic.com

References

Available upon request or view the newsletter online at

www.spencerfamilychiropractic.com/newsletters/july/july2005.htm