



Spencer Family Chiropractic

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Monthly Newsletter

newsletter

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

HAPPY Summer!!!!!!



Get lots of sun, exercise, good food, rest, relaxation and excitement. Life is meant to be enjoyed.

Our own heart, and not other men's opinions, forms our true honor. – Samuel Taylor Coleridge

Many ordinary illnesses are nothing but the expression of a serious dissatisfaction with life. – Paul Tournier, MD

Educating the mind without educating the heart is no education at all. – Aristotle

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Discover chiropractic!



Each year millions of people enjoy the most popular natural, drug-free health care system in the world – chiropractic!

Everyone from the very young to the very old can benefit from safe and gentle chiropractic care.

Why live with health problems when you can live without them?

Discover chiropractic – discover how natural healing can be.

Chiropractic and energy



“Doctor, I feel so tired all the time.”

Lack of energy is one of the most common complaints patients have. Doctors hear it all the time. While a medical doctor might recommend prescription “uppers” or stimulants, most people self-medicate.

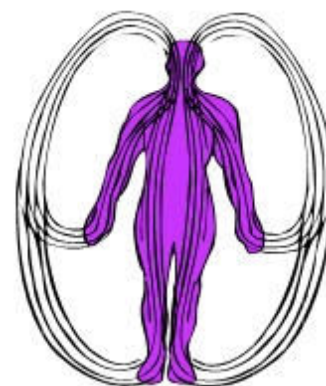
Every morning an ocean of coffee and sodas are swallowed by a population needing their morning “fix.” Donuts, sugar-filled “snacks” and other junk food give a high that’s followed by a mid-morning crash which is followed by another sugar and caffeine high ... and while riding this roller-coaster the person’s overall health deteriorates.

What causes energy depletion?

One of the most common causes of energy loss is an unbalanced body structure. It saps your energy. How?

Let's imagine that you carried a bowling ball at your side for a few minutes. "No problem," you may say. But now move that bowling ball a few inches from your body and try it. "Whew, this is getting heavy," you'd say. That's because it takes lots more energy to hold it away from you.

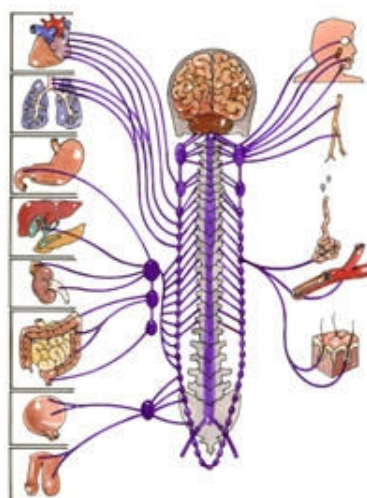
It's the same with your body. If your head or neck or hips or any other body part were out of alignment with gravity (even a tiny bit) it would drain your energy. Your muscles that work to keep you upright would be off-balance; some would work extra hard and stay tight and contracted (or even go into spasm) while others would be loose and weak.



Tension in your body from imbalance can also affect blood and cerebral spinal fluid (CSF) flow to your brain and other internal organs.

Whew! Doesn't that sound exhausting?

What can chiropractic do?



Your chiropractor is specially trained to locate areas of imbalance in your body that are causing unnatural pressure on your skeletal structure and nervous system. This imbalance can drain your energy and cause weakened resistance to disease, ill health, premature aging and chronic fatigue.

Chiropractic care can improve your quality of life, giving you more energy and physical and mental health. (1-4)

Why wait? Fatigue or exhaustion may be just the first sign of subluxation deterioration that can affect your vertebrae, discs, muscles, joints and internal organs.

If you know anyone who is tired all the time, living on coffee, sugar and other stimulants, please suggest chiropractic care.

Gardasil dangers starting to emerge

Gardasil, the so-called cervical cancer vaccine, is intended to prevent 4 types of HPV (Human Papillomavirus). According to the Gardasil package insert, there are more than 100 types of HPV!

"Post-market surveillance" is what is revealed after a product is on the market and you learn its effect on the general population. In one school 26 girls were sickened and five hospitalized after receiving Gardasil. (5) But that's only the tip of the iceberg.

At least 1,637 Gardasil reactions have been reported to the FDA including at least three deaths, spontaneous abortion and paralysis. Since only 1 in 10 vaccine injuries are usually reported to the FDA, this data may reflect only a fraction of the true number.

"The FDA adverse event reports on the HPV vaccine read like a



catalog of horrors," says Tom Fitton, Judicial Watch president. It looks as if an unproven vaccine with dangerous side effects is being pushed...."

One reaction reports a coronary artery thrombosis and sudden cardiac death. "Collapsed and died...large blood clots [in heart]." Another woman died of a blood clot 8 hours after getting Gardasil. (6-7)

Simply because a product has FDA approval doesn't mean it is safe or effective. The only type of immunity that has a proven safety record is natural immunity – the kind proper nutrition and chiropractic care can promote.

New York Yankees and Chiropractic



The Yankees are hiring a team chiropractor. This may have come about because of several newspaper articles about center fielder Johnny Damon.

"My chiropractor is amazing," Damon said. "I just hope it translates into better results on the field, not just for me, but for the team." (8)

Where's the beef?

There is an increased interest in the quality of the food we eat, not just its quantity. Grass-fed animals apparently are far healthier for us than animals raised in pens and fed foods that simply bulk them up (and are pumped full of antibiotics). Check out this comparison .

Grass-fed animal products

4 times more CLA than grain-fed beef
CLA benefits include

- anti-carcinogenic properties
- increases lean body mass
- prevents arteriosclerosis
- slows or halts diabetes

Ideal Omega 6:3 ratio of 2:1
1/3 fewer calories than grain-fed beef
High in branch chain amino acids
Risk of E. coli bacteria is minimal
No animal by-products, non-irradiated, no antibiotics, no hormones, starch free diet.
2-4 times more vitamin A and E than grain-fed beef – reduces risk of cancer and heart disease

Grain-fed animal products

Insignificant amount of CLA
Omega 6:3 ratio of 20:1 is adverse to health
More total fat and higher % of saturated fat
Less vitamins A and E
1/3 more calories
Acidic digestive system from grain diet leads to greater risk of E. coli bacteria presence
Antibiotic added daily to feed, growth stimulating hormone routinely used, irradiated meat (sold in most markets), very high starch diet (9)

Epidurals

They're useless, researchers discover



The epidural is a steroid injection into the spinal column. For the past 50 years it was standard medical practice for sciatic (radiating leg pain) and back pain. New research finds it virtually useless. The American Academy of Neurology's Therapeutics and Technology Assessment Subcommittee reviewed four studies on epidural steroid injections for back pain with sciatica. For the 300 patients in the studies there was no pain relief or improved movement after 24 hours, nor again at three-, six- and 12-month intervals. The only

improvement was between two and six weeks, and relief was no better than that from painkillers. Patients who got the epidurals had neither less surgery nor less long-term pain than people using other procedures. (10)

Protect yourself from cancer with food

Traditionally cancer was viewed as a deficiency disease. Can improved nutrition improve your chances of preventing cancer and improve your chances of surviving it? The Weston Price Foundation advises:

Once a rare disease, cancer is now widespread, affecting as much as one-third of the population. The rise in cancer in the West has paralleled the rise in factory farming and the use of processed foods containing vegetable oils and additives.

Orthodox methods for treating cancer (radiation and chemotherapy) do not prolong life. The best approach to cancer is prevention.

Traditional diets, containing animal and plant foods farmed by nontoxic methods, are rich in factors that protect against cancer. Many of these protective factors are in the animal fats. Vegetarianism does not protect against cancer. In fact, vegetarians are particularly prone to cancers of the nervous system and reproductive organs.



Read the rest of the article at:

http://www.westonaprice.org/moderndiseases/cancer_broch.html

Words of Wisdom



The accumulating evidence suggests the consideration of disease being, in many cases, more correctly speaking, a symptom and that individuals often, instead of dying because they contract disease, primarily develop disease because they are dying. – Weston A. Price, DDS

You can't control the wind, but you can adjust your sails. – Yiddish

proverb

Chiropractic and Spinal Research



Everyone, no matter what condition they may have, needs chiropractic care to ensure their body is working without subluxations. If you have any specific questions please feel free to contact us.

Autism. A four-year-old boy had been diagnosed with autism at 23 months. According to the patient's mother, her little boy's speech and ability to communicate improved dramatically following adjustments. (11)

Neck pain. This study was designed to see if one adjustment only could have an immediate effect on neck pain. Seventy patients with neck pain were randomly separated into two groups. One group received a chiropractic adjustment while the other group received a sham procedure. Those receiving the chiropractic adjustment had far superior results: less pain and a better range of motion when tested 5 minutes after the procedure was performed. (12)

Angina pectoris. In a study performed by researchers in Denmark, positive results were shown for weekly chiropractic adjustments in patients with a specific type of angina – stable (chronic) angina. Fifty patients diagnosed with cervicothoracic angina (CTA), chest discomfort originating from the cervical spine and the thoracic spine, were given chiropractic care. The control group was made up of 225 patients. Of the chiropractic group, 75% reported improvement in pain and general health. Of the control group, 25% reported an improvement in their health. (13)

Humor

Medieval tech support – a new technology needs nerds no matter what the century:
<http://www.flixxy.com/medieval-tech-support.htm>

A woman came home, screeching her car into the driveway, and ran into the house. She slammed the door and shouted at the top of her lungs, "Honey, pack your bags. I won the lottery!" The husband said, "Oh my God! What should I pack, beach stuff or mountain stuff?" "Doesn't matter," she said. "Just get out."

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

The older we get, the fewer things seem worth waiting in line for.

Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved.

When you are dissatisfied and would like to go back to youth, think of Algebra.

Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf.

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation.

As he was about to get the anesthesia he asked to speak to his son.
"Yes, Dad, what is it?"

"Don't be nervous, son; do your best and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife..."

Two old guys are pushing their carts around Wal-Mart when they collide. The first old guy says to the second guy, "Sorry about that. I'm looking for my wife, and I guess I wasn't paying attention to where I was going."

The second old guy says, "That's OK, It's a coincidence. I'm looking for my wife, too. I can't find her and I'm getting a little desperate."

The first old guy says, "Well, maybe I can help you find her. What does she look like?"

The second old guy says: "Well, she is 27-years-old, tall, with red hair, blue eyes, long legs, and is wearing short shorts. What does you wife look like?"

To which the first old guy says, "Doesn't matter, let's look for yours."



Bye. See you next month. Don't forget to stop by for a spinal checkup and an adjustment. And bring in the family too – for a healthier summer!

Want hard copies of this newsletter? Click on the [forward-to-a-friend](#) button. Oh, they don't have e-mail? Well then stop by the office and we'll give you some for your friends and relatives. If they have e-mail have them write us and we'll add them to our mailing list.

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