

# Spencer Family Chiropractic

## Dr. Mary Spencer & Dr. Tim Ryan

### June 2005

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



*Loving people live in a loving world. Hostile people live in a hostile world. But it's the same world. How come? --Wayne Dyer*

*That the birds of worry and care fly over your head, this you cannot change, but that they build nests in your hair, this you can prevent. --Chinese Proverb*

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#### Healthy Knees Need Chiropractic

It's between your hips and your feet: where the bottom of your thigh meets the top of your lower leg bones (tibia and fibula).

Right there sits an odd shaped joint with a strange little bone (the patella) floating in front of it. Well, not exactly floating - all those bones



are strapped together with lots of ligament so everything stays in place.

It's your knee of course and its main purpose is to be dislocated, jammed, twisted, cause immense pain and ruin your life.

Of course we're just kidding, but for many people knee problems are a constant part of their lives. What causes knee problems? Usually an injury. Let's face it, people were not designed to run into each other (or a wall) chasing a little ball (football, soccer, etc.), get twisted into the shape of a pretzel (wrestling) or run, quick stop, turn, run, quick stop, turn over and over (tennis, squash, etc.).

And how many people were quietly driving their car when a tree or telephone pole suddenly ran into their paths and Mr. Knee met Ms. Dashboard? The numbers are legion.

There are many ways your wonderful knees can be a source of misery. If your knees aren't healthy and balanced your entire body structure, hips, back, neck,



head, even feet and toes can be affected. In fact, many spinal problems can be traced to knee injuries even if they occurred in childhood.

Many times the knees feel fine, but they are the cause of a structural imbalance that causes other body areas to suffer.



The reverse may also be true – an unhealthy, unbalanced spinal column can put intense pressure on

one or both knees, causing early aging (arthritic changes).

Don't walk around in misery, and before you consider risky knee surgery see your doctor of chiropractic. Your DC is especially trained to keep your body structure balanced and aligned. That includes your knees.

### More evidence back surgery does not work



About 125,000 spinal fusions are performed each year. In this kind of operation surgeons take bone (usually from the hip) and use it to fuse together two vertebrae in an attempt to relieve lower-back pain

from disc damage. Patient traffic has quadrupled in a decade, and fusion now costs about \$30,000. Surgeons who perform these operations rake in a median salary of \$545,000 a year, almost double what most specialists earn, says the Medical Group Management Association.

Fusion caught on decades ago as a well-accepted treatment for deformities, fractures and dislocations, but surgeons later expanded it to treat back pain as well.

The evidence that fusion works well for regional back pain is "essentially nonexistent," says University of North Carolina rheumatologist Nordin Halder. "If this were a pill and I used it, I would probably lose my license and go to jail," he says. (1)

### Why does a child need chiropractic?

Because a lot of things can cause spinal damage in a fetal or child's spine: pregnancy, labor, delivery, chemical intervention, ultrasound, epidurals, forceps, C-section, etc.

Many of these procedures can cause vertebral subluxations that can lead to future health problems. For example, if a child has difficulty breast-feeding it may mean that the baby is uncomfortable turning the head to one side.

This often indicates the presence of a subluxation.



Remember, many health problems seen in adults have their origins in childhood. And don't forget that childhood is very physical with lots of falls as a part of growing up. Plus, kids sometimes carry funny shaped things like dogs and cats that wiggle a lot.

### Because we want you to have less stress in your life.....



In a few weeks, cell phone numbers are being released to telemarketing companies and you will start to receive sales calls. You will be charged for these calls.

Call this number from your cell phone 888-382-1222. It is the national DO NOT CALL list. It only takes a minute of your time and blocks your number for 5 years.

Please pass this on to everyone you know who doesn't want to be hassled.

### Like we really need this department

Denny's Beer Barrel Pub, which lost its crown as the home of the world's biggest burger earlier this year, is now offering a new burger that weighs a whopping 15 pounds.

<http://g.msn.com/0MNBUS00/2?http://www.msnbc.msn.com/id/7720569&CM=EmailT his&CE=1>

### Safety of over-the-counter drugs questioned

At the April 18, 2005 conference of the American Association for Cancer Research, a study was reported that found that people who took over-the-counter pain relievers such as Advil™, Motrin™ and Aleve™ for at least six months had twice the risk of dying of a heart attack or stroke



if they smoked as well.

The study adds to the growing body of information that shows heart problems can develop from use of

the whole family of non-steroidal anti-inflammatory drugs known collectively as NSAIDs. The recently banned cox-2 inhibitors Vioxx™ and Bextra™ belong to the same family of drugs and doctors have been switching patients over to the over-the-counter drugs in the belief that they were safer alternatives.

Why must patients go from drug to drug? Why don't MDs refer more patients to chiropractors for natural, drug-free healthcare? Chiropractic has no side effects.

### Chiropractic questions and answers



**Question:** Is it true Doctors of Chiropractic (DCs) have a better sense of humor than medical doctors (MDs)?

**Answer:** While there's no controlled clinical trial

research on this subject it does seem that people laugh and smile a whole lot in chiropractors' offices. Is it because we're so funny or is there another reason? Is it also because we turn on health without drugs and surgery and people generally feel a whole lot better after getting a chiropractic adjustment?

The answer: we think it's all those reasons (plus we probably know better jokes).

### 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.

### Chiropractic care improves quality of life in homeless

Homeless people often have severe physical and emotional stresses, are chronically ill with a multitude of conditions, take numerous medications and make life choices based on survival rather than optimizing health.

In a study reported in the April 15, 2005 *Journal of Vertebral Subluxation Research*, homeless patients from a women's shelter underwent a short course of chiropractic care. They were examined and tested before and after their care. (1)



The results: higher quality of life. Subjects reported improved physical function, less pain, improved

general health, greater vitality and more emotional and mental health.

Chiropractic can help all people realize better physical and emotional health because our care helps your entire body, including your brain, function better. Don't wait until you have serious problems – get your spine, and those you care about, adjusted today.

## Humor



Sign over a Gynecologist's Office: "Dr. Jones, at your cervix."  
At a Proctologist's door: "To expedite your visit please back in."  
On a Plumber's truck: "We repair what your husband fixed."

On a Plumber's truck: "Don't sleep with a drip. Call your plumber."

Pizza Shop Slogan: "7 days without pizza makes one weak."

At a Tire Shop in Milwaukee! "Invite us to your next blowout."

At a Towing company: "We don't charge an arm and a leg. We want tows."

On an Electrician's truck: "Let us remove your shorts."

In a Nonsmoking Area: "If we see smoke, we will assume you are on fire and take appropriate action."

On a Maternity Room door: "Push. Push. Push"

At an Optometrist's Office: "If you don't see what you're looking for, you've come to the right place."

On a Taxidermist's window: "We really know our stuff."

In a Podiatrist's office: "Time wounds all heels."

On a Fence: "Salesmen welcome! Dog food is expensive."

At a Car Dealership: "The best way to get back on your feet -- miss a car payment."

Outside a Muffler Shop: "No appointment necessary. We hear you coming."

In a Veterinarian's waiting room: "Be back in 5 minutes. Sit! Stay!"

At the Electric Company: "We would be

delighted if you send in your payment.

However, if you don't, you will be."

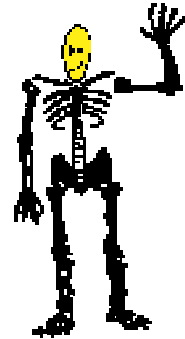
In a Restaurant window: "Don't stand there and be hungry, Come on in and get fed up."

In the front yard of a Funeral Home: "Drive carefully. We'll wait."

At a Propane Filling Station, "Thank heaven for little grills."

And don't forget the sign at a Chicago Radiator Shop: "Best place in town to take a leak."

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 hard. 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](http://WWW.SPENCERFAMILYCHIROPRACTIC.COM)

(706) 234-3031

[newpatients@spencerfamilychiropractic.com](mailto:newpatients@spencerfamilychiropractic.com)

## References

Available upon request or view the newsletter online at

[www.spencerfamilychiropractic.com/newsletters/june/june2005.htm](http://www.spencerfamilychiropractic.com/newsletters/june/june2005.htm)