



Monthly Newsletter

newsletter

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



Don't forget to go for a spring walk.

Healing is a matter of time, but it is sometimes also a matter of opportunity.

– Hippocrates

The art of medicine consists of amusing the patient while nature cures the disease. – Voltaire

Half the modern drugs could well be thrown out the window, except that the birds might eat them. – Martin H. Fischer

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TMJ and Chiropractic



If you place your fingers in front of each ear and open your jaw, you'll feel lots of wiggling. This is where your skull's temporal bone attaches to your mandible (jaw): the temporomandibular joint (TMJ). Lots of ligaments, cartilage, fascia, discs, muscles, nerves and blood vessels run in, around and through it.

That is why, when the TMJ joint is misaligned, you can have all kinds of problems: trouble opening the mouth wide; clicking or popping sounds; a locked jaw; headache; hearing loss; tinnitus (ringing in the ears); throat fullness; facial swelling; shoulder, cheek or jaw pain; neck ache; facial nerve pain; ear or eye pain; dental pain; nausea; blurred vision and dizziness.⁽¹⁾

Spine and TMJ problems appear related and for that reason more TMJ sufferers are benefiting from chiropractic care. ⁽²⁾ By relieving pressure on the spine and cranial bones, chiropractic may relieve or correct TMJ problems. ⁽³⁾ Conversely, an unhealthy skull/jaw alignment can put great stress upon the spinal column. There are documented cases of dental problems that, once corrected, have helped chiropractic patients to better hold their spinal adjustments. ⁽⁴⁻⁵⁾

All TMJ sufferers need a chiropractic checkup. Anyone who has been to the dentist should follow up with a quick stop at their chiropractor.

You are on fire



Billy Joel's song "We didn't start the fire" deals with modern history but it could also be applied to our own bodies.

Why? Because we really are on fire. No kidding. At this moment, as you quietly sit reading these words, you're burning, breathing in oxygen, mixing it with fuel and giving off heat and energy.

So why don't you burn up?

A forest fire, a candle flame, a match, or a burning bush (except in the Bible) are considered out-of-control fires – the high heat burns up the tree, candle, match, etc. – and the fire can spread and cause widespread damage.

But your fire is different. It's not overheating and burning you up, nor spreading and engulfing others. If you had that kind of fire you'd shortly be nothing more than a pile of ashes. Instead your fire operates at low temperatures: slow, controlled, contained and constant.

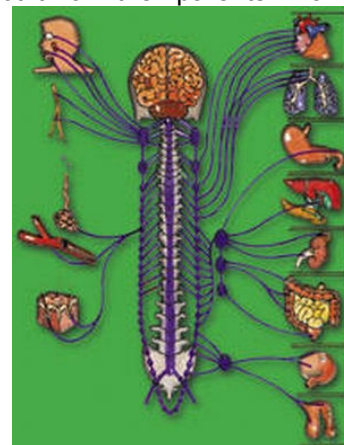
Why? It is because a special kind of protein (enzymes) permits burning at low temperatures – 98.6 degrees F. on average. (Your body temperature actually changes throughout the day – it's lowest in the morning, highest at night). Your controlled fire permits you to use the energy to think, contract muscles, digest food and do thousands of other things you need to do to stay alive.



You didn't start the fire – you got it from your parents who got it from their parents who got it from their parents, and on and on and on – but you must tend the fire carefully.

That means healthy fuel – nutrient-dense foods, sunlight, rest, exercise, enjoyment, fulfillment and avoiding toxins; and (very important) seeing your chiropractor to ensure a healthy nervous system.

Regular chiropractic care will keep you free from subluxations so your body will work without nerve interference. That will help ensure high resistance to disease, proper system function and health so your fire will burn bright and clear and will give off much light so you'll enjoy a long, healthy life.



Ear infections usually clear up on their own



In a study of 283 children given prescriptions for antibiotics, two-thirds of the children's parents delayed getting the prescription filled for 48 hours. And then they never filled the prescription – the kids were all right.

Researchers studying the data discovered that the children who did not receive antibiotics recovered at the same rate as children who started taking them immediately. (6) According to USA Today, many parents and doctors these days are taking a "watchful waiting" approach with children older than 2 who have ear infections, the most common childhood illness. Many are forgoing antibiotics because of worries about drug resistance and evidence that most ear infections will heal on their own. (7) And finally, according to research from the New England Journal of Medicine, "Inserting tubes in children with persistent fluid in the ear does not lead to better developmental outcomes as the children age." (8)

Note: When children receive antibiotics for ear infections they get more infections. When they recover on their own (without drugs) their resistance improves.

Why butter is better – from the Weston A. Price Foundation



Many people around the globe have valued butter for its life-sustaining properties for millennia. When Dr. Weston Price studied native diets in the 1930's he found that butter was a staple in the diets of many supremely healthy peoples. American folk wisdom recognized that children raised on butter were robust and sturdy but that children given skim milk during their growing years were pale and thin, with "pinched" faces.

Does butter cause disease? On the contrary, butter protects us against many diseases. Heart disease was rare in America at the turn of the century. Between 1920 and 1960, the incidence of heart disease rose precipitously to become America's #1 killer while during the same period butter consumption plummeted from eighteen lbs. per person per year to four. It doesn't take a Ph.D. in statistics to conclude that butter is not a cause. Actually butter contains many nutrients that protect us from heart disease. First among these is vitamin A which is needed for the health of the thyroid and adrenal glands, both of which play a role in maintaining the proper functioning of the heart and cardiovascular system. Abnormalities of the heart and larger blood vessels occur in babies born to vitamin A deficient mothers. Butter is America's best and most easily absorbed source of vitamin A.

Butter contains lecithin, a substance that assists in the proper assimilation and metabolism of cholesterol and other fat constituents. (**Margarine on the other hand** is one of the chief causes of cancer and heart disease.) See the entire article at www.westonaprice.org/foodfeatures/butter.html.

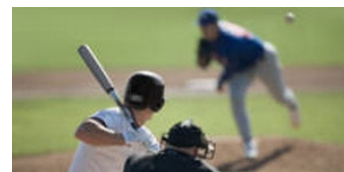
TV news report – Chiropractic helping kids with ADHD



WBZ Boston had this great report entitled Chiropractic Adjustments Helping Kids with ADHD (attention deficit hyperactivity disorder). See it at http://wbztv.com/specialreports/local_story_113193009.html

102 and loving the Sox

102-year-old Alice Tillinghast lives out her dream of throwing out the first pitch to her beloved Boston Red Sox, showing it is never too late. Never let go of your dreams. http://darynkagan.com/over60/stories/os_070110_alice102.html



Sunlight is healing



Vitamin D has been studied for its ability to prevent cardiovascular disease, breast cancer, and colon cancer – and new research shows it might fight pancreatic cancer – the 4th leading cause of cancer deaths in the US. Just a few minutes of natural sunlight helps your body synthesize vitamin D. Other sources of Vitamin D are eggs (buy organic from free range chickens, of course), liver, fatty fish such as salmon, sardines, herring and raw milk. We don't recommend pasteurized, low fat or skim milk as good sources since artificially added Vitamin D is not in its natural balance and is not used as well by your body. The natural sources are the best.

Words of wisdom



If you have two religions in your land, the two will cut each other's throats; but if you have thirty religions, they will dwell in peace. – Voltaire
– Voltaire

Babies fed breast milk are smarter, have less bed wetting and show brain development improvements



A study in Pediatrics finds that premature children fed breast milk in the hospital did better on tests of mental development later in life than did those fed only formula. Of 1,035 premature babies, one-quarter were fed only formula. The researchers found that on the average, the babies given breast milk scored higher on tests of mental development when they were 18 months old than the babies fed formula only.

http://www.bestsyndication.com/Articles/2006/dan_wilson/health/07/070906_breast_milk_better_for_brain_in_premature_babies.htm

Humor



GRANDCHILDREN

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, "62." He was quiet for a moment, and then he asked, "Did you start at 1?"

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. At last she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

A grandmother was telling her little granddaughter what her own childhood was like: "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this in. At last she said, "I sure wish I'd gotten to know you sooner!"

My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo while I asked, "No, how are we alike?" "You're both old," he replied.

A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read." I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me, and always she was correct. But it was fun for me, so I continued. At last she headed for the door, saying sagely, "Grandma, I think you should try to figure out some of these yourself!"

When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use, Grandpa. The mosquitoes are coming after us with flashlights." When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandma," he advised. "Mine says I'm four to six."

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said, "how do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."

Children's Logic: "Give me a sentence about a public servant," said a teacher. The small boy wrote: "The fireman came down the ladder pregnant." The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked. Sure," said the young boy confidently. "It means carrying a child."

A nursery school teacher was delivering a station wagon full of kids home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties. They use him to keep crowds back," said one youngster. "No, said another, "he's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrant."



to our mailing list.

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 spring!

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