

Spencer Family Chiropractic

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

Happy Holidays

May Passover and Easter Herald Health, Happiness and Renewal for You and Your Loved Ones



He, who laughs, lasts. – Mary Pettibone Poole

In the depth of winter, I finally learned that within me there lay an invincible summer. – Albert Camus

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The world's most popular natural, drug-free healthcare?

It's chiropractic of course. Millions of people all over the world visit their neighborhood doctors



of chiropractic. More people are realizing that health doesn't come in a bottle, but from one's own body working properly, without interference to its nervous system. How to get rid of nerve interference? That's chiropractic's specialty.

Health without drugs is possible. Although, at times, it does seem as if everybody is taking drugs, an increasingly larger proportion of the population is turning to natural, non-drug ways of staying healthy and getting healthy.

Your children learn from what you do. Actions often speak louder than words. Are you bringing in your family for a spinal checkup so their bodies will work better? Are they staying home with uncorrected spinal subluxations while you get adjusted?

Please help more people lead drug-free lives.

Don't be shy, ask us about family care. Ask us about bringing all your family members in. Tell those you care about the chiropractic alternative. Feel free to forward this newsletter to them.





Chiropractic Questions and Answers

How long does it take for chiropractic to work? That's a great question. Chiropractic works immediately. At the exact moment

we adjust your spine stress is released from your nervous system, body structure, discs, blood vessels, glands, muscles and internal organs.

At that moment your body is getting more balanced, more blood and fluids are flowing to your brain and body parts, your nervous system is better able to send messages and you can better handle stress; your posture is more balanced and hundreds of other things are different.

When people ask that question they are often really asking "When will I get better?"

Patients want to get better and feel great right away.

Sometimes that's exactly what happens – a problem of longstanding duration clears up after one adjustment.

Sometimes it takes a few adjustments, sometimes longer, sometimes a condition never fully resolves.

Why? Everyone is different. We all have different histories and health needs. In some people an adjustment is the one thing their bodies have been lacking. Due to longstanding subluxation damage healing takes time. In other patients it's a combination of factors preventing them from expressing complete health. Please discuss your progress with us so we may address your unique needs and help you reach your best as soon as possible.



What to do after Celebrex™ and Vioxx™?



Merck's Vioxx™ was pulled off the market because it caused heart attack and strokes, Pfizer's Celebrex™ has been accused of doing the same, Aleve™ (naproxen) was shown to

increase heart attack and stroke by 50%, Bextra™ is raising heart attack questions.

Chiropractors and other natural, vitalistic practitioners have always said there is no such thing as a safe drug. You cannot artificially suppress symptoms and ignore the cause without causing later problems. Drugs make a person feel better while their health

continues to deteriorate. Simply stated, you will NEVER find health with drugs or vaccines. Because of Celebrex™ and Vioxx™ news people are turning to non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen and naproxen. However the 2001 journal *Clinical Cornerstone* revealed over 100,000 hospitalizations per year are attributed to upper gastrointestinal adverse events associated with long-term NSAID use, resulting in 16,500 deaths. (1) If you know anyone who recently stopped using Vioxx™ or Celebrex™ and switched to NSAIDs use on a regular basis, please let them know this. Please tell them that chiropractic has been a blessing to millions of people because it naturally wakes up their inner healer.

The Family Bed

Peggy O'Mara, editor of *Mothering Magazine*, writes "All animal babies sleep with their mothers...it is perfectly natural for human infants to want to sleep with their parents. Infants don't only like to be held during the day, they like to be close at night, too." (2) Some people however, don't think it's a good idea. Famed pediatrician Robert Mendelsohn, MD once debated this issue with a psychiatrist who said, "It's a terrible idea, I'd never sleep with my children. It fosters dependency, it confuses them sexually, it's just plain wrong." The moderator asked Dr. Mendelsohn to respond.

"I agree," Dr. Mendelsohn said. "Psychiatrists should not sleep with their children. But for everyone else, it's just wonderful. It gives infants the warmth and security they seek. It enhances emotional health



and it brings the family closer. When a baby's dependency needs are satisfied, they will be more independent and secure adolescents and adults."

Bed sharing is gaining in popularity. A recent study found that the proportion of infants usually sharing an adult bed at night increased from 5.5% to 12.8%. Nearly 50% of infants spent at least some time in the prior two weeks sleeping on an adult bed at night, with 20% doing so half the time or more. (3)

Words of wisdom

A happy heart is good medicine and a cheerful mind works healthy, but a broken spirit dries up the bones.
– Proverbs 17:22

How smart are you? Take this test and let us know how you did.

http://www.risingstarkaraoke.com/monday_test.html

PS. Feel free to bring your answers to the office.

From the "We got on line for nothing?" Department

For years health officials, medical doctors and drug companies have scared the elderly into getting flu shots: "The shot could save your life." As so often is the case in health dogma, they were wrong. During the winter flu season death rates of elderly remained the same rather than declining. Based on US mortality rates from 1968 to 2001, National Institutes of Health scientists were unable to find a link between elderly vaccination and lower death rates. The shot's benefit to the elderly appears to have been vastly overrated. (1)



How many people died after getting the flu shot? How many got Alzheimer's Disease from the mercury-laden flu shot? How many children were neurologically damaged? Since statistics aren't kept for those people we don't know.

Stress in pregnancy affects baby's neurological development

"The mother's emotional state during pregnancy determines the quality, nature, character, capacity, and even size of her infant's neural system.... Full neural development of a child depends on the emotional well-being of the mother during pregnancy and birth, and on continuing emotional well-being within the child's family." (2) Clinical observation reveals that chiropractic care can be a blessing during pregnancy especially as it relates to removing stress. All pregnant women need a chiropractic spinal checkup.

Did you know....?

People with chiropractic coverage on their insurance were hospitalized for back pain 41% less often than those without chiropractic coverage. This was discovered when researchers studied a 4-year retrospective claims data analysis comparing more than 700,000 health plan members with an additional chiropractic coverage benefit and 1 million members of the same health plan without the chiropractic benefit. (3)



Take this free S.A.D. test

What is S.A.D.? The initials stand for seasonal affective disorder and it means the depression or "blues" people get from lack of sunlight – especially in winter, however this could affect anyone who is a shut-in or who avoids the sun too much. Sunlight is important for physical and emotional health. Do you or does someone you care about have S.A.D.? Can you reverse it? Find out with this quick S.A.D. test.

http://www.mercola.com/forms/sad_test.htm

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.



Chronic pelvic pain. 18 female subjects with chronic pelvic pain were given chiropractic care.

Pre- and post-testing revealed that in addition to improvement in physical pain, they found significant relief with emotional problems. (4)

Urinary tract infection. This is the case of a 7-year-old girl who was in an accident and had not responded to homeopathic and antibiotic therapy for two years. After eight chiropractic adjustments over a period of two months her urinary tract infections completely resolved. (5)

Colitis and Fertility. A 32-year-old female with chronic colitis and infertility began chiropractic care. The patient had her chronic condition of colitis relieved and relatively simultaneously became pregnant after have given up on 7 years of medical fertility treatments. (6)

Humor

My wife and I were happy for 20 years. Then we met.

– Rodney Dangerfield

"Why God made moms" answers given by elementary school age children:

Why did God make mothers?

1. She's the only one who knows where the scotch tape is.
2. Mostly to clean the house.
3. To help us out of there when we were getting born.



How did God make mothers?

1. He used dirt, just like for the rest of us.
2. Magic plus super powers and a lot of stirring.
3. God made my mom just the same like he made me. He just used bigger parts.

What ingredients are mothers made of?

1. God makes mothers out of clouds and angel hair and everything nice in the world and a dab of mean.
 2. They had to get their start from men's bones.
- Then they mostly use string, I think.

Why did God give you your mother and not some other mom?

1. We're related.
2. God knew she likes me a lot more than other people's moms like me.

What kind of little girl was your mom?

1. My mom has always been my mom and none of that other stuff.
2. I don't know because I wasn't there, but my guess would be pretty bossy.
3. They say she used to be nice.

What did mom need to know about dad before she married him?

1. His last name.
2. She had to know his background. Like is he a crook? Does he get drunk on beer?
3. Does he make at least \$800 a year? Did he say NO to drugs and YES to chores?

Why did your mom marry your dad?

1. My dad makes the best spaghetti in the world. And my mom eats a lot.
2. She got too old to do anything else with him.
3. My grandma says that mom didn't have her thinking cap on.

Who's the boss at your house?

1. Mom doesn't want to be boss, but she has to because dad's such a goof ball.
2. Mom. You can tell by room inspection. She sees the stuff under the bed.
3. I guess Mom is, but only because she has a lot more to do than dad.

What's the difference between moms and dads?

1. Moms work at work & work at home, & dads just go to work at work.
2. Moms know how to talk to teachers without scaring them.
3. Dads are taller & stronger, but moms have all the real power 'cause that's who you got to ask if you want to sleep over at your friend's.
4. Moms have magic, they make you feel better without medicine.

What does your mom do in her spare time?

1. Mothers don't do spare time.
2. To hear her tell it, she pays bills all day long.

What would it take to make your mom perfect?

1. On the inside she's already perfect. Outside, I think some kind of plastic surgery.
2. Diet. You know, her hair. I'd diet, maybe blue.

If you could change one thing about your mom, what would it be?

1. She has this weird thing about me keeping my room clean. I'd get rid of that.
2. I'd make my mom smarter. Then she would know it was my sister who did it and not me.
3. I would like for her to get rid of those invisible eyes on her back.



Bye – see you next month. Don't forget to call your mother now so that on Mother's Day she won't think you're doing it because it's just expected of you. Want copies of this newsletter for your friends? Please feel free to forward this to them (hey – this isn't Napster! Share it with your friends with our blessings!) 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:

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References

Available upon request.