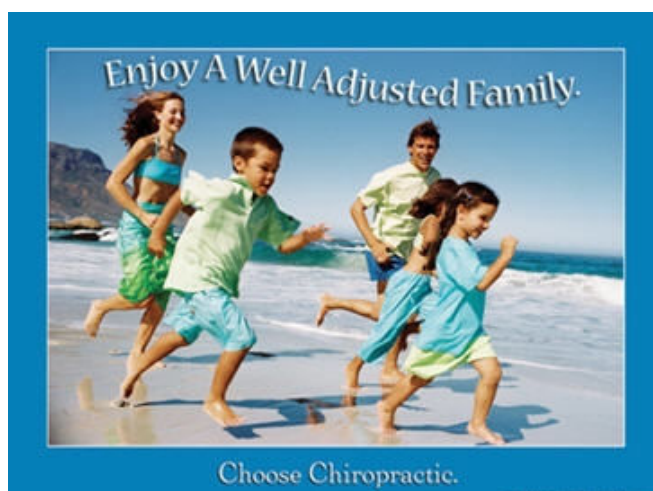




## Monthly Newsletter

newsletter



**Looking for a drug-free lifestyle? Health and wholeness for yourself and your family? Are you interested in disease prevention and health enhancement? Then welcome to a more natural world ~ welcome to the world of chiropractic.**

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## Office Updates

**Oops.** Sorry, we had a cancelation on our chair message therapists. We hope that they will be rescheduling with us in the near future.

We are happy to announce that our Hyperbaric Chamber is up and running. We are offering a special introductory price of 3 one hour sessions (dives) for \$100 for all patients who want to try out some hyperbaric treatments. For more information on hyperbaric therapy see our website at [www.spencerfamilychiropractic.com/hyperbaric](http://www.spencerfamilychiropractic.com/hyperbaric) .

## Cancer Update

**Here is some of the latest information about Cancer.**

1. Every person has cancer cells in the body. These cancer cells do not show up in the standard tests until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the tests are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it indicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors.
5. To overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastro-intestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. Initial treatment with chemotherapy and radiation will often reduce tumor size. However prolonged use of chemotherapy and radiation do not result in more tumor destruction.
9. When the body has too much toxic burden from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
10. Chemotherapy and radiation can cause cancer cells to mutate and become resistant and difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
11. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

### **CANCER CELLS FEED ON:**

**a. Sugar is a cancer-feeder. By cutting off sugar it cuts off one important food supply to the cancer cells. Sugar substitutes like Nutrasweet, Equal, Spoonful, etc are made with Aspartame and it is harmful. A better natural substitute would be Manuka honey or molasses but only in very small amounts . Table salt has a**

**chemical added to make it white in color. Better alternative is Bragg's amino's or sea salt.**

**b. Milk causes the body to produce mucus, especially in the gastro-intestinal tract. Cancer feeds on mucus. By cutting off milk and substituting with unsweetened soy milk cancer cells are being starved.**

**c. Cancer cells thrive in an acid environment. A meat-based diet is acidic and it is best to eat fish, and a little chicken rather than beef or pork. Meat also contains livestock antibiotics, growth hormones and parasites, which are all harmful, especially to people with cancer.**

**d. A diet made of 80% fresh vegetables and juice, whole grains, seeds, nuts and a little fruits help put the body into an alkaline environment. About 20% can be from cooked food including beans. Fresh vegetable juices provide live enzymes that are easily absorbed and reach down to cellular levels within 15 minutes to nourish and enhance growth of healthy cells. To obtain live enzymes for building healthy cells try and drink fresh vegetable juice (most vegetables including bean sprouts) and eat some raw vegetables 2 or 3 times a day. Enzymes are destroyed at temperatures of 104 degrees F (40 degrees C).**

**e. Avoid coffee, tea, and chocolate, which have high caffeine. Green tea is a better alternative and has cancer-fighting properties. Water-best to drink purified water, or filtered, to avoid known toxins and heavy metals in tap water. Distilled water is acidic, avoid it.**

12. Meat protein is difficult to digest and requires a lot of digestive enzymes. Undigested meat remaining in the intestines become putrefied and leads to more toxic buildup.

13. Cancer cell walls have a tough protein covering. By refraining from or eating less meat it frees more enzymes to attack the protein walls of cancer cells and allows the body's killer cells to destroy the cancer cells.

14. Some supplements build up the immune system (IP6, FlorEssence, Essiac, anti-oxidants, vitamins, minerals, EFAs etc.) to enable the body's own killer cells to destroy cancer cells. Other supplements like vitamin E are known to cause apoptosis, or programmed cell death, the body's normal method of disposing of damaged, unwanted, or unneeded cells.

15. Cancer is a disease of the mind, body, and spirit. A proactive and positive spirit will help the cancer warrior be a survivor. Anger, lack of forgiveness and bitterness put the body into a stressful and acidic environment. Learn to have a loving and forgiving spirit. Learn to relax and enjoy life.

16. Cancer cells cannot thrive in an oxygenated environment. Exercising daily, and deep breathing help to get more oxygen down to the cellular level. Oxygen therapy is another means employed to destroy cancer cells. (Hyperbaric Oxygen Chambers)

### **ADDITIONAL INFORMATION ON PREVENTING CANCER**

1. No plastic containers in micro.

2. No water bottles in freezer.

3. No plastic wrap in microwave.

**Dioxin** chemicals causes cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles with water in them as this releases dioxins from the plastic.

Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital , was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us.. He said that we should not be heating our food in the microwave using plastic containers. This especially applies to foods that contain fat. He said that the combination of fat, high heat, and plastics releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, such as Corning Ware, Pyrex or ceramic containers for heating food. You get the same results, only without the dioxin. So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heat ed in something else.

Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He reminded us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

Also, he pointed out that plastic wrap, such as Saran, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into the food. Cover food with a paper towel instead.

## Late breaking news: Blind man suddenly sees again



A Dubuque man can see clearly after being blind in one eye for more than a decade. It happened after a trip to his chiropractor. After a routine visit to Chiropractor Tim Stackis, Doug Harkey says a miracle happened.

"My blind eye starting watering after I left there and it watered for 45 minutes straight. It started making my good eye water. I went to wipe my right eye and I could see out my left again."

Doctor Stackis said the bones in Harkey's neck were out of alignment. "That interferes with the messages and energy the brain sends down to the rest of the body."

Harkey now has the depth perception he'd been missing, just what he needs as he's about to walk down the aisle with his fiancée next month. Harkey's fiancée, Gina Connolly said, "I'm not used to him not running into things or stepping on our feet." See the entire story at <http://www.kcrg.com/news/local/13718517.html?corder=regular>

## Fibromyalgia and chiropractic



Imagine being tired all the time with burning pain, muscle spasms and tender "trigger" points. Add to that increased sensitivity to pain, heat, cold, bright lights, plus bowel/bladder problems, headaches, sleeplessness and/or anxiety. These are the symptoms of fibromyalgia.



Anti-inflammatory drugs, painkillers, antidepressants and other prescriptions, physical therapy, counseling and support groups all have poor records helping fibromyalgia sufferers. However, acupuncture, relaxation techniques, meditation and nutritional therapy offer more encouraging results. (1-3) What about

chiropractic?

### **The Chiropractic Approach**

An unhealthy spine has long been associated with fibromyalgia. (4) In one study neck injury increased the occurrence of fibromyalgia by ten times! (5) Chiropractic adjustments to correct subluxations of the spine have shown powerful results. In one study all 23 fibromyalgia sufferers (ages 11-76) showed 92-100% improvement and maintained their improvements after one-year follow-up with chiropractic care (6). In another study of 15 women, 60% reported at least a 50% reduction in their pain, less fatigue and improved sleep quality with chiropractic. (7)



### **Chiropractic for fibromyalgia sufferers**

Anyone suffering from fibromyalgia should see a chiropractor for a spinal checkup. It may make the difference between recovery and continued illness, between a life of pain and a life of ease.

### **What can chiropractic do for you?**

For a healthier, happier life, for healthier children – try chiropractic. Too many lives are wracked by illness (both physical and mental). Is there a way to help ensure greater health?

Chiropractic is a natural approach to healthcare. Our goal is to work with nature by ensuring that your body structure and your internal communications system – your brain and nerve system – function in harmony. Disharmony ultimately ends in lowered resistance to disease, sickness, unhappiness, less ability to deal with stress and an early death.



### **The safest healing art?**

How safe is chiropractic? Very safe! A study was done to determine the strain on the arteries of the neck during spinal care. Chiropractic caused an average strain on the arteries of about 2-6% over resting, similar to strains moving the head during range-of-motion.

Research reveals that spinal arteries could be stretched to 39-62% over resting length before causing

problems, approximately nine times greater than strain of chiropractic care. One study estimated the occurrence of stroke following chiropractic at approximately one per 6 million, and even in those cases chiropractic isn't necessarily the cause. By comparison, a person's odds of getting struck by lightning in his or her lifetime are about one in 3,000. (8)

## Two additional months of breast-feeding



Two additional months of full breast-feeding may make a big difference in the number of infections a child suffers. In a study from Pediatrics (February 2006) it was found that stopping full breast-feeding at 4 months increased the risk of infection even more than day care or exposure to smoke. The benefits extended at least to the end of the study at age two. (9)

## Watchful waiting preferred over antibiotics

Antibiotics are not justified to reduce the risk of complications after upper respiratory tract infection, sore throat or ear infection according to a study in the British Medical Journal. Is it not good medicine to prescribe antibiotics if a patient has upper respiratory tract infection, sore throat or ear infection? Guidelines advise against the routine use of antibiotics in patients with these conditions. Antibiotic prescribing for acute respiratory infections in UK general practice declined by 45% between 1994 and 2000. The authors conclude that general practitioners should not base their prescribing for sore throat, ear infection or upper respiratory tract infections on a fear of serious complications; most infections can be managed by watchful waiting. (10)

Comment: For better health, replace watchful waiting with a chiropractic adjustment.



## What caused the MRSA superbug?

The Washington Post article "Superbug's death toll outdoes the AIDS virus" revealed that the superbug

(MRSA), which has killed thousands in the US, mostly kids, apparently was the result of vaccination. The researchers attributed the emergence of the strain to a combination of the overuse of antibiotics and the introduction of a vaccine that protects against the infection. They quote a researcher as saying: "The use of the vaccine created an ecological vacuum, and that combined with excessive use of antibiotics to create this new superbug." (11)

## Artificial sweetener causes weight gain



Many people drink artificial sweeteners because they think it's healthier for them when in fact the opposite is true. Worse than that, these dangerous chemicals are addicting! Now a new study shows rats that ate food sweetened with saccharin ate more, gained more weight and stored more fat over time than rats that ate regular sugar. The researchers say the artificial sweetener caused a biological change in the rats, slowing down their metabolism. The study seems to explain why some of the heaviest consumers of artificial sweeteners are some of the heaviest Americans. (12)

## Nutrition myths (from westonaprice.org)



Myth: For good health, serum cholesterol should be less than 180 mg/dl.

Truth: The all-cause death rate is higher in individuals with cholesterol levels lower than 180 mg/dl. [Circulation. 1992; 86(3):1026-1029.]

Myth: Animal fats cause cancer and heart disease.

Truth: Animal fats contain many nutrients that protect against cancer and heart disease; elevated rates of cancer and heart disease are associated with consumption of large amounts of vegetable oils. [Fed Proc. 978;37:2215.]

Myth: Children benefit from a low-fat diet.

Truth: Children on low-fat diets suffer from growth problems, failure to thrive & learning disabilities. [Food Chem News. 10/3/94.]

Myth: A low-fat diet will make you "feel better . . . and increase your joy of living."

Truth: Low-fat diets are associated with increased rates of depression, psychological problems, fatigue, violence and suicide. [Lancet. 3/21/92 v339]



## More women die after receiving Gardasil™

The death of two young women who received the cervical cancer vaccination is causing some in the U.K. to question a strategy that calls for hundreds of thousands of schoolgirls to receive the shot next fall, the Daily Mail reports. The young women who died received the vaccination, marketed under the name Gardasil. The two deaths follow the deaths of three U.S. females, ages 12, 19 and 22, who were reported to have died days after receiving Gardasil. The U.S.



Food and Drug Administration recently reported that 28 women miscarried after receiving the vaccine. The FDA has said there is no reason to reexamine approval of the drug. (13)

## Words of Wisdom



*In all things of nature, there is something of the marvelous.* – Aristotle

## Chiropractic and Spinal Research

### **Attention deficit hyperactivity disorder and chiropractic.**

A 6-year-old boy struck his head in a fall from a playground slide and was knocked unconscious. Unable to alleviate her son's headaches and neck pain with painkillers, the mother brought the boy to a doctor of chiropractic eighteen months later. The boy also suffered from stomach pains and bloodshot eyes, was unable to sit still, had poor grades in school, and his teacher complained of disruptive and inattentive behavior in class. All of these symptoms appeared after the fall from the slide. After three weeks of chiropractic care his grades improved dramatically and his other symptoms were much reduced or disappeared. (14)

No matter what the cause, every child (and adult) with learning disorders such as ADD/ADHD or dyslexia should be checked by a chiropractor for subluxations. Chiropractic care may make a big difference. (15-16)

## Humor

In Richardson, Texas a State Trooper was running radar. He had a perfect spot to watch for speeders, but wasn't getting any. Then he discovered the problem. A 12-year-old boy was standing up the road with a hand painted sign which read "RADAR TRAP AHEAD!"

The officer later found a young accomplice down the road with a sign reading, "TIPS" and a bucket full of money. (And we used to just sell lemonade!)

A young woman was pulled over in Austin, Texas for speeding. As the TX State Trooper walked to her car window, flipping open his ticket book, she said, "I bet you are going to sell me a ticket to the Texas State Police Ball." He replied, "Texas State Troopers don't have balls." There was a moment of silence while she smiled and he realized what he'd just said. He then closed his book, got back in his patrol car and left. She was laughing too hard to start her car.

*My luck is so bad that if I bought a cemetery, people would stop dying.* – Rodney Dangerfield

*Money can't buy you happiness but it does bring you a more pleasant form of misery.* – Spike Milligan

*I don't feel old. I don't feel anything until noon. Then it's time for my nap. – Bob Hope*

*I never drink water because of the disgusting things that fish do in it. – W.C. Fields*

*We could certainly slow the aging process down if it had to work its way through Congress. – Will Rogers*

*Maybe it's true that life begins at fifty ... but everything else starts to wear out, fall out, or spread out. – Phyllis Diller*

*By the time a man is wise enough to watch his step, he's too old to go anywhere. – Billy Crystal*



Bye. See you next month. Don't forget to stop by for a checkup and (maybe) an adjustment.

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