



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

Each year millions of people enjoy the most popular natural, drug-free healthcare system in the world – chiropractic! Why live with health problems when you can live without them? Discover chiropractic – discover how natural healing can be.

**Enjoy the beauty of every season**



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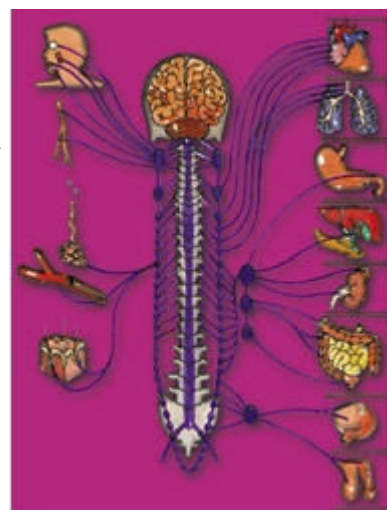
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You are far healthier than you think you are

The wisdom that created your marvelous body in a mere nine months did not leave you after your birth. It is still beating your heart, flowing through your vessels and energizing your being. It is repairing your tissues, patrolling your nooks and crannies and guarding you from illness.

Your potential is incredible. You have the potential to heal nearly every disease and condition.

You are physically, emotionally and spiritually much healthier than you think you are. The dark clouds of depression, fear, despair, weakness and illness that may arise are tiny specks compared to the vast ocean of strength, love, excitement, joy and happiness you are swimming in. An old saying says it best: "We live and breathe on the precipice of exhilaration."



You are closer to health, wholeness, happiness and healing than you realize. Your healing potential is always there no matter how difficult or painful things may be right now.

Chiropractic is a marvelous way to help you to reconnect to your wonderful healing potential. There are no incurable diseases, only incurable people.

No matter what illness you or your loved ones may be suffering from please bring them in for a chiropractic spinal checkup and adjustment. You never know the

potential of subluxation correction unless you try it.

## Special Flu Shot Report



"Here come the fear mongers...just in time for the flu vaccine marketing season.... Fear is used to persuade Americans to roll up their sleeves and hand over their children to be vaccinated. Years ago, people developed resistance the old fashioned way: By getting the flu. And then when that type of flu came around again years or decades later, they either didn't get sick or had only a mild case. The vaccine marketers want to take that away from our population. What will that make us? Vaccine dependent, of

course." – Barbara Loe Fisher, co-founder of the [National Vaccine Information Center](http://www.fda.gov/oc/ohrt/vaccine.htm)

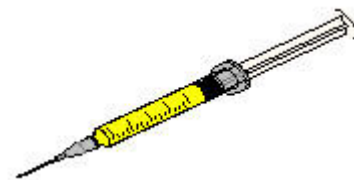
### Three important reasons to avoid the flu shot:

1. The flu shot contains formaldehyde, gelatin and traces of chicken cells.
2. The flu shot contains viral contaminants that have been linked to cancer.
3. You can get the flu shot – and all the risks that go with it – and still get the flu!

From the OsteoMed newsletter. To subscribe, go to [osteomed2@aol.com](mailto:osteomed2@aol.com).

## Another good reason to avoid the shot: to avoid Alzheimer's Disease

According to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has five consecutive flu shots their chance of getting Alzheimer's is ten times higher! (17)



How does the flu shot cause Alzheimer's? Dr. Fudenberg states the mercury and aluminum in flu shots (and many childhood shots as well as some RhoGam shots) cross the blood-brain barrier causing brain damage. Alzheimer's is expected to quadruple. Are flu shots the reason? (17)

## Flu hysteria is on the way (again)

Reports claim that "Influenza kills 30,000 to 40,000 Americans every year." (17) That is simply not the case. According to the Centers for Disease Control, the number of people who die of the flu are a fraction of that. Here is what the CDC says:



In 2002: 753 died of the flu (17)

In 2001: 267 died of the flu (17)

In 2000: 2,175 died of the flu (17)

In 1999: 1,685 died of the flu (17)

Those who die of the flu are mostly frail, sickly, weak, malnourished and unhealthy to begin with. For people in reasonably good health, dying from the flu is, in fact, very rare – research even shows the flu shot does not affect mortality of elderly people. In conclusion – the flu shot is dangerous and useless.



## Flu shot does not save lives

The ads say "The flu shot saves lives," but research reveals it's not so. The flu vaccine isn't preventing death in the elderly, the "high risk group" that is told to get a flu shot to reduce mortality, according to a study in the Archives of Internal Medicine. (17)

Although immunization rates in those over 65 have increased 50% in the past 20 years, there has been no decline in flu-related deaths. In addition to ineffectiveness, the flu shot's typical ingredients include aluminum (associated with Alzheimer's and seizures), mercury (linked to brain damage, ADHD and autism) and phenol (a carcinogen).

In fact, mortality rates for those over 85 between 1968 and 2001 showed no change as well. The authors add: "Studies substantially overestimate vaccination benefit"; a diplomatic way of saying it's useless.

## If you get the flu avoid aspirin and Tylenol™

Researchers found that flu sufferers who took aspirin or acetaminophen (Tylenol) stayed sick an average of 3.5 days longer than people who did not take the drugs.

The researchers discuss the purpose of a fever and note how confused the medical profession is when it comes to fever. "In spite of centuries of clinical experience and recent intense investigation, it is still not clear whether fever is noxious per se, or if the benefits of antipyretic therapy outweigh its costs." (17)

Natural healthcare providers have always understood the value of fever in fighting infection and cleansing the body of toxins. This was recently underlined in a paper showing the following:

### **The flu protects against cancer**

In a research study appearing in The Journal of Cancer Research and Clinical Oncology, scientists discovered that those with a history of colds and flu also had less breast, colon, rectal, stomach and ovarian cancer.

*The association between...infectious diseases and cancer risk was investigated. [Those with] carcinomas of the stomach, colon, rectum, breast, and ovary...were interviewed. A history of common colds or gastro-enteric influenza prior to the interview was found to be associated with a decreased cancer risk. (17)*

In another study, subjects who reported a history of colds, flu and other infectious diseases had a 30% reduction in risk of brain tumor. (17)

Natural healthcare providers have traditionally warned against suppressing the symptoms of colds and flu stressing that's how your body heals, detoxifies and cleanses – which are protective against cancer.

### **Do you have a caterpillar egg deficiency?**

The FluBlok flu shot has caterpillar ovaries as one of its ingredients. Don't believe it? Go to [Concord Monitor Online Article - Biotech firms developing egg-less flu vaccine - Your News Source - 03301 \(17\)](#)

### **Long-term consequences of flu shots – immune system damage?**

Researchers have discovered that repeated vaccination at a young age substantially increases the risk of influenza at older ages. This is possibly due to overall weakening of the immune system. However, getting the infection naturally appears to strengthen the immune system and decreases the risk of being re-infected. Natural appears to be better. (17) Note: The authors did not even look for Alzheimer's increases due to flu shots, a subject increasingly under discussion.

### **Good news – majority not getting flu shot. Common sense is still alive!**

In a National Foundation for Infectious Diseases survey conducted Aug. 31-Sept. 3, over half of those interviewed said they would not get the flu shot. Among reasons cited: 43% said the flu is not serious enough to warrant vaccination and 23% said they still got the flu even after being immunized. (17)



### **In conclusion**

Rather than see the flu, colds, fevers and nasal discharge solely as uncomfortable, we should know that they operate in our best interest: to heal us, to cleanse us and to detoxify us.

Preventing symptoms from expressing themselves may set us up for more serious disease in the future. That doesn't mean we should ignore a sick person. Illness is a time of rest and recuperation. Ill people need comfort, proper nutrition and support.

Many people who wish to avoid medical suppressive therapies such as aspirin, Tylenol, antihistamines, decongestants and other drugs designed to prevent symptoms instead turn to nutrition, chiropractic, homeopathy, naturopathy, acupuncture and many other natural "expressive" healthcare systems so their bodies will get the full benefit from their symptoms – cleansing, healing and improved health.

### **Does the flu shot cause Alzheimer's disease?**



Flu shot season is here so it is appropriate to remind everyone that according to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has had five consecutive flu shots their chance of getting Alzheimer's disease is ten times higher than if they had one, two or no shots. (1)



Dr. Fudenberg claims this is due to the mercury and other toxins in flu shots (and still used in many childhood vaccinations and RhoGam shots). These toxins build up in the brain causing cognitive dysfunction. Alzheimer's is expected to quadruple – could this be the reason? (2)

By the way, in an attempt to disprove the Alzheimer's/flu shot connection, some MDs went to nursing homes and asked people with Alzheimer's if they remember getting a flu shot. Most said they didn't but that's not surprising since people with Alzheimer's may not remember the name of their spouse. Based on this "research" they concluded flu shots didn't cause Alzheimer's. However, the disclaimer at the bottom of the abstract negated its value: "Because of the self-reported nature of the risk factor questionnaire we cannot exclude the possibility of recall bias." (3) Can you believe that the media reported this as "proof" the flu shot was safe? They didn't mention the disclaimer. Maybe they all had too many flu shots?

But do flu shots work? Studies are now reporting the shots are minimally effective, if at all, and do not result in decreased mortality in the elderly – the very reason the elderly are told to get the shots. (4)

## Carpal Tunnel Syndrome and chiropractic

Do you have tingling and numbness in your hands, fingers and wrists; swelling of the fingers; dry palms; pain that awakens you at night; or upper arm, elbow, shoulder or neck pain? You may have Carpal Tunnel Syndrome (CTS). (8)

The drug-free chiropractic approach of releasing nerve and spine stress has been a blessing to millions afflicted with this condition. For over a hundred years clinicians, researchers and patients have reported relief of classic carpal tunnel symptoms and improvement in overall body function after chiropractic spinal adjustments. (9)

Chiropractic care may make the difference between a pain-free wrist and surgery!

## Better sex life with chiropractic

It says so in (of all places) the British Medical Journal:

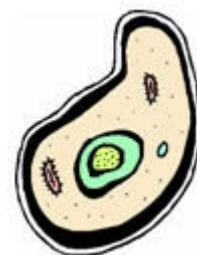
*"Chiropractic patients not only reported less pain than hospital patients at six weeks, but three years later chiropractic patients reported a 29% greater improvement with chiropractic compared to hospital treatment ... many of the factors that contribute to the quality of life were affected by chiropractic care [such as] sitting for more than a short period of time and sleeping showed the most significant improvement, but scores such as personal care, lifting, walking, standing, sex life, social life, and ability to travel also improved." (10)*

## It's the season for giving thanks



## You are dancing all the time

“No, I’m a terrible dancer,” you say? Think again. You are an incredible dancer. Really! At this moment your body is full of billions of cells that are vibrating, singing and dancing as your life energies organize them. If they weren’t organized you’d be a formless pile of chemicals instead of the marvelous, miraculous living person you are. Your cells organize to form tissues, your tissues dance and vibrate together to form organs, organs dance together as systems (such as the digestive system, circulatory



system, etc.) and when all of your systems are singing, dancing and vibrating in a harmonious, coordinated fashion they create an organism – a healthy, living you.



What is it that makes all these structures come "alive" and dance? Many things. One of them is your nervous system! Nerves control and coordinate all of your parts so they work together harmoniously. Chiropractic relieves nerve stress so your body can produce beautiful music!

## Sea salt for better health

Chiropractic is a natural healing art that respects the wisdom of nature. That respect translates into nutrition that is natural, organic and unprocessed.

That includes natural salt. As salt researcher Jacques De Langre (author of Seasalt’s Hidden Powers) writes:

*“When harvested with dedication and care, the oceans give us a natural sea salt with the most exquisite taste and physiologically vital mineral mix. Today, every common table salt is artificial and pales beside the real sea salt. Out of the richest spectrum of 92 essential minerals found in the ocean, the industrial refined variety retains only two! Debased white table salt deserves its bad name and all the misdeeds as charged.” (11)*

Note: For a good source of sea salt go to the Grain and Salt Society’s web site at [www.grainandsaltsociety.com](http://www.grainandsaltsociety.com).

## Do low cholesterol drugs cause impotence and heart attacks?

Seventy-five percent of people who have a heart attack have normal cholesterol levels. How can we conclude high cholesterol causes heart disease? Repeated research shows it doesn't.



Why even try to lower cholesterol levels with statin drugs (such as Lipitor™)? Cholesterol is an important part of every cell – it is an antioxidant and helps protect your heart and internal organs (including your arteries) from injury. It produces testosterone and keeps your cells and nerves healthy.

Finding high cholesterol around blocked arteries is similar to finding firemen around a fire. The firemen didn't cause the fire – they are trying to put it out! Similarly cholesterol helps keep you healthy. To top it off, studies show that high cholesterol is associated with a longer life especially in the elderly.

The unthinking rush to lower cholesterol is causing heart attacks, depression, muscle weakness and pain, loss of mental acuity (“brain fog”), decreased sex drive, anemia, acidosis, frequent fevers, liver problems, neurological symptoms, cataracts, cancers and mental illness. Yes, statin use can increase the risk of heart failure. (12)

## Breastfeeding works better when mother is better fed

A recent research study revealed that when a breastfeeding mother eats organic dairy and meat products the nutritional quality of her breast milk improves due to increased beneficial fatty acids. These fatty acids are especially important for the child's brain development. The study involved 312 breastfeeding women with 1-month old infants from the Netherlands that appeared in the *British Journal of Nutrition*. (13)

## What color is your steak?

Is the FDA permitting your steak to be gassed? Find out at <http://hightowerdownload.com/pink>

## Words of wisdom



*A bodily disease, which we look upon as whole and entire within itself, may, after all, be but a symptom of some ailment in the spiritual part.* – Nathaniel Hawthorne

*A sad soul can kill you quicker than a germ.* – John Steinbeck

## Chiropractic and spinal research

Is there any disease or condition you'd like to know about? Write us.



**Low back pain in pregnancy.** The majority of pregnant women (57% to 69%) suffer from low back pain. In a study of 17 pregnant women under chiropractic care with an initial average pain score of 5.9, the average pain score dropped to 1.5 under chiropractic care. (14)

**ADHD.** This is the case of an 8-year-old boy with many learning and behavioral disorders associated with ADHD. The ADHD occurred after a fall 18 months prior. For two months the child was seen weekly by his chiropractor. The child's symptoms had been stable for 18 months but after two months of care his mother noted positive changes in behavior and a reduction in his complaints of headaches and neck pain symptoms. Reports from his teachers at school remarked on the positive changes in his behavior and improvements in academic performance. (15)

**Neck pain.** Seventy patients with neck pain (25 males and 45 females, ages 20-55 years) were randomly divided into either a chiropractic group or a control group. The chiropractic group showed a significant improvement in neck pain after one adjustment. The chiropractic group obtained a greater improvement than the control group in all the outcome measures. (16)

## Humor

### **Kids...some of their Words of Wisdom**

#### HOW DO YOU DECIDE WHOM TO MARRY?

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. Alan, age 10

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. Kristen, age 10

#### WHAT IS THE RIGHT AGE TO GET MARRIED?

Twenty-three is the best age because you know the person FOREVER by then. Camille, age 10

#### HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

You might have to guess, based on whether they seem to be yelling at the same kids. Derrick, age 8

#### WHAT DO YOU THINK YOUR MOM AND DAD HAVE IN COMMON?

Both don't want any more kids. Lori, age 8

#### WHAT DO MOST PEOPLE DO ON A DATE?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough. Lynnette, age 8 (isn't she a treasure)

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date. Martin, age 10

WHAT WOULD YOU DO ON A FIRST DATE THAT WAS TURNING SOUR?

I'd run home and play dead. The next day I would call all the newspapers and make sure they wrote about me in all the dead columns. Craig, age 9

WHEN IS IT OKAY TO KISS SOMEONE?

When they're rich. Pam, age 7

The law says you have to be eighteen, so I wouldn't want to mess with that. Curt, age 7

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do. Howard, age 8

IS IT BETTER TO BE SINGLE OR MARRIED?

It's better for girls to be single but not for boys. Boys need someone to clean up after them. Anita, age 9 (bless you child)

HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T GET MARRIED?

There sure would be a lot of kids to explain, wouldn't there? Kelvin, age 8

And the #1 Favorite is.....

HOW WOULD YOU MAKE A MARRIAGE WORK ?

Tell your wife that she looks pretty, even if she looks like a truck. Ricky, age 10



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

**Want hard copies of this newsletter? Stop by the office and we'll give you some for your friends and relatives. If they have e-mail, have them write to us and we'll add them to our mailing list.**

References