



Spencer Family Chiropractic

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## Monthly Newsletter

newsletter

*God is like a comedian playing to a crowd that's afraid to laugh. – Voltaire*

*Love work, hate tyranny. – Shemayah*

*The word "genius" isn't applicable in football. A genius is a guy like Norman Einstein. – Joe Theisman, NFL football quarterback & sports analyst*

**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! Please share this newsletter with your friends and relatives. Why should they live with health problems when they can live without them? Help them discover chiropractic – help them discover how natural healing can be.**

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### Oh no, it's that time of the year again



Be prepared. They will soon be coming to your home, demanding you give them stuff and threatening bad things if you don't. No, we're not referring to the Internal Revenue Service (this time) but to the one day kids run all over the neighborhood and knock on doors to get freebies – that's right, Halloween.



PS. This guy really needs an adjustment!

### Why do people get sick?

You are meant to live a long life full of energy, joy and physical and mental health. You are born with a fantastic body so that you may enjoy this state.

Look how amazing it is. It balances hundreds, thousands even millions of chemical reactions every second.



At this very moment millions of your cells are dying, millions are being born, germs are entering your body and being neutralized, cancers are arising and being destroyed, your blood is filtered, chemicals are detoxified, your food is digested and absorbed and energy is being released giving you the ability to move your eyes and read with your brain. Your body is a marvelous creation designed to keep you healthy and happy for a long life.



So why should your incredible body ever get sick?

## Life is a balancing act



You get sick because you get out of balance. What is referred to as sickness are the mechanisms your body uses to return to balance, to its natural healthy state.

When you say “I am sick” you are referring to these mechanisms. They are the unpleasant symptoms you dislike so much including fever, pain, rash, swelling, vomiting, diarrhea, swelling, weakness, fatigue, lassitude, depression, sweating and others. These symptoms aren’t just happening to make you miserable; they have a purpose.

### The purpose of symptoms

The purpose of these symptoms is to heal you, to bring you back to balance.

Put another way, symptoms are the mechanisms your natural healing ability (or inner healer) uses to heal you. Symptoms are a sign that your body is struggling to regain (or maintain) balance or homeostasis.

### How did you get off balance?

Physical, emotional, chemical, nutritional and other environmental stresses assault us all the time. Usually we are able to handle these stresses so efficiently that we aren’t even aware it’s being done (we don’t notice any major symptoms).

### A little stress in the night

For example, let’s say due to various stresses (not enough sleep, junk food, worry, overwork, etc.) your resistance is lowered and some body tissues weaken. Germs may grow on these weakened tissues. On that day you may feel a little tired or out of sorts. You may decide not to go to that party and instead take it easy and go to bed early.

As you sleep your temperature rises and your immune system mobilizes to address your infection. Your depleted energy is restored. You may have diarrhea to further the elimination/detoxification process and in the morning you are back to being your healthy, happy self.

### A lot of stress in the night

Let’s say instead of taking it easy that night you had a big meal, went to a loud concert, stayed out late and ate junk. That could seriously throw you off-balance and your body may need to take stronger steps to bring you back to balance. You may get a very high fever, have diarrhea, vomit and get “sick.” But you are really getting healthy – just a little more dramatically than in the first example.

### Symptoms are good?



Please remember that vomiting, diarrhea, sweating, fatigue, coughing and sneezing are built-in mechanisms your body uses to





detoxify and cleanse your system.

Symptoms are a sign that your body is working properly. If you block or suppress symptoms with drugs you are working contrary to your body's wishes. This may give you temporary relief – but at a cost! Suppression may prevent your problem from fully resolving or may drive the disease deeper and cause chronic illness – which never goes away. As Harris Coulter, Ph.D., the great medical historian and researcher, writes:

*The body often externalizes and rids itself of the morbid cause through natural discharges: urine, stool, perspiration, and especially skin disorders and eruptions (i.e. pus, mucus). Suppression of these manifestations has long been known to generate serious systemic disorders. (1)*

### How chiropractic helps



Chiropractic and other natural healthcare systems work with the body to promote “healthy” sickness. We make sure the body is working properly so it may use its healing mechanism to the fullest to resolve its issues quickly and bring you back to balance.

When chiropractors correct your structural distortions (subluxations) your natural healing ability is permitted to work at full throttle so your body may do its job most effectively.

If you or anyone you know is sick make sure they are free of health-destroying subluxations so their inner healer is able to function without interference. After all, the only true doctor

is your own body.

### Cancer in a can?

A new study reveals that aspartame (NutraSweet™, Equal™) levels similar to those found in diet soft drinks cause breast cancer, leukemia, lymphoma and malignant tumors in animals. Especially scary is the finding that drinking diet soda when pregnant increases the chance of the unborn child developing life-threatening cancer later in life. (3)



### It's vaccine time – so just say no to drugs



Seven deaths have so far been attributed to the Gardasil (HPV) vaccine. A good resource for vaccine information has been set up by Dr. Sherri Tenpenny who developed an internet blog for people interested in this issue at: <http://sayingnotovaccines.blogspot.com/>



## Gardasil vaccine continues to maim and kill

Shannon Nelson, 18, a Chicago athlete, musician and artist, received (Gardasil/ HPV), the meningitis vaccine (Menactra) and the chicken pox vaccine (Varivax). Within a week tingling, numbness and muscle weakness began. She became paralyzed with Guillian-Barre Syndrome (GBS). "Before the shots, I ran six miles a day," said Nelson. My mom and I wish we had known about HPV vaccine risks, especially what could happen if I got other vaccines at the same time."

A total of 1,930 adverse events involving administration of Gardasil (given alone) have been reported. (4)

## Chiropractic and Spinal Research (From our archives)

Did you know there are thousands of papers describing the wonders of chiropractic and spinal care in health and disease? Remember: a person with any kind of health problem needs chiropractic. Being free from subluxations could make a big difference in any disease. Feel free to send these studies to anyone you know. By the way, is there any disease or condition you'd like to know about? Write us.



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**Pregnancy, labor and chiropractic.** Pregnancy and labor are more comfortable for women under chiropractic care. Up to 90% of pregnant women have spinal problems so chiropractic's drug-free approach is ideally suited for them. Chiropractic can also help women with premature contractions, back labor, low back pain, morning sickness and can help prevent post-partum depression. Amazingly, a secret American Medical Association study revealed that women enjoy easier pregnancies and deliveries with chiropractic. (5)

**Nervousness, depression and chiropractic.** Chiropractic is especially needed for the elderly who are our most over-drugged population. In one study of 73 chiropractic patients aged 65 and older, 95.8% reported that their chiropractic care was either "considerably" or "extremely" valuable and the longer they were in care the less nonprescription drugs they used.

The researchers stated: "[We found] reduced nervousness with years of maintenance care (MC), as well as possible reduced symptoms of depression.... Patients receiving MC had...a 50% reduction in medical provider visits, less hospitalization and lower health costs (a third of the expenses made by US citizens of the same age)." (6)

**Asthma and chiropractic.** A 6-year-old boy who had asthma for three years was using aerosol inhalers up to three times a day, every day. After a few adjustments he could run during soccer games and, according to his mother, "almost never used his inhaler." He began to sleep more soundly, "hardly ever had bouts with mucous clogged nasal passages" and inhalant use stopped. (7)

## Back to school

Research shows that chiropractic helps your child concentrate better, raises IQs and helps vision, dyslexia and all kinds of kid-related problems.

**While we're on the subject of kids...some of their**

## Words of Wisdom



Children were asked to describe love. This is what they wrote:

*"When someone loves you, the way they say your name is different. You know that your name is safe in their mouth."* Billy, age 4

*"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other."* Karl, age 5

*"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs."* Chrissy, age 6

*"Love is when someone hurts you. And you get so mad but you don't yell at them because you know it would hurt their feelings."* Samantha, age 7

*"Love is what makes you smile when you're tired."* Terri, age 4

*"Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK."* Danny, age 7

*"Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mommy and Daddy are like that. They look gross when they kiss."* Emily, age 8

*"Love is what's in the room with you at Christmas if you stop opening presents and listen."* Bobby, age 5

*"If you want to learn to love better, you should start with a friend who you hate."* Nikka, age 6

*"Love is hugging. Love is kissing. Love is saying no."* Patty, age 8

*"When you tell someone something bad about yourself and you're scared they won't love you anymore. But then you get surprised because not only do they still love you, they love you even more."* Matthew, age 7

*"There are two kinds of love. Our love. God's love. But God makes both kinds of them."* Jenny, age 8

## Humor

Last night, my wife and I were sitting in the living room and I said to her, "I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug."

She got up, unplugged the TV and then threw out my beer.

A woman walked up to a little old man rocking in a chair on his porch. She said to him, "I couldn't help noticing how happy you look. What's your secret for a long, happy life?"

He answered, "I smoke three packs of cigarettes a day, and I also drink a case of whiskey a week and never ever exercise."

"Wow, that's amazing," the woman said. "How old are you?"

"Twenty-six," he said.



Bye. See you next month. Don't forget to stop by for a spinal checkup and 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.**

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