



*We cannot live for ourselves alone. Our lives are connected by a thousand invisible threads, and along these sympathetic fibers, our actions run as causes and return to us as results.* – Herman Melville

*Liberty is always dangerous, but it is the safest thing we have.* – Anonymous

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



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## Why Do Chiropractors Correct Subluxations?



A subluxation is a distortion in your body structure that causes damage to your spine, muscles, joints, nerves, discs and other tissues and organs.

But what's worse is that subluxations interfere with your overall body function – your balance, energy level, healing ability and physical and mental well-being.

Subluxations can occur at any age. Many even occur at birth due to the stress of delivery. Subluxations can result from falls, accidents, poor sleeping positions, overwork – even emotional stress and environmental

toxins can shock your body into developing subluxations.

Chiropractors provide a wonderful service. We locate and correct (adjust) subluxations, removing stress from your body and mind, unleashing energy, restoring balance and permitting you to live your life closer to your physical and mental potential.

When you have subluxations it's as if you are living life with the parking break on.

Do you have a subluxation in your body? Unless you are seeing a chiropractor for periodic checkups, the answer is probably "yes."

If you or anyone you know is sick and tired, living with all kinds of drugs and low energy, do them a favor – tell them to come in for a chiropractic checkup. They'll be very grateful to you.



## Words of Wisdom

*We cannot be happy if we expect to live all the time at the highest peak of intensity. Happiness is not a matter of intensity, but of balance and order and rhythm and harmony.* – Thomas Merton

*The blue-ribbon commission headed by Jimmy Carter and Gerald Ford has come up with a list of ways to improve the next presidential election. I've got an idea. How about better candidates?* – Jay Leno, the Tonight Show, August 1, 2001



## Professional Athletes and Chiropractic



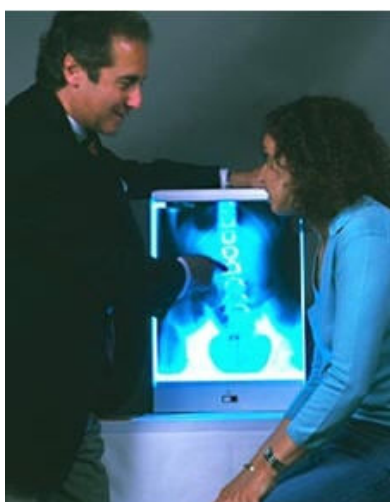
Tiger Woods and Barry Bonds use regular chiropractic care. So do Andy Roddick, Lance Armstrong and oodles of professional athletes in just about every sport.

Why? They achieve better balance, improved coordination, faster recovery from injury, prevention of injuries, more energy and strength, among other benefits – all without drugs!

More professional athletes use chiropractic than ever before. The journal Chiropractic Economics reported that over 95% of teams in the NFL use chiropractors as a regular part of player care.

Barry Bonds, one of the all-time best baseball players, has a personal chiropractor who travels to games. Bonds reportedly said, "I think it should be mandatory to see a chiropractor."

## Can You See a Subluxation on an X-ray?



Using a variety of tools, chiropractors analyze patients' spines for subluxations. An X-ray is one common tool used to locate evidence of subluxation damage and body misalignment. You can't see all the aspects of a subluxation on X-ray since you can't see "soft" tissues like nerves on X-ray and a subluxation affects nerve health..

A subluxation can cause degeneration of the bones, disc and body structure which can often be seen on an X-ray.



Subluxation degeneration damage starts shortly after a subluxation occurs but it may take months or years for the damage to show up on an X-ray. That's why it's important to get yourself to a chiropractor

whenever you've had an experience or trauma that might have caused a subluxation.

## Diet Soda Makes You Fat

It's ironic that people are drinking "diet" drinks and gaining weight. However, for many years researchers have been saying that "diet" beverages don't make you lose weight. In addition, artificial sweeteners such as aspartame (NutraSweet™) have been linked not only to weight gain but to brain tumors, vision problems, memory loss and many other health problems as well. Splenda™ has been linked to kidney problems.

There is no safe artificial sweetener!

If you put NutraSweet™ (for example) on the ground, ants will walk around it. Try it! If that isn't a warning, nothing is.



The stuff sweetened with high fructose corn syrup isn't good for you either! See the latest at <http://body.aol.com/news/articles/a/does-diet-soda-cause-obesity/20070724104409990001>

## Keep Your Children Happy and Healthy – Don't Vaccinate Them



More and more research is revealing what many healthcare providers have known for decades: non-vaccinated children are healthier, both neurologically and immunologically, than vaccinated children. There is no proof vaccines create healthier children (quite the opposite).

World-famous medical historian and researcher Dr. Harris Coulter discussed vaccine damage in his classic work: *Vaccination, Social Violence and Criminality*:

*Probably 20% of American children – one youngster in five – suffers from "development disability" .... A large proportion of the millions of US children and adults suffering from autism, seizures, mental retardation, hyperactivity, dyslexia, and other shoots or branches of the hydra-headed entity called "development disabilities", owe their disorders to one or another of the vaccines against childhood diseases. (1)*

A survey commissioned by the group Generation Rescue compared vaccinated and non-vaccinated children in nine counties in Oregon and California. Among more than 9,000 boys age 4-17, the survey found vaccinated boys were two and a half times (155%) more likely to have neurological disorders. Vaccinated boys age 11-17 were 158% more likely to have neurological disorders, 317% more likely to have ADHD, and 112% more likely to have autism than non-vaccinated boys. (2)

### Notes:

For more information on vaccines: [www.thinktwice.com](http://www.thinktwice.com)

Transcripts of hearings in Washington, DC on the relationship between vaccines, autism and neurological disorders can be found at: <ftp://autism.uscfc.uscourts.gov/autism/transcripts/day08.pdf>

Great commentary on the Washington hearings by Ed Yazbek, MD at:

[http://www.jabs.org.uk/forum/topic.asp?TOPIC\\_ID=704](http://www.jabs.org.uk/forum/topic.asp?TOPIC_ID=704)

## People in Committed Relationships Are Happier



People in committed relationships are happier than people who aren't, and married people may be the happiest of all.

People who are married report the highest levels of well-being, regardless of whether they are happily married or not. Next are people co-habiting in committed relationships, followed by those in stable relationships and those casually dating.

The study in the *Journal of Social and Personal Relationships*, surveyed 691 young people. Researchers assessed self-esteem, life satisfaction, general happiness and distress symptoms. Married people reported the highest well-being and happiness while people who dated infrequently or not at all reported the lowest.



Researchers say the study confirms that having a romantic relationship makes both men and women happier, and the stronger the relationship's commitment, the greater the well-being and happiness of the partners.

The finding that people in relatively unhappy marriages appeared to benefit from being married perhaps stemmed from the stability, commitment and social status of the relationship, the researchers say.

"In general, people appear to feel better about themselves and their lives when they move into a more committed relationship," says lead researcher Kamp Dush. "Some commitment appears to be good, but more commitment appears to be even better." (3)

## Chiropractic and Spinal Research



No matter what condition a person may have they need chiropractic care to ensure their body is working without subluxations. If you have any specific questions please feel free to contact us.

### **Bedwetting, menstrual cramps and stomach problems.**

Patients suffering from bedwetting, menstrual cramps and ulcer pains/indigestion were given chiropractic care. MDs performed pap tests, pelvic exams and upper GI studies but could find nothing wrong.

From the study:

"A total of eight subjects in each category were selected and two in each category were not treated (to be used as control cases). No one in the study had any back pain.

"All cases of pelvic pain and severe cramping of the uterus had stopped. All women experienced three menstrual cycles through the duration of this study. "The bedwetting category demonstrated 50% of the children had stopped bedwetting early in the program, 25% of the children had a 50% reduction in the frequency of occurrences and 25% showed no improvement.

“All the patients in the gastric category except one responded to chiropractic care.” (4)

**Improved quality of life.** This preliminary study revealed that those under chiropractic showed significant improvements in physical well-being, mental/emotional state, stress management, life enjoyment and overall quality of life, during an average of 5.5 months of chiropractic care. (5)

## Enjoy the summer

Thanks for being our patient, we really do appreciate you. Enjoy the summer but watch out for that water balloon!!

And if you do get hit by one, stop by for a checkup.



## Humor

### **Fourteen Things That It Took Me Over 50 Years To Learn**

**by Dave Barry**

1. Never, under any circumstances, take a sleeping pill and a laxative on the same night.
2. If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be "meetings."
3. There is a very fine line between "hobby" and "mental illness."
4. People who want to share their religious views with you almost never want you to share yours with them.
5. You should not confuse your career with your life.
6. Nobody cares if you can't dance well. Just get up and dance.
7. Never lick a steak knife.
8. The most destructive force in the universe is gossip.
9. You will never find anybody who can give you a clear and compelling reason why we observe daylight savings time.
10. You should never say anything to a woman that even remotely suggests that you think she's pregnant unless you can see an actual baby emerging from her at that moment.
11. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age eleven.
12. The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above-average drivers.
13. A person who is nice to you, but rude to the waiter, is not a nice person. (This is very important. Pay attention. It never fails.)
14. Your friends love you anyway.