

**Why is chiropractic so popular? Why do millions of people visit their neighborhood Doctor of Chiropractic? Why are the numbers growing?**

**It's because Doctors of Chiropractic can locate and correct subluxations, small distortions in your spine and structural system that can cause tremendous health damage if not corrected.**

**Tired of being sick and tired? Welcome to the world of chiropractic ~ discover how natural health can be.**

*Have a heart that never hardens, a temper that never tires, a touch that never hurts . - Charles Dickens*

*There is more hunger for love and appreciation in this world than for bread.  
- Mother Teresa*

Have a wonderful holy-day

We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time.

T.S. Eliot, *Four Quartets*

**May this be a time for renewal, health, healing, peace and insight.** Thank you for joining our practice and letting us introduce you, your friends and family to the wonders of chiropractic and the world of natural healthcare. If we haven't seen you in a while please stop by for a checkup. Your body will thank you.

Happy-merry .

And so much more . that's the message of a holiday (holy-day) - that life is so much more. As we tackle the worries and cares of life, we create a gap or "holy-day" to remind us we are more than all our day-to-day worries. From that Source our energies flow and the more we respect that power deep within us, and nurture it through silence, peace, prayer, worship and feelings of gratitude and love - the happier and healthier we are.

"Breast is best"

"Breast is best" is now accepted beyond all doubt as the proper nutrition for babies. Studies show that it's also a very good thing for mothers. In fact, mothers who breast-feed have a lower risk of getting breast cancer (1) and breast-fed babies have a decreased risk of getting breast cancer when they grow up. (2) Women who breast-fed had less breast cancer and infants who were exclusively breast-fed for 16 weeks or more had a 50% lower rate of acute otitis media (ear infections). (3)

If breastfeeding is natural feeding, then formula feeding is artificial feeding. Obstetrician Mayer Eisenstein writes: "Formula is no magic concoction. Anyone who reads the ingredients on a can of infant formula will see that it is simply a recipe of cow's milk, sugar and water. Although "experts" may assure you that pasteurized cow's milk, refined sugar and chlorinated tap water is an adequate substitute for breast milk, there is no evidence (none) that this is true and mountains of evidence that infant formula can be detrimental to your baby's health. (4)

### What part of your body does this?

They are your natural shock absorbers. They take the pounding of walking, running and even standing. They are flexible and elastic and give you strength.

They are like a golf ball or a jelly donut - lots of wrappings that surround a gel-like center.

They thicken during the nighttime and thin out as you walk and sit. That's why you're a little taller in the morning than you are at night.

If they are stressed they might become brittle and tear.

What are they?

If you said, "intervertebral discs," go to the head of the class. Discs are like pads that fit between your vertebrae. They help give your spine its curves. Except for the top vertebrae under your skull (your atlas), every spinal bone has a disc underneath it connecting it to and separating it from its vertebra neighbor.

The tough wrappings on the outside are called the annulus fibrosis and the inner gel-like center is called the nucleus pulposus.

If your intervertebral discs are damaged your entire spine can be thrown off-center, your nerves can become inflamed and you won't have flexibility, strength and comfort. You may experience back pain, leg pain, sciatica and weakness.

Bone spurs and degenerative arthritis of the lumbar spine can develop and this is called degenerative disc disease (DDD). It doesn't have to be part of growing older. To prevent DDD you need to keep yourself hydrated, stay physically active, and see your chiropractor to keep your discs free from stress!

Don't assume you need disc surgery merely because an MRI shows your discs are not well. Many people who have "normal" backs have MRIs that show disc herniations, degenerative changes and narrowed spinal canals. Just because you have symptoms doesn't mean your disc is causing the problem.

Don't just jump into surgery - always get other opinions - especially from a chiropractor or two.

In conclusion - get regular chiropractic adjustments to help keep your discs healthy.

[Did you know?](#)

Sir Arthur Conan Doyle studied to be a doctor at the University of Edinburgh in Scotland, where he was greatly influenced by a professor who used deductive reasoning to diagnose diseases. Upon graduation, Doyle opened an office in Hampshire; when the practice failed to generate enough patients, he would pass the time by writing detective stories.

[Researching](#) Chiropractic

**Chiropractic clinical case histories have been a regular feature of our patient newsletter since its**

**inception and have included papers published in various bio-medical and chiropractic journals.**

**There seems to be no end to the conditions that respond to chiropractic care - physical as well as psychological.**

**That is because chiropractic does not "treat" a particular condition. Chiropractic care "treats" or, more accurately, "corrects" a serious interference to brain, nervous system and energy function known as the subluxation.**

**No matter what condition you or a loved one may have, you will always function better when free from subluxations. Chiropractors are uniquely trained to locate and correct subluxations. Enjoy this month's cases and see more next month.**

**Chronic headache in an eight-year-old.** An 8-year old boy who suffered from chronic headaches for two years was brought in for chiropractic care. The headaches were described as sharp and throbbing, worse with noise, better when lying down, and located in the frontal skull area and occasionally lasted an entire day. He also suffered from sore throat, fatigue, queasiness, aches, pains and dizziness.

His parents brought him to a neurologist, psychologist and nutritionist with limited health improvements.

Initially the child was adjusted three times a week then progressed to a maintenance schedule of two times per month for a total of 86 visits in 20 months of care. Initially his cervical x-ray showed a flat spine - there was no curve. After 6 months of care his cervical lordosis (curve) was near normal for his age. His headaches and other symptoms resolved. (5)

**Chronic constipation in a child.** A 7-year-old-boy presented for care with complaints of chronic constipation, headaches and neck pain. The boy had suffered from constipation since the age of three. At age 5, MDs prescribed enemas (three times per week) but this gave only temporary relief. By age 6, stool softeners and the laxative MiraLAX® were prescribed. Three to four weeks prior to chiropractic care, the boy had bowel movements of once per week.

Over the course of 6 weeks, the child had 10 adjustments. The mother reported that her son had bowel movements of 5-6 times per week without the need for laxatives . (6)

**Two autism cases.** Case one involves a 20-year-old autistic male who displayed aggressive behavior towards others. Case two involves a 17-year-old autistic female who abused herself.

Both patients received a trial of chiropractic care for 5 and 4 months respectively with visit frequency of once per week. Both patients responded favorably to chiropractic care with the male patient decreasing in aggressive behavior and the female patient decreasing in self-abuse and improving in socialization. (7)

### Curing autism - GAPS

In our Researching Chiropractic section (above) we discussed the success of chiropractic care for children with autism. Autism is a devastating disorder that ruins many lives. But it doesn't have to be forever in many cases. Natasha McBride, MD's child was diagnosed with autism but she was able to cure him and now he is a normal, healthy 15-year-old. How did she do it? Find out about GAPS (Gut and Psychology Syndrome) and the special diet that can help cure autism by going to: <http://www.westonaprice.org/childrens-health/gaps> . You can also locate information on GAPS by going to [youtube.com](http://youtube.com) and typing in GAPS in the search engine.

### High cholesterol is good for you

Studies have shown that those with the longest lifespan have high cholesterol. How high, you ask? Over 300 and some as high as 500 mg/dl.

The idea that too much animal fat and high cholesterol are dangerous to your heart and vessels is nothing but a myth. Researchers at the University of California, San Diego, School of Medicine revealed that high cholesterol in those over 75 years of age is protective, rather than harmful and that low cholesterol is a risk factor for heart arrhythmias (leading cause of death if heart attack occurs). People with high cholesterol live the longest. (8)

Researchers from the University of Denmark report that about 15% of cholesterol lowering drug users over the age of 50 will suffer from nerve damage as a direct result of using statin (cholesterol-lowering) drugs. (9)

### Cholesterol doesn't cause heart disease

Did you know that there has never been a direct, proven link between high cholesterol and heart disease, heart attack or stroke? All of the hype was, at best, based on conjecture (the fancy term for guessing) and, at worst, a conspiracy to get people to take expensive prescription drugs!

If you're one of the millions of people who believe these "facts" about cholesterol, get ready for an education. Take this True or False quiz to see if you can separate fact from myth about cholesterol.

1. Cholesterol is a vital substance necessary for good health. T / F
2. The lower your cholesterol, the healthier you will be. T / F
3. Having cholesterol levels of less than 150 significantly reduces your risk of dying from heart disease. T / F
4. The lower your cholesterol levels are the greater your risk of dying from cancer. T / F
5. Cholesterol plays a role in helping to protect the body against environmental toxins. T / F
6. Cholesterol is important in maintaining fertility and sex drive. T / F
7. Eating foods high in fat will raise cholesterol levels. T / F
8. The use of statin drugs has lowered the incidence of heart disease. T / F
9. Oxidative stress and inflammation are the root cause of cardiovascular disease. T / F
10. High insulin levels are a greater risk factor for cardiovascular disease than high cholesterol. T / F

See the answers below the References section.

### Words of wisdom

*Even when I'm sick and depressed, I love life.* - Artur Rubenstein

*Who can protest and does not is an accomplice of the act.* - Talmud Bavli,  
Tractate Shabbat 54b

*Young devil, old saint.* - English saying

Humor

## **Southern Law**

Questions asked in a courtroom can be very revealing ... especially in the South. Even of an old, sweet lady many would be happy to call grandma.

In a trial in the heart of the South, a prosecuting attorney called his first witness, a grandmotherly woman he had known since childhood, to the stand.

He approached her and asked, "Mrs. Whitaker, do you know me?"

She responded, "Why, yes, I do know you, Mr. Coolidge. I've known you since you were a young boy, and frankly, you've been a big disappointment to me. You lie, cheat, manipulate people, and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you never will amount to anything more than a two-bit lawyer. Yes, I know you."

The lawyer was stunned! Not knowing what else to do, he pointed across the room and asked, "Mrs. Whitaker, do you know the defense attorney?"

She again replied, "Of course, I do. I've known Mr. Johnson since he was a youngster, too. He's lazy, he's bigoted, and he has a drinking problem. He can't build a normal relationship with anyone and his law practice is one of the worst in the entire state. Yes, I know him."

The defense attorney turned red with embarrassment.

The judge upon hearing the questions and answers thus far asked both counselors to approach the bench. In a very quiet voice he said, "If either of you asks her if she knows me, I'll throw you in jail for contempt."

## The perks of being the owner of your own small business .

The Montana Department of Employment, Division of Labor Standards claimed a small rancher was not paying proper wages to his help and sent an agent out to conduct a wage and hour audit.

Government agent: "I need a list of your employees and how much you pay them."

Rancher: "Well, there's my hired hand who's been with me for 3 years. I pay him \$200 a week plus free room and board.

Government agent: Anyone else?

Rancher: "Then there's the mentally-challenged guy. He works about 18 hours every day and does about 90% of all the work around here. He makes about \$10 per week, pays his own room and board, and I buy him a bottle of bourbon every Saturday night so he can cope with life. He also sleeps with my wife occasionally."

Government agent: "That's the guy I want to talk to - the mentally-challenged one."

Rancher: "That would be me."

**Bye!!!**

Please write or stop by and give us your feedback. Are there any subjects you'd like to hear about? Anything you dislike? Feedback is always important to us. And, of course, if you'd like hard copies of this newsletter stop by the office and we'll give you some for your friends and relatives. If they have email, have them write to us and we'll add them to our subscriber list.

Congratulations! You've read all the way down to here. For that you deserve a bonus. So here it is.

*It's so simple to be wise. Just think of something stupid to say and then don't say it.* - Sam Levenson

*Don't be humble; you are not that great.* - Golda Meir

*I went on a diet, swore off drinking and heavy eating, and in fourteen days I had lost exactly two weeks.* - Joe E. Lewis

*A spoken contract isn't worth the paper it's written on.* - Sam Goldwyn

*I have enough money to last me the rest of my life . unless I buy something.*  
- Jackie Mason

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Answers: 1. True 2. False 3. False 4. True 5. True 6. True 7. False 8. False 9. True 10. True