

Why is chiropractic so popular? Why do millions of people visit their neighborhood Doctor of Chiropractic? Why are the numbers of chiropractic families 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. Most people are living with subluxations.

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

Only you can discover your gifts because only you know what you love.
- Barbara Sher

To find joy in work is to discover the fountain of youth. - Pearl S. Buck

Spring has sprung - now it's your turn

Winter is giving up the ghost, the days are getting longer, the sun is warming the earth and life is bursting forth all around us. (Apologies to those in the southern hemisphere.)

Now we can open our windows, let fresh air blow through, relish the sun, clean our homes, renew our bodies (traditionally this is a time of cleansing diets, detoxification, massage, saunas and hot tubs among other things) and go for a hike or at least a walk - every day!

Did any New Year's resolutions fall apart? Hey, it happens; you're only human. But now is a great time to put them back together. Spring is a time for renewal, new life, growth and health.

Let the energy of spring propel you to greater heights of health, happiness and fulfillment. And as part of your springtime ritual, come in for one of our wonderful chiropractic checkups and adjustments - it'll help restore you to balance and help your energies flow.

Genes do not encode the final word

The famous scientist Emmanuel Cheraskin, M.D., D.M.D. once said, "People are always blaming genes. They'll say 'Of course I'm fat, it's because of my genes. My kids are fat because of their genes. My wife is fat because of her genes. My dog is fat because of his genes.' They ignore that they are all eating like pigs." (1)

Blaming our genes is unscientific - newer scientific research reveals that by changing how we eat, drink, think and live we can in fact change our genetic expression for the better, or for the worse. We have much more power than we realize.

Dawson Church, Ph.D., author of *The Genie in your Genes*, puts it this way:

The old view that our genes contain indelible instructions governing the functioning of our bodies is, in the scornful words of my offspring, "So twentieth century." We now know that a host of other factors determine which genes are expressed. Some of these are physical like diet, exercise, and lifestyle. Others are metaphysical, like beliefs, attitudes, spirituality, and thoughts. (2)

It's true. If you change your lifestyle you change your future - you are not a slave to destiny. You are not destined to get cancer, stroke, heart disease, mental illness - you were born to live a long, happy, healthy, fulfilling life.

What does this have to do with chiropractic? Actually, quite a lot. Regular chiropractic care is one of the best things you can do to improve your genetic expression because removing blockages or interferences to your nervous system permits your inner wisdom to function at higher efficiency. Your energies can flow to your every nook and cranny and you'll be more healthy and whole.

Remember, your brain and nerves control, coordinate and enhance your health and well-being, and chiropractors locate and release interference or blockages to your nervous system called subluxations. When subluxations or blockages are released your body and mind work closer to their potential and you live closer to your natural healing potential.

Do you know anyone with a spine? If they have a spine then they need to get it checked for subluxations and that includes everyone - from infants to the elderly.

Chiropractic has become the most popular natural healthcare system in the world because it works. It has proven itself for over a hundred years and it proves itself every day on countless people of all ages and with all kinds of health problems.

Why should your friends and relatives live with subluxations in their bodies when they can get a chiropractic checkup and live without them?

Please share chiropractic with everyone.

Protect yourself from EMR

Light from the sun is really a form of radiation and it is healing and good for us. After all, what can be more natural and healthy than sunlight?

But there are unhealthy forms of radiation that our parents and grandparents didn't live with. We're talking about EMR (electromagnetic radiation).

EMR comes from electronic devices and it has been shown to cause serious stress on our bodies that could lead to illness.

Here are some tips to reduce EMR exposure (you may feel a difference right away):

- . Do not use battery clocks near the bed (especially near your head)
- . Use beds without metal - those springs absorb energy
- . Get rid of cordless phones over 900 MHz - avoid Bluetooth phones
- . Open the windows 10 minutes daily to balance positive and negative ions in the house
- . Wear natural fibers
- . Unplug computers, video games and other electronics when not in use
- . Don't use fluorescent lights or compact energy efficient lights (they are linked to neurological damage and contain mercury). The newer LED bulbs have no mercury, use lots less energy and last a long, long time.

Did you know?

That you breathe over 20,000 times a day? Until modern times no one really knew why. Plato and Aristotle believed that the air we breathed kept the fire in our heart burning up nutrients and that fire gave us warmth and life.

Lavoisier, who is regarded as the founder of modern chemistry, named the gas we need to live and called it oxygen.

The ancients weren't totally off base. We do have a fire in us but it's not only in our heart but in every cell in our body. Our food is "burned" and energy is released in every cell in our body.

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 conditions.

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.

Multiple sclerosis.

A female patient with multiple sclerosis presented with neck pain, numbness, ringing in the ears, fatigue, balance problems and dizziness. This was the patient's second experience with chiropractic. An atlas subluxation was detected from leg length evaluation, postural analysis and radiographic measurements. She was adjusted using an upper cervical technique.

At the patient's 30th visit she reported having a 90% improvement in her neck pain, 90% improvement in her numbness, 70% improvement in her fatigue and a 90% improvement in her balance since her initial visit. (3)

Constipation in an infant. A nine-month-old infant was brought in for chiropractic care. She had developed constipation after her mother had stopped breastfeeding. Upon examination, subluxations were revealed at atlas and sacrum.

She was seen one time per week. The subluxated areas were adjusted each time.

After the first adjustment, her mother reported an increased frequency of bowel movements. By the third week her mother reported only occasional constipation. After five months of care the constipation had resolved completely. (4)

Why does anyone drink diet soda anymore?

Those who drink diet soft drinks are heavier than those who drink regular "sugared" soft drinks. That should be enough to get people to stop using this unnatural product.

But now there is even more shocking news: daily diet soda consumers are 43% more likely to have a vascular event (stroke, heart attack and vascular death) than those who drink none.

The authors took into account pre-existing vascular conditions such as metabolic syndrome, diabetes and high blood pressure. Light diet soft drink users, i.e. those who drank between one a month and six a week, and those who chose regular soft drinks were not more likely to suffer vascular events. (5)

Milk linked to cancer? It depends.

Some studies have linked milk and dairy products to cancer and other health conditions but no one has asked, "What kind of milk?"

A researcher from Harvard University has discovered that there is a tremendous difference between raw, natural milk and the pasteurized milk from factory-farmed cows that is found in most groceries and supermarkets.

The researcher and her team found that pasteurized factory-farmed milk contains dangerously high levels of the hormone estrogen that has been linked to cancers of the testes, prostate, ovaries, uterus and breast.

Ganmaa Davaasambuu, M.D., Ph.D. and colleagues identified "milk from modern dairy farms" as being dangerous. Cows there are milked 300 days/year, including while they are pregnant and soon after giving birth. In her native Mongolia cows are still milked traditionally - not milked until six months after giving birth and not while 3 or more months pregnant.

Pasteurized factory milk was found to contain up to 33 times more estrogen than traditionally milked cows.

"The milk we drink today is quite unlike the milk our ancestors were drinking," Dr. Davaasambuu said in the *Harvard University Gazette*. "When [cows] get pregnant, the estrogen levels in their blood, milk, and urine increase.. This made

me wonder - since the cows are pregnant all the time, the hormone levels in their milk should be really high." (6)

In contrast, raw milk from grass-fed cows milked at the proper times is linked to improving digestion, healing autoimmune disorders and boosting overall immunity, which can help prevent cancer. Discover the benefits of raw milk at www.westonaprice.org and see more at: http://www.naturalnews.com/035081_pasteurized_milk_cancer_dairy.html#ixzz1oAxtzFxR

Did vaccines really get rid of disease?

Deaths from measles, pertussis, scarlet fever and other communicable diseases of childhood were mostly gone before vaccination. You may be surprised but two centuries of official statistics reveal that while it is true that in the 19th and early 20th centuries childhood diseases caused great numbers of deaths, around the time of the 2nd World War and every year thereafter deaths continued to drop and drop. What lowered the death rate if it wasn't vaccines? Improved standards of living, cleaner water, better food, better sanitation and better plumbing improved the health and immune systems of children (and adults).

See official statistics of many formerly killer diseases at <http://childhealthsafety.wordpress.com/graphs>

Words of wisdom

Your diamonds are not in far distant mountains or in yonder seas; they are in our own backyard, if you but dig for them.

- Russell H. Conwell

The book of life begins with a man and a woman in a garden; it ends with revelations. - Oscar Wilde

A little bit of inspiration

She's 101 years old. And look at that car. Notice how she even puts a cloth down on the running board before she gets in the car and then leans down to pick it up. Watch here:

<http://video.nytimes.com/video/2011/07/08/automobiles/collectibles/100000000895665/two-classics-one-car.html>

Humor

Word Play

I wondered why the baseball was getting bigger . then it hit me.

To write with a broken pencil is . pointless.

When fish are in schools they sometimes . take debate.

A thief who stole a calendar . got twelve months.

When the smog lifts in Los Angeles . U.C.L.A.

The professor discovered that her theory of earthquakes . was on shaky ground.

The batteries were given out . free of charge.

A dentist and a manicurist married . they fought tooth and nail.

A will is a . dead giveaway.

If you don't pay your exorcist . you can get repossessed.

With her marriage, she got a new name . and a dress.

Show me a piano falling down a mineshaft and I'll show you . A-flat miner.

You are stuck with your debt if . you can't budge it.

Local Area Network in Australia: . the LAN down under.

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 is one for the golfers among us:

In golf, where did the term "caddie" come from?

When Mary, later Queen of Scots, went to France as a young girl (for education and survival), Louis, King of France, learned that she loved the Scot game "golf." So, he had the first golf course outside of Scotland built for her enjoyment. To make sure she was properly chaperoned (and guarded) while she played, Louis hired cadets from a military school to accompany her.

Mary liked this a lot and when she returned to Scotland (not a very good idea in the long run), she took the practice with her.

In French, the word cadet is pronounced 'ca-day' and the Scots changed it into "caddie."

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