

# SMITH & PRISSEL CHIROPRACTIC

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## HEALTH AT YOUR FINGERTIPS April 2009

### *Celebration of Women*



Start spring off  
right by staying  
happy and healthy;  
see your  
Chiropractor today!

Smith and Prissel Chiropractic/Advanced Massage Therapies is a proud sponsor of the event "Celebration of Women... L.O.L" put on by the Junior League of Eau Claire and Sacred Heart Hospital's Center for Healthy Living. Join us for an evening of shopping, socializing, and laugh-out-loud entertainment on Thursday, April 30, 2009. This event will be held at the Florian Gardens, 2340 Lorch Avenue, Eau Claire. To get your tickets, call (715)-717-1600. Tickets are \$25/person. RSVP by April 16. We hope to see you there.

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### CHIROPRACTIC DURING PREGNANCY

For many decades chiropractic care has been a blessing to pregnant women. Chiropractic has become the drug-free, natural, safe and effective approach to the fatigue, stress, exhaustion and pain (especially in the back, hip and pubic area) that sometimes occur in the later months of pregnancy. (1-4)

In addition to making pregnancy much more comfortable, chiropractic adjustments help pregnant women have easier births.

Further, chiropractic may prevent a breech presentation. Why? Spinal distortions (subluxations) can cause the pelvis to constrict a little and make it difficult or impossible for the unborn child to turn into proper position.

When the chiropractor corrects subluxations the entire structural system, including the



pelvis, relaxes. Labor and birth are easier and a breech baby may turn into the proper position so a Caesarian section would not be needed.

To ensure a more relaxing pregnancy, labor and delivery, a balanced, stress-free spinal column and body structure is essential. Every pregnant woman should get a chiropractic checkup.



## YOU'RE ON FIRE

“I’m on fire with desire”, “I burn with excitement” and other phrases refer to extreme emotional states. But you don’t need to go to extremes – you’re on fire all the time, awake and asleep.

Put your hand in front of your mouth or nose and exhale. What do you feel? Heat! Warm air! Where is the heat coming from? From your fire, of course. You’re burning right now as you read these words.

You’re burning up. Your fuel – food mixing with the oxygen you breathe – is creating fire and the result is heat and lots of other energy as well.

You’re on fire. Every cell in your body is on fire.

So why don’t you burn up? Well, you are. Don’t replenish your fuel stores with food and stop breathing and you’d shrivel up and die out, just like any other fire.

But we don’t have flames coming out of us, do we? We aren’t really on fire, are we? We are. But, irrespective of what romance novelists may have us believe, our fire is quiet and slow. We burn ever so carefully so we won’t damage our insides and get, well, burnt. Our energy is released in little bits, in controlled amounts and steadily, as needed, not explosively as when we burn paper or wood.

All living creatures are on a slow fire. A very slow, low-temperature fire. How do they do this? They use special chemicals, proteins, called enzymes to keep the fire under control.

That’s why paper may burn at Fahrenheit 242 degrees but you burn at 98.6 degrees (on average). Since you are always burning food you lose weight with every breath. You lose water too! What an odd fire – a wet burning one.



**When did your fire begin?** You were born on fire. Your brain cells were dividing, your heart was racing, your blood was streaming even in utero – you.

Make sure you eat nutrient dense foods that have not been denatured by refining and by added chemicals. Eat organic fresh food. As a general rule eat foods that can go bad, before they go bad.

Force your fire to burn hot by exercising so that sweat and extra heat can expel and burn away wastes. Go for nice walks – in the woods or a park if possible.

Drink plenty of good water so your slow fire can burn evenly.

And get a chiropractic checkup. Chiropractors help keep your energy pathways from being blocked or obstructed so that your “fire” may flow properly to all your nooks and crannies, to every cell, tissue, organ and system so that you may function at your optimum.

Every person should get a chiropractic checkup to ensure that their body is functioning at its peak. Keep your fire burning – see your chiropractor.

## BREAST-FED CHILDREN ARE HEALTHIER AND SMARTER

Instead of living breast milk designed over million of years to fulfill all your child developing needs, scientists developed a dead chemical substitute called formula. The physical and neurological differences between formula-fed and breast-fed babies is shocking. Simply stated, a synthetic or formula-fed child is far more liable to be obese, stressed and will be physically and emotionally sicker than a breastfed child.



Breast-fed infants score higher on developmental and visual tests than formula-fed babies (5) and mothers who breast-feed have a lower risk of getting breast and ovarian cancer. (6-7)

One interesting observation has to do with length of breastfeeding. Researchers found that the longer a baby is breastfed, the more intelligent the child. (8)

**In addition, formula-fed babies have higher rates of:** middle ear infections, pneumonia, gastroenteritis (stomach flu), urinary tract infections and necrotizing enterocolitis, a digestive tract disorder that is a leading killer of premature infants.

**Breast-fed infants, on the other hand, have added protection against:** heart disease, immune system cancers such as lymphoma, bowel diseases such as Crohn's disease, juvenile rheumatoid arthritis, asthma and allergies, respiratory infections, eczema and Type 1 and Type 2 diabetes.

## MERCURY FOUND IN HIGH FRUCTOSE CORN SYRUP

Much of the high fructose corn syrup (HFCS) in processed foods is tainted with the toxic metal mercury. Mercury was found in nearly 50% of tested samples of commercial HFCS. (10) According to David Wallinga, M.D., co-author of the study, "We are calling for immediate changes by industry and the FDA to help stop this avoidable mercury contamination of the food supply." Another study by the Institute for Agriculture and Trade Policy detected mercury in nearly one-third of 55 popular brand-name food and beverage products including:

- Quaker Oatmeal to Go bars
- Jack Daniel's Barbecue Sauce



- Hershey's Chocolate Syrup
- Kraft Original Barbecue Sauce
- Nutri-Grain Strawberry Cereal Bars
- Manwich Gold Sloppy Joe
- Market Pantry Grape Jelly
- Smucker's Strawberry Jelly
- Pop-Tarts Frosted Blueberry
- Hunt's Tomato Ketchup
- Milk
- Coca-Cola Classic: no mercury found on a second test
- Yoplait Strawberry Yogurt
- Minute Maid Berry Punch
- Yoo-hoo Chocolate Drink
- Nesquik Chocolate Milk
- Kemps Fat Free Chocolate



## CHIROPRACTIC AND RESEARCH

**Irritable Bowel Syndrome.** Irritable bowel syndrome (also called mucous colitis and nervous bowel) affects millions. It is an uncomfortable condition with cramping, abdominal pain, diarrhea or constipation, heartburn or upper abdominal indigestion. In this study a 25-year-old woman with chronic irritable bowel syndrome for the past five years visited a chiropractor. Her symptoms began to disappear that day and two years later she remained symptom free.

(11)

**Disc Herniation. Twenty-seven patients with painful disc herniations of the neck and low back (lumbar) spine received chiropractic care. MRIs revealed that in 63% of the patients the herniations had completely disappeared or been reduced. (12)**

**Chronic ear infections.** A child with chronic ear infections since birth received a chiropractic adjustment at 11 months of age. After 8 weeks of care the child no longer experienced ear infections nor had any drugs or antibiotics. Improvements in personality and behavior were noted by mother, babysitters and chiropractor. (13)

## WORDS OF WISDOM

*You can't depend on your eyes when your imagination is out of focus.*  
– Mark Twain

**See you next month!**

## References

References can be viewed online at [www.myECchiro.com](http://www.myECchiro.com)

