

SMITH & PRISSEL CHIROPRACTIC

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HEALTH AT YOUR FINGERTIPS AUGUST SALE

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CHIROPRACTIC IS GROWING IN POPULARITY

As more and more people embrace natural healthcare in their lives we see more and more people visiting chiropractors (as well as other natural healers), using natural childbirth, eating organic foods, finding drug-free alternatives and exercising. Increasing numbers of people are eschewing pills and drugs that merely mask or suppress symptoms (that turn up later in another form) and are seeking out true healing – the kind chiropractic offers. So welcome to our chiropractic newsletter; we hope to introduce you to a healthier, safer, happier way of living.

ARE YOU VACATIONING?

We hope so. Who doesn't like to go on vacation? Summertime is the best time to go on vacation. So is the winter. So are the fall and spring. OK, any time is the best time to go on vacation. It's always good to let go of day-to-day worries and cares and nurture ourselves. Sages have said that we should spend a little time each day going on vacation. Every day we should do something that we especially love to do, something that's deeply true to our purpose in life. Whether that's making music, meditating, praying, exploring, learning, sharing heartfelt time with someone or another healthy diversion, it should be done every day. Why? So our lives will have balance.



So if you're on vacation (or soon will be) remember to take that feeling home with you when you return to your "regular" life. Remember to keep a little place in your heart and mind where you'll feel a release from stress and joy in nature, where you feel happiness and a little carefree. You just need to do a little – it'll keep you warm on cold winter nights and keep you cool on hot summer evenings.

SHOULDER, ARM, HAND PROBLEMS AND CHIROPRACTIC



Neuritis, bursitis, neuralgia, rheumatism, frozen shoulder, fibrositis, sprains, strains, “poor circulation” and rotator cuff problems are some of the terms used to describe shoulder, arm and hand conditions.

Don't blame joint problems on “old age” – you have many other joints (and organs) that are just as old that have no problems.

Whenever there's a problem always look for imbalances and interferences preventing the body from functioning and healing.

When it comes to the shoulder, arm and hand the nerves that make up the brachial plexus should always be checked for interference caused by subluxations.

Subluxations are distortions in body structure. They can be caused by injuries such as falls, sports mishaps, car accidents, emotional stress, fatigue and sleeping in an awkward position. Even birth stress could cause subluxations that can affect the arms, shoulders and hands.

Which nerves?

Depending on which nerves are damaged there may be muscle weakness, neck pain or stiffness, shoulder, arm, wrist, hand or finger pain. Sometimes there's numbness, sometimes there's pain and numbness and sometimes there are odd sensations (“pins and needles”). (1-2)

Many other conditions

Because of the complicated way nerves interrelate, headache; migraine; facial pain; dizziness; limited, painful or stiff motion of the head and neck; throat conditions; thyroid and nasal problems; epilepsy and even lower back pain have been reported as a result of neck or brachial nerve plexus irritation. (3)

Carpal Tunnel Syndrome

Carpal Tunnel Syndrome or CTS symptoms include tingling and numbness in the hand, fingers and wrist; pain so intense that it awakens you at night and similar symptoms in the upper arm, elbow, shoulder or neck. “Faulty enervation caused by spinal joint lesions is one of the main factors in the production of wrist swelling, carpal tunnel syndrome, [and] tennis elbow.” (4-5)

The Chiropractic Approach

Chiropractic's success with shoulder, arm, wrist and hand problems is well documented, (6-10) even though chiropractic is really not a “treatment” for those problems. Your doctor of chiropractic is specially trained to locate and correct subluxations. Unless corrected, subluxations in your body can cause or contribute to many health conditions and prevent or interfere with the normal healing process. After your chiropractor has located your subluxations he or she will “adjust” or correct them. This will release structural and nerve pressure and help restore the healthy flow of nerve impulses between your brain and your body parts and help rebalance your system.

BREAST FEEDING: SAVING LIVES AND \$BILLIONS\$



According to a new study published in the journal *Pediatrics* nearly \$13 billion in health care costs each year could be saved and nearly 1,000 infant deaths could be prevented if more mothers would breastfeed at least six months, beginning immediately after birth.

Why? Breast milk is nature's perfect food. It supplies everything the baby needs for optimal brain and body development. Breast milk contains antibodies that protect infants from bacterial and viral infections. More importantly, breast milk contains things necessary for health that have not yet been discovered. Also breastfeeding benefits the child emotionally and helps neurological development. Formula simply does not give a child what he/she needs for optimal growth, development and health. Formula made from soymilk is especially damaging to infants and may cause developmental and sexual problems later in life. (11)

ANOTHER REASON TO GET MORE SUN (LOSE WEIGHT)

In the ongoing Framingham Heart Study scientists showed that those subjects with lower levels of vitamin D tended to have increased waist circumference and higher serum insulin levels – two major indications of dangerous visceral fat accumulation. Sunshine is your single best natural source of D (and sunscreen can block the healthy UV rays needed for vitamin D formation). (14)

CHIROPRACTIC RESEARCH

Why does chiropractic help so many people in so many ways? It's not for conditions or diseases but for the whole body. When the body functions closer to optimum, self-healing is maximized. Chiropractors remove interference to body function by correcting subluxations so the body can function closer to its optimal potential.

Otitis media (ear infection). A nine-month-old boy with a history of recurring ear infections was presented by his mother for chiropractic care. The child had antibiotic therapy and the MDs were suggesting ear surgery and tubes. Chiropractic care was actually initiated during an episode of otitis media. Cranial adjusting and sinus work along with vertebral subluxation correction was utilized and within one week both ears were reported clear. No ear infections have been reported since and the child is no longer on antibiotics and will not have surgery.

Autism A 6-year-old boy was brought to the chiropractor's office with reduced social interaction, altered behavioral patterns, language deficits and learning difficulties. He was diagnosed with autism by a neurologist. The child was fully vaccinated. Chiropractic analysis determined the presence of vertebral subluxations in the child. Chiropractic adjustments along with dietary and supplementation recommendations were advised. Over the 16-week period improvements in learning abilities, social interactions, language skills and

behavioral patterns were noted. (16)

Bipolar, seizure, sleep disorders and migraine headaches. A 23-year-old man was suffering from bipolar disorder, sleep disorder, seizures, migraine headaches, and neck and back pain following a head-first fall at age 17 while pole vaulting. Evidence of an upper cervical (neck) subluxation was found and corrected with chiropractic adjustments. All of the patient's conditions were completely resolved by the seventh month of care and remained absent at the conclusion of care at 18 months. (17)

WORDS OF WISDOM

The only way to compel men to speak well of us is to do it. – Voltaire

HUMOR

Children Discuss Relationships

HOW DO YOU KNOW WHO TO MARRY?

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. Kristen, age 10

HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

You might have to guess, based on whether they seem to be yelling at the same kids. Derrick, age 8

WHAT DO YOU THINK YOUR MOM AND DAD HAVE IN COMMON?

Both don't want any more kids. Lori, age 8

WHAT DO MOST PEOPLE DO ON A DATE?

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date. Martin, age 10

WHEN IS IT OKAY TO KISS SOMEONE?

When they are rich. Pam, age 7

HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T GET MARRIED?

There sure would be a lot of kids to explain, wouldn't there? Kelvin, age 8

And the #1 favorite is...

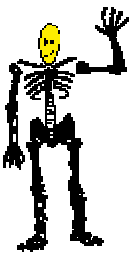
HOW WOULD YOU MAKE A MARRIAGE WORK?

Tell your wife that she looks pretty, even if she looks like a dump truck. Ricky, age 10



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.



References For references please visit our website at www.myecchiro.com