

HEALTH AT YOUR FINGERTIPS

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SMITH & PRISSEL CHIROPRACTIC



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Looking for a drug-free lifestyle, for health and wholeness for yourself and your family? Interested in disease prevention and health enhancement?

Welcome to a more natural world ~ welcome to the world of chiropractic.

TABLE OF CONTENTS

- Exhaustion, Fatigue and Chiropractic
- Your Nerves and Chiropractic
- Hypertension – Pain In The Neck
- Autism-Vaccine Link Finally Admitted
- Mammograms Offer No Health Benefits
Whatsoever, Doctors Conclude
- Chiropractic Research
- Amazing Nutrition Experiment
- Nutrition Myths
- How our government “protects” our health
- Did you know?
- Humor
- References



Exhaustion, Fatigue and Chiropractic

Why do people often feel an improvement in their energy with chiropractic care?

There are many reasons. One has to do with balance: as your hips, head and overall body structure become more balanced, you become more efficient and don't have to expend extra energy on misaligned body parts. Imagine walking around with your head slightly off center – you'd have loads of stress on your neck, shoulders, hips, legs and feet that would weaken your joints, create arthritis, wear down your discs and lower your energy.

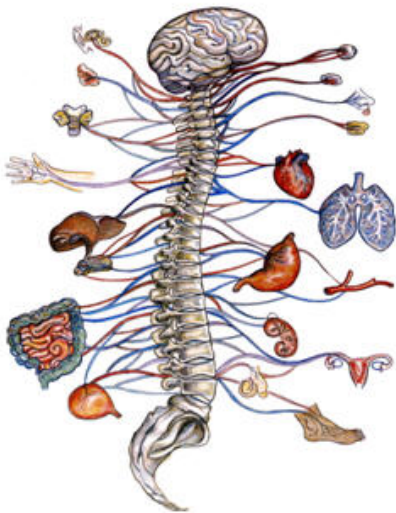


Unless you are balanced you can't function with ease and grace;

every step drains energy and the evening finds you falling asleep with a book or in front of the TV (unless you have young kids, then you're trying to sleep every free moment).

In addition to fatigue, signs of structural imbalance include feelings of tightness, joints that are "noisy," an inability to move or turn in either direction or as easily as you once could and premature aging. Make sure you're balanced – come in for a chiropractic checkup.

Your Nerves and Chiropractic



This illustration shows how the nerves traveling from your brain and spinal cord connect to your stomach, intestines, reproductive organs, glands, muscles, eyes, ears, arms, legs, hands, feet – everywhere.

Nerves send information, energy and even nourishment to your body parts. If there is the slightest blockage to this communication, nearly any system (digestive, eliminative, immune, cardiovascular, vision, hearing, nervous, etc.) can function less efficiently and you will not be able to adapt as easily to physical, chemical, emotional or environmental stresses.

This state is called dis-ease – it is a pre-disease state, one of weakness, lowered resistance to germs and a reduced ability to maintain chemical balance.

Subluxations interfere with your nerve communications. Most people who are ill have subluxations – often with no pain at the site of the subluxation itself.

Doctors of Chiropractic are specially trained to locate and correct subluxations, hidden distortions that cause dis-ease and interfere with your health and happiness. Please tell all your friends who are living on drugs or are suffering that they probably have subluxations in their body that only a Doctor of Chiropractic can locate and correct.



Hypertension: Pain In The Neck

<http://abcnews.go.com/Video/playerIndex?id=4519444>

Watch this interesting ABC News story on Chiropractic and high blood pressure. A non-drug way of dealing with high blood pressure? Amazing!

Autism-Vaccine Link Admitted

The US government has finally admitted, after decades of denials, that vaccinations are linked to autism. However, government officials are now circling the wagons. An excellent example of official obfuscation is seen in this interview with Julie Garberding, MD, director of the Centers for Disease Control. Her evasions and half-truths regarding autism are clearly shown even though she has no choice but to admit vaccines are linked to autism. Even though Dr. Gupta does not challenge her statements, the between-the-scenes written comments are excellent. Enjoy this fascinating and revealing interview. <http://adventuresinautism.blogspot.com/2008/03/julie-gerberding-admits-on-cnn-that.html>

Mammograms Offer No Health Benefits Whatsoever, Doctors Conclude

An increasing number of doctors are contesting the claim that annual mammograms decrease women's risk of dying from breast cancer...other doctors have begun to assert that in addition to failing to offer protection, mammograms — which involve exposing patients to radiation — may actually increase women's risk of cancer. According to some authorities, the squeezing of women's breasts during mammograms may rupture blood vessels, causing cancer to spread to other parts of the body and actually increasing a patient's risk of death. (1)

Chiropractic Research



Polio and Chiropractic, a case study. A 69-year-old retired female post-polio sufferer had left hand pain of over 40 years duration and limited flexion of the fingers of her left hand. The polio left the woman disabled, with the muscles of her right arm severely wasted and affected so badly that it was now practically useless. Her surgeon recommended surgery. After her first chiropractic adjustment, her left hand changed color from white to pink. Over the next few days she continued to notice hand improvement as well as a discontinuation of the itching in her hand. Her hand strength improved and there was also improvement in her posture, scoliosis and gait. The woman returned to her surgeon who said surgery was no longer recommended. In a survey of 500 post-polio sufferers, chiropractors received the highest patient satisfaction ratings at 45% while MDs received the lowest percentage at 22%. (2)

Sciatica. Forty-four patients experiencing sudden and painful low back pain were evaluated by orthopedists who could not find anything wrong. They were given the diagnosis of “acute sciatica.” A doctor of chiropractic located subluxations in all 44 who received chiropractic care. At a two-year follow-up all but two patients had returned to work. In addition, the period of sick leave was two-thirds that of patients under conventional medical treatment. (3)

Autism. A 3½-year-old girl who was diagnosed with autism a year earlier (reduced social interaction, language skills and learning difficulties) was brought in for chiropractic care. Both the chiropractor and the parents noticed improvements in social interactions, language skills and increased symmetry in surface EMG (electrical muscle firing) and thermal scanning (spinal heat readings) over 10 weeks of care. (4)

Amazing Nutrition Experiment

A woman was worried about her family's addiction to diet soda. After researching the effects of aspartame, she decided to perform her own experiment. She got 108 rats. For nearly 3 years she fed some of the rats the equivalent, for their body weight, of two-thirds the aspartame contained in 8-oz. of diet soda each day. Eleven of the females who took aspartame – 37% –

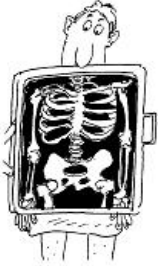


developed tumors, some of massive size. For details about this amazing experiment go to <http://myaspartameexperiment.com/index.php>.

How Our Government “Protects” Our Health

According to K. Paul Stoller, MD: “Out of about 120 million doses of the worthless flu vaccine shipped for the 2007-08 flu season about 87% contained some level of Thimerosal (mercury) and at least 42% contained the maximum level.” (5)

Did You Know...?



- Unlike vinyl records, a CD begins playing near the center and spirals outwards toward the edge.
- Grapes will not float in Jell-O.
- The grapefruit was not named for how it tastes, but for the way it grows – in bunches.
- The avocado is indigenous to Central America and, because of its shape, derives its name from the Aztec word ahucatl – meaning “testicle.”
- The notion that someone is “mad as a hatter” stems from the fact that in the early 19th century, felt hat makers used mercury to stabilize wool. Many of them developed uncontrollable tremors, confused speech and hallucinations.
- The voices for many of the characters on The Simpsons, according to the actors who do them, are nothing more than “bad celebrity impressions:” Moe Syzlak is Al Pacino, Louie (the cop) is based on Sylvester Stallone, and Mayor Quimby was inspired by John F. Kennedy.

Humor

A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, she said, 'Now, class, if I stood on my head, the blood, as you know, would run into it, and I would turn red in the face.'

'Yes,' the class said.

'Then why is it that while I am standing upright in the ordinary position, the blood doesn't run into my feet?'

A little fellow shouted, 'Cause your feet ain't empty.'

****If you would like to share this newsletter with a friend, visit our website at www.myECchiro.com ****

See you next month. Remember, a chiropractic adjustment today can make a big difference for you and your family. Come visit us and bring your family. Remember friends don't let friends stay subluxated.

References

1. <http://www.newstarget.com/021608.html>
2. Simpson S. The palliative care of a post-polio syndrome patient. *Clinical Chiropractic*. 2006;9(2):81-87.
3. Orlin JR, Didriksen A. Results of chiropractic treatment of lumbopelvic fixation in 44 patients admitted to an orthopedic department. *Journal of Manipulative and Physiological Therapeutics*. 2007;30(2):135-139.
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5. Stoller, KP. Les Incompétents: My open letter to the American Academy of Pediatrics. *Medical Veritas* 5. 2008;1699-1700.

