

SMITH & PRISSEL CHIROPRACTIC

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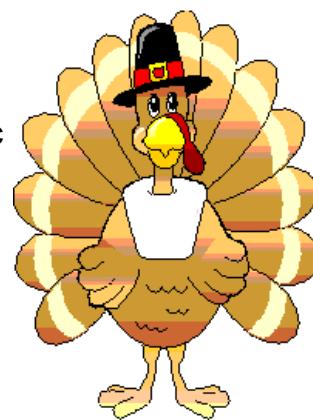
HEALTH AT YOUR FINGERTIPS November 2010

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Happy Thanksgiving!

What is science?

Science is a discipline. It is a way of observing things and drawing conclusions. There are many ways of observing things, and hence there are many types of science. We speak of the “hard sciences” such as mathematics, engineering, chemistry, physics and mechanics and the “soft sciences” such as biology, psychology, pathology, physiology and other sciences that often deal with living creatures.

For years scientists thought they could explain the person – mind, body and spirit – in hard scientific terms using mathematics, physics, chemistry and the like. It has yet to work. Allopathic (traditional or so-called “scientific”) medicine has largely failed – we have more chronic illness today than ever before and it’s getting worse.

The living being is too complex, too unique and too unpredictable to apply the hard sciences to it. Instead, we have a way of looking at the body that is more respectful, that doesn’t consider it a mere mechanical machine. It is known as empirical science – we learn how this mysterious body works by studying its actions and reactions in sickness and in health. The results are superior.

Among those disciplines that use empirical science are traditional chiropractic, traditional homeopathy, traditional osteopathy, traditional Chinese medicine and other “holistic” systems. They see the person as a whole and work to bring the individual into balance and harmony so the greatest healer in the world – the natural wisdom of the body – can work at its greatest potential.

Carpal Tunnel Syndrome (CTS) and Chiropractic

You won't find the carpal tunnel on any map – it's in your wrist. Your carpal (wrist) bones form a tunnel-like structure – the carpal tunnel – through which pass nine tendons and one nerve – the median nerve.

Carpal Tunnel Syndrome (CTS)



Carpal tunnel syndrome is called the occupational disease of the 21st century. Years ago telegraph operators, seamstresses, carpenters and meat cutters were the chief sufferers from this condition. Today it's office workers, computer users, musicians and assembly line workers. It is also often found in pregnant women, women who use birth control pills or individuals with an underactive thyroid.

If you have one or more of the following you may have it: tingling and numbness in the hand, fingers and wrist; swelling of the fingers; dry

palms; blanching (whitening upon pressure) of the hand; or pain so intense that it awakens you at night. In some people CTS causes similar symptoms in the upper arm, elbow, shoulder or neck. (1)

Millions of people now suffer from CTS (2) and increasing numbers of them are seeking chiropractic care. The drug-free chiropractic approach of releasing nerve and structural stress has been a blessing to untold numbers of people afflicted with this condition.

Thoracic Outlet Syndrome

Thoracic outlet syndrome (TOS) is similar to CTS but is caused by irritation of the nerves that form the brachial plexus (in the upper back) as they exit the neck. TOS symptoms include pain, weakness and numbness or tingling in the arm.

The Chiropractic Approach

Since everyone who does repetitive tasks does not get CTS (or TOS) there appears to be an underlying weakness contributing to this condition. That is why anyone suffering from CTS should see a chiropractor to ensure that his/her body structure is properly aligned and free from pressure affecting his/her nerves.

For over a hundred years clinicians, researchers and patients have reported relief of classic carpal tunnel symptoms and improvement in overall body function after chiropractic adjustments. (3-5) Subluxations (nerve irritation) have also been observed in many patients who have carpal tunnel or related hand and wrist problems. (6-7)

For these reasons, anyone suffering from carpal tunnel syndrome should see a chiropractor to ensure that their body is free of nerve stress.

16 new deaths from Gardasil™

Please just say no when asked if your child should have this useless, dangerous vaccine. More and more deaths and injuries continue to be reported. For example, between May 2009 and September 2010 there were 3,589 adverse reactions reported from Merck's Gardasil (HPV) vaccine including 213 people who became permanently disabled, 16 deaths (including four suicides) and 25 cases of Guillain-Barre Syndrome including:



A 19-year-old girl received Gardasil. A few weeks later she developed “headache, nausea, dizziness, chilling, tiredness, shortness of breath, chest pain, severe cramps,” experienced an acute cardiac arrhythmia and died.

A 13-year-old was vaccinated. Ten days later, she developed a fever. “The patient did not recover and was admitted to the hospital, developed dyspnoea, went into a coma...and expired. The cause of death was claimed to be ‘death due to viral fever.’” Her death occurred 23 days after receiving her first dose of Gardasil.

Thirteen days after vaccination, a ten-year-old girl developed “progressive loss of strength in lower and upper extremities...” and was diagnosed with Guillain-Barre Syndrome that is considered to be immediately life-threatening.

Judicial Watch President Tom Fitton said, “These reports are troubling and show that the FDA and other public health authorities may be asleep at the switch... No one should require this vaccine for young children.” (8)

Diet soda, diabetes and stroke



Not only does diet soda NOT make you lose weight, but the sugar substitute chemicals in it put you at risk for developing some serious health conditions. For example, one study revealed that if you drink diet soda every day, you're 67% more likely to develop diabetes. (9) Further, the Framingham Heart Study found that people who drink more than one diet soda a day have a 56% increased chance for developing metabolic syndrome (including coronary artery disease and stroke). (10)

Breastfeeding – new research

A new study in the *Archives of Disease in Childhood* reveals the benefits of exclusive breastfeeding for *at least* the first six months of life. Babies nourished this way experience fewer infections than those who are either breastfed for a shorter period of time, or fed formula in addition to breast milk.

The lessened infections include respiratory and urinary infections, ear infections (otitis media), stomach upsets such as gastroenteritis, eye infection (conjunctivitis) and thrush. If a baby does get an infection it is less severe if the child was exclusively breastfed. Partial breastfeeding – mixing breast and bottle – did not achieve the same results. The authors concluded:

Mothers should be advised by health professionals that, in addition to all the other benefits, exclusive breastfeeding helps prevent infections in babies and lessens the frequency and severity of infectious episodes.

Professor Emmanouil Galanakis and his team say it is the composition of breast milk that explains their findings. Breast milk contains antibodies passed from the mother, as well as other immunological and nutritional factors, that help the baby fight off infections. Breastfeeding is the optimal and natural way to instill immunity in children, eliminating the need for chemical-laden vaccines that often cause more harm than good. (11)



Words of Wisdom

In nature there are neither rewards nor punishments; there are only consequences. – Robert B. Ingersoll

Researching Chiropractic

Chiropractors are often sought out if a person has back, neck, sciatica, arm, leg, headache and other kinds of pain. But don't limit chiropractic! Pregnant women especially need chiropractic care.



Scoliosis, dizziness, back pain, lack of vitality. A 15-year-old female with a history of scoliosis, vertigo, lumbar pain and lack of vitality began chiropractic care for subluxation correction.

Measurements showed that she had a scoliosis Cobb angle of 44 degrees.

Adjustments were limited to correcting subluxations in the upper cervical (neck) region (Atlas or C1) vertebra. After 5 months of care, the scoliosis Cobb angle was reduced to 32 degrees. (12)

Autism. A 6-year-old boy was diagnosed with autism by a neurologist after brain pathology was ruled out. He had been fully vaccinated. Vertebral subluxations were found in the child. The Autism Treatment Evaluation Checklist (ATEC) was used to determine the state of his condition. A schedule of chiropractic adjustments was implemented to reduce the subluxations that were found. Over a 16-week period of chiropractic adjustments, a reduction in vertebral subluxation patterns and an improved ATEC score were noted. The child's learning abilities, social interactions, language skills and behavioral patterns also improved. (13)

Bedwetting. A nine-year-old boy with nocturnal enuresis (bedwetting) was presented for chiropractic care after unsuccessful medical approaches. Subluxations were located and corrected in the cervical and lumbo-sacral spine regions. By the seventh visit he had been dry for two weeks and continued to stay dry at a four-month follow-up. (14)

Vitamin D and the flu

Vitamin D was extremely effective at halting influenza infections in children – reducing relative infection risk by nearly two-thirds. The results are from a randomized, double blind, placebo-controlled study involving 334 children, half of whom were given 1200 IUs per day of vitamin D3.

Vitamin D appears to be 800% more effective than vaccines at preventing influenza infections in children. Vitamin D also significantly reduced asthma in children.

Rather than slathering toxic sunscreen on our kids and ourselves, and hiding under hats and other devices to prevent all of the sun's rays from striking our bodies, doctors should tell their patients to get lots of sun – just don't burn.

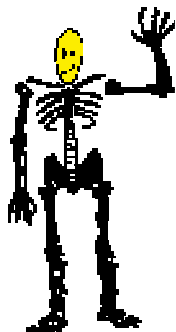
Too many people have vitamin D deficiency that has been linked to cancer, diabetes, kidney and liver disorders, bone disorders and, of course, influenza. (15)



Humor

- Light travels faster than sound. This is why some people appear bright until you hear them speak.
- Whenever I fill out an application, in the part that says "If an emergency, notify: " I put "DOCTOR".

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