

SMITH & PRISSEL CHIROPRACTIC



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HEALTH AT YOUR FINGERTIPS

January 2012

Wishing all a Happy, Healthy New Year!

20% off Vitamin D this month
Vital for immune and mood support.

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“Breast is best”

“Breast is best” is now accepted beyond all doubt as the proper nutrition for babies. Studies show that it’s also a very good thing for mothers. In fact, mothers who breast-feed have a lower risk of getting breast cancer (1) and breast-fed babies have a decreased risk of getting breast cancer when they grow up. (2) Women who breast-fed had less breast cancer and infants who were exclusively breast-fed for 16 weeks or more had a 50% lower rate of acute otitis media (ear infections). (3)



If breastfeeding is natural feeding, then formula feeding is artificial feeding. Obstetrician Mayer Eisenstein writes: "Formula is no magic concoction. Anyone who reads the ingredients on a can of infant formula will see that it is simply a recipe of cow's milk, sugar and water. Although “experts” may assure you that pasteurized cow's milk, refined sugar and chlorinated tap water is an adequate substitute for breast milk, there is no evidence (none) that this is true and mountains of evidence that infant formula can be detrimental to your baby's health. (4)

What part of your body does this?

They are your natural shock absorbers. They take the pounding of walking, running and even standing. They are flexible and elastic and give you strength.

They are like a golf ball or a jelly donut – lots of wrappings that surround a gel-like center.

They thicken during the nighttime and thin out as you walk and sit. That's why you're a little taller in the morning than you are at night.

If they are stressed they might become brittle and tear.

What are they?

If you said, "intervertebral discs," go to the head of the class. Discs are like pads that fit between your vertebrae. They help give your spine its curves. Except for the top vertebrae under your skull (your atlas), every spinal bone has a disc underneath it connecting it to and separating it from its vertebra neighbor.

The tough wrappings on the outside are called the annulus fibrosis and the inner gel-like center is called the nucleus pulposus.

If your intervertebral discs are damaged your entire spine can be thrown off-center, your nerves can become inflamed and you won't have flexibility, strength and comfort. You may experience back pain, leg pain, sciatica and weakness.

Bone spurs and degenerative arthritis of the lumbar spine can develop and this is called degenerative disc disease (DDD). It doesn't have to be part of growing older. To prevent DDD you need to keep yourself hydrated, stay physically active, and see your chiropractor to keep your discs free from stress!

Don't assume you need disc surgery merely because an MRI shows your discs are not well. Many people who have "normal" backs have MRIs that show disc herniations, degenerative changes and narrowed spinal canals. Just because you have symptoms doesn't mean your disc is causing the problem.

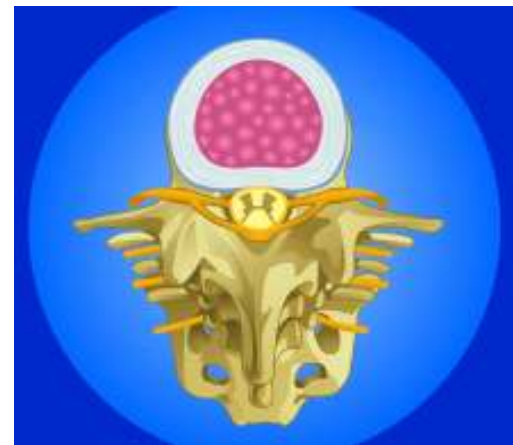
Don't just jump into surgery – always get other opinions – especially from a chiropractor or two.

In conclusion - get regular chiropractic adjustments to help keep your discs healthy.

Researching Chiropractic

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.

Chronic headache in an eight-year-old. An 8-year old boy who suffered from chronic headaches for two years was brought in for chiropractic care. The headaches were described as sharp and throbbing, worse with noise, better when lying down, and located in the frontal skull area and occasionally lasted an entire day. He also suffered from sore throat, fatigue, queasiness, aches, pains and dizziness.



His parents brought him to a neurologist, psychologist and nutritionist with limited health improvements.

Initially the child was adjusted three times a week then progressed to a maintenance schedule of two times per month for a total of 86 visits in 20 months of care. Initially his cervical x-ray showed a flat spine – there was no curve. After 6 months of care his cervical lordosis (curve) was near normal for his age. His headaches and other symptoms resolved. (5)

Chronic constipation in a child. A 7-year-old-boy presented for care with complaints of chronic constipation, headaches and neck pain. The boy had suffered from constipation since the age of three. At age 5, MDs prescribed enemas (three times per week) but this gave only temporary relief. By age 6, stool softeners and the laxative MiraLAX® were prescribed. Three to four weeks prior to chiropractic care, the boy had bowel movements of once per week.



Over the course of 6 weeks, the child had 10 adjustments. The mother reported that her son had bowel movements of 5-6 times per week without the need for laxatives. (6)

Two autism cases. Case one involves a 20-year-old autistic male who displayed aggressive behavior towards others. Case two involves a 17-year-old autistic female who abused herself.

Both patients received a trial of chiropractic care for 5 and 4 months respectively with visit frequency of once per week. Both patients responded favorably to chiropractic care with the male patient decreasing in aggressive behavior and the female patient decreasing in self-abuse and improving in socialization. (7)

High cholesterol is good for you

Studies have shown that those with the longest lifespan have high cholesterol. How high, you ask? Over 300 and some as high as 500 mg/dl.

The idea that too much animal fat and high cholesterol are dangerous to your heart and vessels is nothing but a myth. Researchers at the University of California, San Diego, School of Medicine revealed that high cholesterol in those over 75 years of age is protective, rather than harmful and that low cholesterol is a risk factor for heart arrhythmias (leading cause of death if heart attack occurs). People with high cholesterol live the longest. (8)

Researchers from the University of Denmark report that about 15% of cholesterol lowering drug users over the age of 50 will suffer from nerve damage as a direct result of using statin (cholesterol-lowering) drugs. (9)

Humor



Southern Law

Questions asked in a courtroom can be very revealing ... especially in the South. Even of an old, sweet lady many would be happy to call grandma.

In a trial in the heart of the South, a prosecuting attorney called his first witness, a grandmotherly woman he had known since childhood, to the stand.

He approached her and asked, "Mrs. Whitaker, do you know me?"

She responded, "Why, yes, I do know you, Mr. Coolidge. I've known you since you were a young boy, and frankly, you've been a big disappointment to me. You lie, cheat, manipulate people, and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you never will amount to anything more than a two-bit lawyer. Yes, I know you."

The lawyer was stunned! Not knowing what else to do, he pointed across the room and asked, "Mrs. Whitaker, do you know the defense attorney?"

She again replied, "Of course, I do. I've known Mr. Johnson since he was a youngster, too. He's lazy, he's bigoted, and he has a drinking problem. He can't build a normal relationship with anyone and his law practice is one of the worst in the entire state. Yes, I know him."

The defense attorney turned red with embarrassment.

The judge upon hearing the questions and answers thus far asked both counselors to approach the bench. In a very quiet voice he said, "If either of you asks her if she knows me, I'll throw you in jail for contempt."



*Be sure to tell your friends and family
about the benefits of Chiropractic Care!*

See you again next month!