

SMITH & PRISSEL CHIROPRACTIC

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Happy New Year!!

This issue's table of contents

- Questions and answers about chiropractic
- Is cholesterol screening necessary?
- Researching chiropractic
- Recipe of the Month—Turkey Chili with White Beans
- Stress, you need it
- Humor
- References



Questions and answers about chiropractic

Where does chiropractic come from?



D.D. PALMER
DISCOVERER OF CHIROPRACTIC

Chiropractic was discovered by Dr. DD Palmer, a natural healer, in 1895 in Davenport, Iowa.

Why Davenport? At that time the banks of the Mississippi were the “fringe” of the country. Davenport, along with St. Louis and other similarly located cities were the stopping off points before entering into Indian Territory. People would often find hardship and danger as they searched for opportunity and created new lives for themselves and a new world to the benefit of all humanity.

It was a wild, creative place. Many utopian communities, spiritualist conventions and experimental lifestyles arose in those areas in those days. Some people have called it the “California” of its day.

But working in his office on the banks of the Mississippi, Dr. Palmer realized he wasn't discovering something new, he was rediscovering an ancient healing art that was thousands of years old and found in nearly all cultures all over the world. As he wrote:

These axioms, rediscovered and known as Chiropractic, were also known and practiced by Aesculapius and his followers... [I took] two Greek words, cheir (hand) and praxis (done by) ...from which I coined the word Chiropractic. (1)

Palmer happened to revive chiropractic, however, during a time of sharp growth of pharmaceutical chemicals and synthetic drugs. Bad timing.

But chiropractic and natural healing somehow survived (probably because millions of patients were helped by it and love it). And thrived.

Chiropractic continues to grow in popularity because it works – millions of people, young, old and everyone in between, are leaving the world of drugs and benefitting from chiropractic care each year.

Is cholesterol screening necessary?

Save your money. Some doctors consider cholesterol screening to be one of the best predictors of heart attack. If your cholesterol levels are even the slightest bit high, they pull out the prescription pad and write up a prescription for a statin – despite the fact that nearly 75% of people who have heart attacks have normal cholesterol. Actually almost all of your cholesterol is made by your body and is needed for the function of your brain, cell membranes and healthy sexual hormones (and other hormones). People on low-cholesterol (statin) drugs have higher rates of mental, muscle and other problems. Don't follow the herd; herds go over cliffs. (2)

Researching Chiropractic

Chiropractic clinical case histories have been a regular feature of our patient newsletter since it's inception and have included papers published in various bio-medical and chiropractic journals.

There seems to be no end to the conditions that respond to chiropractic care – physical as well as psychological conditions.



That is because chiropractic does not “treat” a particular condition. Chiropractic care “corrects” a serious structural 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.

Breech presentation. A 35-year-old woman, during the 30th week of her second pregnancy, was told by her doula that the fetus was in breech position. She was evaluated via Webster Technique and a sacral subluxation and trigger points along the round ligament were found.

After four adjustments the fetus was determined to have turned from transverse breech to vertex position by ultrasound analysis. The mother had a successful vaginal birth and a cesarean section was avoided. (3)

Colic in a baby girl. An 8-week-old female baby was brought in for chiropractic care. She had classic symptoms of colic which included crying up to 5 hours at a time and she appeared to wince in pain upon making a bowel movement. The crying spells often lasted well into the night.

Care was limited to chiropractic spinal analysis using static, motion and muscle palpation followed by chiropractic care using light impulse finger adjustments in the supine and side posture positions. C1 and T11 were adjusted. The child was seen 8 times over a 4-week period. Improvements were seen after the first visit and her problems completely resolved after 8 visits. On one-year follow up the mom reported that the child was healthy and thriving and the colic never returned. (4)

Recipe of the Month

Turkey Chili with White Beans

- 1 tbsp oil**
- 2 medium onions chopped**
- 1 ½ tsp dried oregano**
- 1 ½ tsp ground cumin**
- 1 ½ lbs lean ground turkey**
- ¼ cup chili powder**
- 2 bay leaves**
- 1 tbsp unsweetened cocoa powder**
- 1 ½ tsp salt**
- ¼ tsp ground cinnamon**
- 1 28 oz can of whole tomatoes**
- 3 cups beef stock/broth**
- 1 8oz can tomato sauce**
- 3 15 oz cans small white beans, rinsed, drained**

Chopped red onion

Chopped fresh cilantro

Plain low fat yogurt or light sour cream

Heat oil in heavy large pot over medium heat. Add onions; sauté until light brown and tender, about 10 minutes. Add oregano and cumin; stir 1 minute. Increase heat to medium-high. Add turkey; stir until no longer pink, breaking up with back of spoon. Stir in chili powder, bay leaves, cocoa powder, salt and cinnamon. Add tomatoes with their juices, breaking up with back of spoon. Mix in stock and tomato sauce. Bring to boil. Reduce heat; simmer 45 minutes, stirring occasionally.

Add beans to chili and simmer until flavors blend, about 10 minutes longer. Discard bay leaves. *(Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium-low heat before continuing.)*

Ladle chili into bowls. Pass red onion, cilantro and yogurt separately.

Per Serving: calories, 375; total fat, 11g; saturated fat, 2g, cholesterol, 68mg

Stress – you need it

Yes, you do. What? Shouldn't we avoid stress? First of all, that is impossible. To be alive is to be under stress – from gravity to feeling and relating to others stress is always with us.

Doesn't stress wear us down? Doesn't stress exhaust us?

Not necessarily. It's all in the balance. We may push ourselves to uncomfortable limits (stressful) to grow, but without stress your heart, mind, brain and muscles will slowly but surely wither. But even very late in life that withering can be reversed.

What practice could you add to your life to regularly push beyond your comfort zone — and renew? Increasing the amplitude of your wave — from intense effort to deep renewal — is the surest path to a more fully realized life.



Humor

STUDENT WHO OBTAINED 0% ON AN EXAM

1. In which battle did Napoleon die? **His last battle.**
2. Where was the Declaration of Independence signed? **At the bottom of the page.**
3. River Ravi flows in which state? **Liquid.**
4. What is the main reason for divorce? **Marriage.**
5. What is the main reason for failure? **Exams.**
6. What can you never eat for breakfast? **Lunch and dinner.**
7. What looks like half an apple? **The other half.**
8. How can a man go eight days without sleeping? **He sleeps at night.**
9. How can you lift an elephant with one hand? **You will never find an elephant that has only one hand.**
10. If you had three apples and four oranges in one hand and four apples and three oranges in other hand, what would you have? **Very large hands.**
11. If it took eight men ten hours to build a wall, how long would it take four men to build it? **No time at all, the wall is already built.**
12. How can you drop a raw egg onto a concrete floor without cracking it? **Any way you want; concrete floors are very hard to crack.**

References

1. Palmer DD. *The Art, Science and Philosophy of Chiropractic*. Portland, OR: Portland Publishing House, 1910:12.
2. Jeanclos E et al. Shortened telomere length in white blood cells. *Diabetes*. 1998;47(3):482-486.
3. Ferguson K, Kulesza G. Resolution of breech presentation after application of Webster Technique in a 35 year-old-female: a case study. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2012;4:113-117.
4. Ron R, Castellucci RR. Resolution of colic in an eight-week-old infant undergoing chiropractic care: a case study. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2012;4:109-112.

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