

# SMITH & PRISSEL CHIROPRACTIC



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## HEALTH AT YOUR FINGERTIPS

February 2013

**This Month's Special:**  
**10 % off Nordic Naturals Omegas**  
*For a healthy heart, mind and nervous system*

### This issue's table of contents

- Chiropractic is ahead of its time
- Questions and answers about chiropractic
- Flu shot increases chances of getting the flu
- Researching chiropractic
- Recipe of the month-Chocolate Chip Brownie Lara Bars
- Humor
- References



### Chiropractic is ahead of its time

#### **The three causes of dis-ease (malfunction or disharmony)**

Chiropractic has been ahead of its time for over a hundred years in large part by re-discovering a major way the body can malfunction (or become dis-eased) that had been forgotten: the spinal or vertebral subluxation. And just as important, chiropractic was discovered because it was able to correct this malfunction.

Modern chiropractic was discovered in 1895 by Dr. Daniel David Palmer (a natural healer) in Davenport, Iowa after he observed the restoration of hearing in one man and relief of a heart condition in another patient when he performed his new "hand treatments" (as he first called them). His "hand treatments" restored spinal bones or vertebrae to their proper position, took pressure off of nerves and permitted the body to function better.

Dr. Palmer continued to research and perfect the science, philosophy and art (practice) of what would later be called chiropractic (Greek for done by the hand.) Chiropractic is the largest non-drug healing art in the US and the world.

Palmer observed three main causes of dis-ease (body malfunction):



1. **Toxins** – from poisons, vaccines, drugs, dental infections, heavy metals, herbicides, fungicides, “dead” foods and other forms of pollution
2. **Trauma** – birth injuries, falls, accidents, and other physical trauma
3. **Thoughts** – unrelenting worry, fear, grief and emotional stress

These three causes are interrelated – they affect one another and by improving one, the others may be improved.

That is why over a hundred years of clinical studies show when people receive a chiropractic adjustment to correct their subluxations, emotional improvements, detoxification (as their body functions better they get rid of toxins) and improved body function may occur.

These three causes of dis-ease – toxins, trauma and thoughts – when addressed can have a powerful effect on nearly every disease condition known. Many of the modern diseases of civilization (cancer, Alzheimer’s, Parkinson’s, autism, allergies, asthma, diabetes and other chronic illnesses) can be traced to one or all of these factors.

For that reason, no matter what diagnosed disease or condition a person has they always benefit from chiropractic care – correcting subluxations is a key factor in health for everyone and everyone needs a periodic chiropractic checkup.

## **Questions and answers about chiropractic**

### **Why does chiropractic have a philosophy?**

All healing arts have a philosophy that guide their practice and research (even if they don’t know it).

Medicine, homeopathy, chiropractic, psychology, nutrition, acupuncture, Traditional Chinese Medicine, Indian Medicine and all the rest have philosophical assumptions upon which they are based.

For example, the medical assumptions include the belief that the human body is similar to a machine and the whole is the sum of the parts. The parts can be manipulated, interchanged or altered (by drugs, for example) and that won’t affect the whole; symptoms are bad and must be eliminated (suppressed) and the body needs help to function better.

The philosophy of chiropractic, shared by most natural healthcare systems, says living beings are more than machines – there is an intelligence in the body, there is a “wisdom of the body” and the whole is greater than the sum of its parts; everything is interconnected and changing one part affects the whole.

Also, symptoms are what the body uses to heal and should not be suppressed but understood and managed. Suppressing symptoms in fact drives disease deeper and makes a person chronically ill. The body does not need help to function at its optimum; it just needs no interference.

Chiropractors exemplify this philosophy by locating and correcting/adjusting subluxations that interfere with normal mind and body function, permitting you to function as intended and respecting what the body is trying to do

## Flu shot increases chances of getting the flu

There is a lot of conflicting information regarding the flu shot. Make sure you do your research and make an informed decision for your health!

There is now another study revealing that if you want to get the flu, get a flu shot. There have been six studies showing that getting the flu shot increases the chances of getting the flu.

The latest study is by Dr. Danuta Skowronski, of the British Columbia Centre for Disease Control in Canada. She found that people vaccinated with the flu shot were more likely to get infected with the pandemic virus than people who hadn't received a flu shot.

The study was presented in San Francisco in September 2012 at the 52<sup>nd</sup> ICAAC (Interscience Conference on Antimicrobial Agents and Chemotherapy). Using animal models Dr. Skowronski found that vaccinated animals became significantly sicker than those not vaccinated.

"The findings that we show are consistent with the increased risk that we saw in the human studies," Skowronski said.

Read more at:

<http://www.theglobeandmail.com/life/health-and-fitness/health/flu-shot-issue-may-not-be-canadian-problem-after-all-study/article4530649/>

## Researching Chiropractic

**Chiropractic clinical case histories have been a regular feature of our patient newsletter since its 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 case and see more next month.**

**Chronic Fatigue Syndrome and chiropractic.** Chronic Fatigue Syndrome (CFS) is also called myalgic encephalomyelitis (ME). It makes people miserable with symptoms such as impaired memory or concentration; sore throat; tender lymph nodes; muscle pain; multi-joint pain; headache; unrefreshing sleep and fatigue after exertion. This is a study of 19 people diagnosed with CFS placed under chiropractic care. Their care was limited to the adjustment of the upper cervical or upper neck vertebra also known as the



atlas or C1. The patients were monitored and adjusted (if needed) for a period of six months and were periodically tested to assess their function.

A significant increase in the General Health and Mental Health following chiropractic care was observed. This is referred to as an improvement in their “quality of life.” (1)

## **Recipe of the Month**

### *Chocolate Chip Brownie Lara Bars*

½ cup seedless, pit-less whole dates (unsweetened)

¼ cup raw almonds

1 Tbsp baking cocoa powder

1 ½ Tbsp mini chocolate chips

1. Add the dates to a food processor and process until it forms a thick fruit paste. This may take a while. Pulse in the cocoa powder.
2. Remove the paste and seat in a bowl on the side. Now process the nuts until they are fine, but not a powder. Mix the nuts and chocolate chips into the fruit paste until well combined.
3. Press mixture into a lined dish to form bars to the thickness of your liking. Use your fingers or the back of spoon to smooth them out evenly. Cover and refrigerate. Cut into bars when ready to eat.

## **Humor**

### **Wife's diary, husband's diary**

#### **Wife's diary:**

Tonight, I thought my husband was acting weird. We had made plans to meet at a nice restaurant for dinner. I was shopping with my friends all day long, so I thought he was upset at the fact that I was a bit late, but he made no comment on it. Conversation wasn't flowing, so I suggested that we go somewhere quiet so we could talk. He agreed, but he didn't say much. I asked him what was wrong; He said, 'Nothing.' I asked him if it was my fault that he was upset. He said he wasn't upset, that it had nothing to do with me, and not to worry about it. On the way home, I told him that I loved him. He smiled slightly, and kept driving. I can't explain his behavior. I don't know why he didn't say, 'I love you, too.' When we got home, I felt as if I had lost him completely, as if he wanted nothing to do with me anymore. He just sat there quietly, and watched TV. He continued to seem distant and absent. Finally, with silence all around us, I decided to go to bed. About 15 minutes later, he came to bed. But I still felt that he was distracted, and his thoughts were somewhere else. He fell asleep; I cried. I don't know what to do. I'm almost sure that his thoughts are with someone else. My life is a disaster.

#### **Husband's diary:**

A two-foot putt ... who the hell misses a two-foot putt?

## **REFERENCES**

1. Woodfield JC, Dickholtz M. Quality of life improvement in patients with chronic fatigue syndrome following upper cervical chiropractic care

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



