

SMITH & PRISSEL CHIROPRACTIC

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HEALTH AT YOUR FINGERTIPS March 2013

Happy St. Patrick's Day!! Sale--\$10 off all pillows

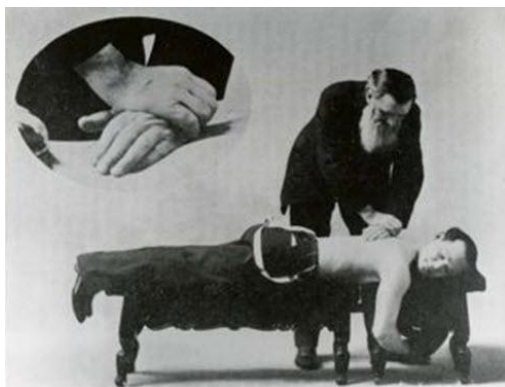
Stop by the office to find the right pillow for you!

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The first chiropractor



Here is a photograph of the discoverer of chiropractic, Dr. DD Palmer, of Davenport, Iowa demonstrating spinal adjusting. Dr. Palmer (called "DD") accidentally discovered chiropractic when he restored the hearing of a man who had been deaf for 17 years.

DD originally thought he had discovered a cure for deafness, but after patients with heart problems, asthma, menstrual cramps, infertility, headaches, back and neck problems and many other conditions were

restored to proper function from Dr. Palmer's "hand treatments" (as he first called them), he realized he had discovered something more far reaching.

Soon people were flocking to his office from far and wide. After many entreaties Dr. Palmer agreed to teach his discovery and began the Palmer School of Chiropractic, which is still in existence.

Most of Dr. Palmer's first students were medical doctors, osteopaths and other natural healers. In time the Palmer school accepted individuals without advanced degrees. Why? Because, as BJ Palmer, DD's son and future head of the school said, "Humanity needs more chiropractors."

Chiropractic went from one lone practitioner in Davenport, Iowa in 1895 to become the largest drug-free healthcare system in the world. Millions of people visit their neighborhood chiropractors every year – the numbers are growing.

And yet many more millions have no idea how chiropractic can help them and their families live more natural, drug-free lives. Instead we see so many “walking drugstores,” suffering from side effects not knowing that chiropractic can help turn on their “inner drugstore” – their own natural healing ability. Please help us help them by referring those you care about.

Questions and answers about chiropractic

Q. Are there incurable diseases?

A. There are no incurable diseases. There are thousands of cases of people suffering from what are considered by medical doctors to be terminal, incurable diseases, who amazed everyone by living long fruitful lives after having had a “spontaneous remission.”

What is a “spontaneous remission?” It is the body’s natural healing ability that was awakened to recognize and heal itself of its “incurable” illness.

Exactly how to awaken this self-healing ability is a mystery. It is the goal of chiropractic and other natural systems to remove blockages, distortions, interferences and subluxations so your body may function at an improved level. That is why many people called “terminal” rediscovered their health under chiropractic care and other forms of natural healthcare.

School violence – what’s going on here?

The murders have shocked us all. What can we do to stop them?

Nearly all those killers were taking psychiatric drugs that have been linked to violence and self-destructive behaviors including suicide. (1) But why were those children on drugs? What made their brains sick in the first place?

We needn’t look far: today’s explosion of neurological, immunological and behavioral abnormalities is linked to the bizarre practice of injecting children with toxic chemicals that cause brain malfunction.

Nearly every child diagnosed with ADD/ADHD, bi-polar disorder, depression, autism, Asperger's, processing disorders, dyslexia and other neurological conditions was injected with at least 45 vaccines by six months of age. These vaccines contain many chemicals linked to brain damage.

These chemicals are aluminum, mercury, formaldehyde, acid, animal cells, animal DNA, aborted fetal cells and others. Infant bodies and brains cannot handle that toxic load.

Childhood vaccination is the most common cause of brain damage. (2)

Vaccine exemptions – know the law

The latest news report that almost every child who gets measles, mumps and/or whooping cough during an epidemic has been fully vaccinated (3) are making more parents question giving vaccines in the first place. Others are concerned about injecting aluminum, mercury, formaldehyde, acid, animal cells, animal DNA, aborted fetal cells and more into their child's body.

Are you forced to vaccinate your child? The answer is no. Every state in the US permits legal exemptions to vaccines. In some it's as easy as checking a box on the vaccine form while in other states you may have to write a letter or go through some other hoops. However, except for West Virginia and Mississippi, all states permit a philosophical (i.e. "I don't like 'em") or religious ("They are against my personal beliefs") exemption.***Wisconsin allows all three exemptions, philosophical, religious and medical.***

Mississippi and West Virginia only permit a medical exemption. In practice that means that they will permit you to forego vaccinations for your child if they have already been vaccine injured.

What religion do you need to belong to in order to claim a religious exemption? It doesn't matter. The government cannot ask you your religious beliefs because that puts them in the position of deciding if your religion is "good enough." This is something not permitted in our Bill of Rights and has been reaffirmed by the US Supreme Court.

Most educators, school nurses and health professionals are unaware that vaccine exemptions exist and that you have a choice.

To locate your state laws about exemptions, go to www.vaclib.org/exemption.htm. For general information on vaccination go to <http://vaccineliberationarmy.com>.



Researching chiropractic

Chiropractic clinical case histories have been a regular feature of our patient newsletter since its inception. There seems to be no limit to the health problems that respond to chiropractic care.

Muscular dystrophy and chiropractic. The patient was diagnosed with muscular dystrophy and was on several medications. She was having trouble breathing, had extreme muscle weakness in her lower extremities, suffered from vertigo and needed assistance walking.

At initial examination, evidence of subluxations were located and adjusted.

After 1 month of care, the patient reported an improvement in overall pain levels, as well as a decrease in vertigo. After 6 weeks she was off all blood pressure



medication. After 2 months she had increased muscle strength. After 4 months of care the patient reported a near complete absence of symptoms. (4)

Difficulty nursing. An 8-week-old female unable to suck properly and who had difficulty nursing was brought in for chiropractic care. The patient was described as distressed. She had a left head tilt and subluxations were identified at the occiput (of the skull), atlas vertebra, sacrum and the cranium.

The infant received spinal and cranial adjustments. After the third adjustment the baby latched on and breastfed for 20 minutes without any difficulty. She continues to breastfeed normally. (5) \



Recipe of the Month

St. Patty's Hummus Recipe

1-16 oz can garbanzo beans, drained and rinsed or 2 cups cooked garbanzo beans

1/4 c. tahini (this can be purchased or see below* for how easy it is to make)

1-3 cloves freshly minced garlic

1 teaspoon salt

Juice of 1 lemon (about 3 Tbsp)

1/3 c. minced greens (choose from fresh parsley, cilantro, green onion, chive or kale)

Approximately 1/4 c. cold water or liquid from cooking beans

-Place all ingredients, except water, in a blender or food processor. While blending, add water, a little at a time, until smooth, creamy texture is achieved.

-Makes about 2 cups (Other variations/add-ins include artichoke hearts or roasted red peppers.)

***Tahini (Sesame Seed Butter)**

2 c. sesame seeds

Pinch of sea salt (optional)

1/4-1/3 c. oil (olive works well)

-Toast seeds in a dry skillet, stirring occasionally until they begin to pop and turn golden. Pour into food processor. Grind to a powder. Add sea salt if desired. With processor running, drizzle oil in, a little at a time, until desired consistency. Store in covered jar and keep in cool place or refrigerator. Makes about 1 1/3 cups. Recipes modified from *The Vegetarian Mother's Cookbook*

See you next month! Be sure to share information with those close to you about the benefits of Chiropractic care!



References

1. <http://www.sfgate.com/health/article/Psychotropic-drugs-and-shootings-3292836.php>

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4. Fedorchuk C & Frisch C. Improved health outcomes in a patient with muscular dystrophy and hypertension following subluxation based chiropractic care. *Annals of Vertebral Subluxation Research*. January 31, 2013;1-11.

5. Slak L & Wilson KA. Breastfeeding difficulty resolved following subluxation based chiropractic care & cranial work. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2013;1:7-10.