

SMITH & PRISSEL CHIROPRACTIC

829 W. CLAIREMONT AVE
715-833-3505

HEALTH AT YOUR FINGERTIPS April 2013

The Anti-Stress Drink

April sale of the month:

20% off *Natural Calm*

(organic orange, raspberry lemon, KIDS-natural orange flavors)

This issue's table of contents

- Chiropractic is unique
- Back surgery
- The Standard American Diet (SAD)
- Do you have cancer?
- Researching chiropractic
- Humor
- Recipe of the Month-Texas Caviar
- References



Chiropractic is unique



Chiropractic is a unique science, art and philosophy of life, health and healing.

Millions of people around the world have seen their lives and health restored under chiropractic care.

“What does chiropractic treat?” we’re often asked. The answer is that the goal of chiropractic care is to permit your body to function better, with less stress and without subluxations, a condition that causes body malfunction or disease. The most common locations of subluxations are in the spine and structural system. Chiropractors spend thousands of hours learning how to locate and correct these subluxations.

Do you have a subluxation? Come to our office and find out. Everyone could use a chiropractic checkup. You get your eyes, teeth, blood pressure and heart checked every once in a while – why not get a chiropractic checkup? All your internal organs need a healthy nerve/spine relationship so you may function at your physical and mental peak.

Back surgery

Most back surgeries fail, meaning the pain remains or is worse. A few years ago *The New Yorker* ran an article entitled “A Knife in the Back.” Discussing failed back surgery,

the author Jerome Groopman, MD tells this story:

Nine months after meeting Trisha Bryant at the time of her discography, I called her to find out how she was doing. She had undergone fusion surgery in early December. "I'm actually in worse pain now than before the fusion operation," she told me. "My sciatica has returned." She has not been able to go back to work, and the pain prevents her from sitting, driving, or walking for extended periods of time. "I'm thirty-five years old," she said, "and I feel like I have the body of an eighty-year-old."

In fact most back surgeries are unnecessary. When a surgeon looks at an MRI and says, "Your disc is ruptured, you need surgery," it may mean nothing. Why? Because many millions of people are walking around with all kinds of joint, disc and spinal abnormalities and yet they feel fine.

A recent study of CT scans showed the 27% of healthy people over the age of 40 had a herniated disk, 10% had an abnormality of the vertebral facet joints and 50% had other anatomical changes that were judged significant. And yet none of these people had nagging back pain.

Another study using MRI scanning, showed that 36% of people over 60 had a herniated disk, and some 80-90% of them had significant disk degeneration. Given that degenerated disks are often found in people who are fully functioning, it shouldn't be assumed that they are always the cause of the trouble.

Even patients with an acute ruptured disk have a good prognosis ... 90% will feel significantly better within six weeks, without surgery. Over time, the disk gradually retracts, so that it is no longer pressing on the nerves and the inflammation subsides. (1)

The Standard American Diet (SAD)

Do Americans eat lots of junk? Is the Pope Catholic? Junk food is more than potato chips and soda (pop); it is anything refined and processed (denatured) and pasteurized. Today most of the meat, poultry, eggs and milk are from animals fed GMO (genetically modified) corn, soy and factory waste. These are unnatural foods. For example, cows are supposed to eat grass. As a result our meat, eggs, milk, fish, etc. are much less than ideal and some consider them practically junk food.

What to eat? Eat real foods: non-GMO, organic, non-processed. Eat grass-fed beef, wild caught fish and free range chickens that eat bugs and are not fed soy. Especially avoid dangerous oils that are linked to premature aging, cancer, heart disease and diabetes such as corn oil, vegetable oil, canola oil, margarine – and instead use healthy fats that are truly nourishing and good for you such as butter, coconut oil, olive oil and animal fats (tallow, lard, goose grease, duck fat).

The healthiest cultures with the longest lifespan are neither vegetarians nor vegan. If you are a vegetarian, eat nuts and algae to increase your protein intake. Avoid soy which is genetically modified and not meant to be more than a condiment. Soy adds to the estrogen load of the body and inhibits enzymes.

Do you have cancer?

Are you alive? Then you have cancer. But don't worry, everyone has cancer cells in their body all the time. The issue is not do you have cancer, but are the cancer cells doing their job and will they then dissolve away.

Doing their job? What purpose does a cancer cell have? New research is suggesting that cancer is a defense mechanism – that cancer cells feed on one's own toxins or toxic waste. When your body is toxic, from unhealthy foods, drugs, chemicals and does not detoxify properly, cancer cells arise to help deal with the toxins. After the waste is removed the cancer should dissolve away. This appears to be the reason why so many successful natural cancer approaches deal with detoxification – diet, enemas, colonics, fasting and approaches that work to rebalance the patient, improve function and strengthen one's natural power of resistance.

Do chiropractors treat cancer? Chiropractors treat (or care for) people, not diseases. We make sure your body is functioning at its best so you may better deal with whatever is preventing you from achieving total health.

That is why all cancer patients (all people) need chiropractic care to ensure their body is functioning at its peak. Nutritional approaches, detoxification, cleanses, classical homeopathy, sauna and other approaches should all be a part of a cancer protocol.

A wonderful book dealing with this is *Cancer is not a disease, it's a survival mechanism* by Andreas Moritz in which he discusses the causes (and approaches) to dealing with cancer.

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.

That is because chiropractors do not “treat” a particular condition but instead do something deeper – remove subluxations that interfere with proper function of the brain and nervous system to rebalance your

nervous system and body, remove disharmony, restore function and “unleash” the power of the healer within.

No matter what the condition, your body will always function better when free from subluxations. This month's cases reveal some examples of that. See more next month.

Postpartum osteitis pubis and chiropractic. A 32-year-old female with a pregnancy-induced osteitis pubis (MRI confirmed) of two years duration began chiropractic care.

Athletes who get osteitis pubis from repeated injuries heal with rest. This case was unusual because the patient was not an athlete and rest did not help. When she entered the chiropractic office she was in such pain she was unable to walk unassisted. She had been under conventional medical care that included rest and orthopedic supports with no improvement.

Humor

Proofreading is a dying art – actual newspaper headlines

- Something Went Wrong in Jet Crash, Expert Says
- Police Begin Campaign to Run Down Jaywalkers
- Miners Refuse to Work After Death
- If Strike Isn't Settled Quickly, It May Last Awhile
- Cold Wave Linked to Temperatures
- Red Tape Holds Up New Bridges (Stronger than duct tape?)
- Man Struck By Lightning: Faces Battery Charge
- New Study of Obesity Looks for Larger Test Group
- Typhoon Rips Through Cemetery; Hundreds Dead

Recipe of the Month

Texas Caviar

- 1 can Corn
- 1 can Black Beans
- 1 can Pinto Beans
- 1 big can (2 small cans) Rotel with Chilies
- 1 chopped Red Pepper
- 1 chopped Green Pepper
- 1 medium Onion (Sweet is best)
- ½ c Apple Cider Vinegar
- ½ c Sugar
- ½ c Canola Oil

In a small sauce pan bring Vinegar, Sugar, and Oil to a boil. Stir until sugar is completely dissolved. Remove from heat and let cool for 10-15 minutes. Mix chopped vegetables, and canned ingredients (drain and rinse corn and beans) into a large mixing bowl. Once the oil/vinegar mixture is warm but not hot pour over the vegetables. Stir. Then refrigerate stirring occasionally for an hour or so to let cool and the mixture pick up the flavor in the sauce. Enjoy with Tortilla chips! Keep Refrigerated.



BYE!!!

Please write or stop by and give us your feedback. Are there any subjects you'd like to hear about? Anything you dislike? Feedback is always important to us. And, of course, if you'd like hard copies of this newsletter stop by the office and we'll give you some for your friends and relatives. If they have email, have them write to us and we'll add them to our subscriber list.

References

1. Groopman J. A knife in the back: is surgery the best approach to chronic back pain?. *The New Yorker*. April 8, 2002.
2. Fano R & Mullin L. Chronic post partum osteitis pubis managed with chiropractic. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2013;1:15-17.
3. Ryan I & Rollette D. Improvement of chronic sinusitis, constipation and pharyngitis in a child following chiropractic care: a case report. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2013;1:18-23.