

# SMITH & PRISSEL CHIROPRACTIC



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## HEALTH AT YOUR FINGERTIPS May 2013

### Sale Item:

All Biofreeze and Sombra products are **20%** throughout the month of May!  
Feel free to ask Dr. Angela or Dr. Emily if you have any questions.

### May Events:

**Spring Coloring Contest**-Starting May 1<sup>st</sup>, make sure to pick up a coloring page for your child at your next visit. Please have all entries in by May 31<sup>st</sup>. Each age group will have a 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> prize winner. Stop by the office for more details.

**Facebook Drawing**-Like our Facebook (it helps keep you informed about events and sales going on here in the office) page before May 15<sup>th</sup> and get entered into a drawing for a health and wellness gift basket.

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### **It's spring and a young man's fancy turns to baseball**

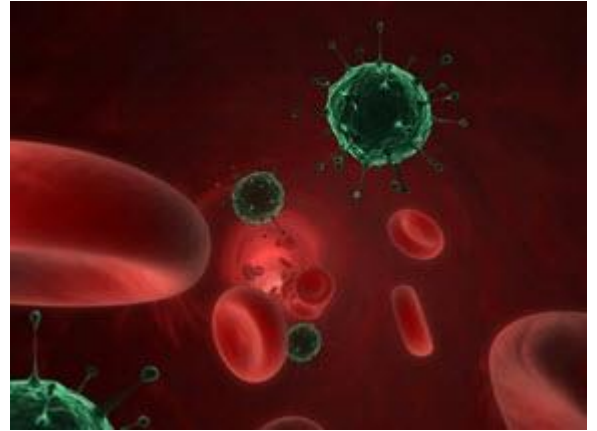
Except for the math Yogi was right and that's why baseball and chiropractic go together so well. Nearly a hundred years ago the New York Yankees became the first major league team to travel with a chiropractor. Richard van Rump, DC was chiropractor to Babe Ruth and the other Yankee greats (as well as many other famous people). It's not just a matter of keeping baseball players free from injuries or getting them back in the game faster; chiropractic prevents injuries by keeping people balanced, with a natural range-of-motion, better focus and better brain-body communication—that's where the 90% mental comes from. Every muscle in your body needs proper communication with your brain, over your nerves. Chiropractic also helps your brain function better when we release stress on your spinal

column. That's why athletes say that chiropractic can give them the "winning edge." By the way, do you need a chiropractor for your little (and not so little) league team? Discuss it with us. Chiropractors work

with teams but we also work with individual professional (and amateur) tennis, golf, football, gymnastics, track and field and other athletes as well.

## Chiropractic is good for your blood

Chiropractic improves your blood? Yes—not only your blood but your entire body. A study reveals that people under chiropractic care for as few as eight weeks have higher levels of blood chemicals that are associated with DNA repair and overall wellness. These blood chemicals, serum thiols, are used to measure a person's general health because they reveal how much DNA repair enzymes you have. In this study serum thiol levels were measured in 46 patients who were suffering from active diseases. They were compared to 21 people under chiropractic care for 8-52 weeks and with 25 people who had been under chiropractic care for 52-312 weeks.



The patients were age matched to be 40 years of age or older and those with active disease had the lowest level of serum thiol while those under chiropractic wellness care for 8-52 weeks had higher levels. Yet those under 52-312 weeks of chiropractic care had the highest levels. The authors write, "The results clearly support the recommendations being made for wellness care by chiropractors ... there is no doubt that chiropractic care was the dominant factor in being able to realize thiol values."

So when we recommend you come in for periodic chiropractic care, please remember it's for you and your family's own good. Keep your DNA repair enzymes (and your ability to function) high; come in for a chiropractic adjustment. (1)

## Healing your gut

The problem with taking antibiotics is that they cannot distinguish between *good* bacteria and *bad* bacteria. There are over 100 trillion good bacteria and microorganisms in a precarious balance in our intestines that promote overall health and especially help immune function and digestion. If the bacteria in our digestive systems are out of balance (or absent), the result may be improper digestion, lack of nutrient absorption and malnutrition. Plus undesirable yeasts and bacteria may thrive and take over. Candida yeast overgrowth is an example. It can cause itching, rashes, headaches and lethargy. Yeast inhibits magnesium absorption (causing insomnia), damages gut tissue (which can lead to leaky gut syndrome or Crohn's disease) and has been linked to a variety of other health problems ranging from chronic fatigue to allergies to arthritis. Because of antibiotics hundreds of thousands of people die each year in hospitals from antibiotic-resistant infections. Many, many more are sickened. What can you do? Eat fermented foods that are filled with healthy bacteria; they are part of all cultures. These include yogurt (live-cultured). Be sure to avoid yogurt with sugar or corn syrup, artificial sweeteners and artificial flavors. Also consider kefir (like yogurt and rich in antioxidants), sauerkraut, miso, kombucha and probiotic supplements containing live cultures.

Antibiotics may sometimes be necessary, yet most bacterial infections heal naturally. Some natural antibiotics are garlic, onion, goldenseal, echinacea and oregano oil. The best "antibiotic" is a healthy immune system.

## 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. This rebalances your nervous system and body, removes disharmony, restores function and “unleashes” 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.

**Spinal pain complicated by diffuse idiopathic skeletal hyperostosis.** Four patients with neck and/or back pain were examined and using X-rays vertebral subluxations were found along with diffuse idiopathic skeletal hyperostosis (DISH) in the cervical spine (neck).

All patients were adjusted using chiropractic. Tests revealed a statistically significant improvement of those under chiropractic care. (2)

**Incessant crying, colic, torticollis, feeding, sleep issues.**

A three-month-old baby boy was brought into the clinic with a history of incessant crying, colic, congenital torticollis, flattening of the back of the skull (plagiocephaly), difficulty feeding, abdominal distension, gas and restless sleep. Chiropractic adjustments and cranial work to reduce subluxations were administered. The crying, colic, torticollis and feeding difficulties disappeared by the fourth adjustment. (3)



## How do you know if your food is GMO?

Check if you are eating GMO foods that are linked to cancer and tumors at the link below. Most people are shocked that so many foods that appear normal actually contain bizarre genes and chemicals that were never in food before.

Additionally none of these GMO foods have been properly tested for safety. (4) It appears that all corn and all wheat is GMO either due to intentional planting of GMO seeds or unintentional cross-breeding.

And there’s more; see the list here:

<http://shiffrequency.com/comprehensive-list-of-gmo-products/>

Remember, buy only non-GMO foods for you and your family. Support laws requiring the labeling of foods containing GMOs.

## Humor

**Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?**

A: Your heart only good for so many beats, and that it ... Don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.

**Q: Should I reduce my alcohol intake?**

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Bottoms up!

**Q: How can I calculate my body/fat ratio?**

A: Well, if you have body and you have fat, your ratio one to one, if you have two bodies, your ratio two to one, etc.

**Q: What are some of the advantages of participating in a regular exercise program?**

A: Can't think of single one, sorry. My philosophy is: No pain ... good!

**Q: Aren't fried foods bad for you?**

A: YOU NOT LISTENING! Food fried these days in vegetable oil. How could getting more vegetable be bad for you?!?

**Q: Will sit-ups help prevent me from getting a little soft around the middle?**

A: Definitely not! When you exercise muscle, it get bigger. You should only be doing sit-up if you want bigger stomach.

**Q: Is chocolate bad for me?**

A: Are you crazy? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

**Q: Is swimming good for your figure?**

A: If swimming good for your figure, explain whale to me.

**Q: Is getting in shape important for my lifestyle?**

A: Hey! 'Round' is shape!

### Recipe of the Month

#### NO-BAKE ENERGY BITES

##### INGREDIENTS:

- 1 cup (dry) oatmeal (I used old-fashioned oats)
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter (or almond butter)
- 1/2 cup ground flaxseed or wheat germ
- 1/2 cup chocolate chips (optional)
- 1/3 cup honey
- 1 tsp. vanilla

##### METHOD:

Stir all ingredients together in a medium bowl until thoroughly mixed. Let chill in the refrigerator for half an hour. Once chilled, roll into balls of whatever size you would like. (Mine were about 1" in diameter.)

Store in an airtight container and keep refrigerated for up to 1 week.

Bye!!!

Happy Mother's Day! See you next month!



#### References

1. Campbell CJ, Kent C, Banne A, Amir Ai, Pero RW. Surrogate indication of DNA repair in serum after long term chiropractic intervention – a retrospective study. *Journal of Vertebral Subluxation Research*. February 18, 2005;1-5.
2. Henry L. Chiropractic management in diffuse idiopathic skeletal hyperostosis: a case series. *Annals of Vertebral Subluxation Research*. February 28, 2013;12-17.
3. Rubin D, Istok M. Resolution of infantile colic, torticollis, plagiocephaly & feeding difficulties following subluxation based chiropractic: a case report. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2013;2:24-27.
4. Smith JM. *Seeds of Deception: Exposing Industry and Government Lies About the Safety of the Genetically Engineered Foods You're Eating* (3rd printing edition). Fairfield, IA: Yes! Books; September 1, 2003.