

Health at Your Fingertips

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This issue's table of contents

- Chiropractic and pregnancy
- Good for you, bad for you
- Questions and answers about chiropractic
- The science delusion
- Researching chiropractic
- Words of wisdom
- Practical tips
- Do you know if your food is GMO?
- Humor
- References

Chiropractic and pregnancy

For a healthier pregnancy, labor and delivery chiropractic care is a must.



Pregnant women need more chiropractic checkups than any other single group (OK, maybe a little less than professional football players), because they are living with their unborn baby 24/7 and it's a constant stress on their body structure and internal organs. Pregnant women find that under chiropractic care they have more comfortable pregnancies, suffer from less or no back and spinal pain, and have easier labor and delivery. (3-5) There have also been a number of papers written on the benefits of chiropractic care for women facing breech births. (6) How could chiropractic affect a breech presentation? One proposed mechanism is that a

breech birth occurs when the hips and spine are out of alignment so the pelvic cavity that contains the uterus cannot expand as much as possible. The unborn child is "constrained" and cannot move around and assume the best position for birth. A properly aligned spine and pelvis can help the uterus open up more and permit the baby to turn. All pregnant women need chiropractic care. Tell your pregnant friends – they'll thank you for showing them the drug-free, natural chiropractic approach.

Good for you, bad for you

The world's healthiest people have always eaten meals containing lots of meat, milk, cream, butter, cheese, salt and eggs. Of course, we're talking raw, organic, grass-fed, non-pasteurized and non-homogenized food. These nutrient-dense foods have nourished and sustained humanity for thousands of generations. Millions of people today are giving up these wonderful foods that taste great and

that they love in pursuit of health, but that is generally opposite of what they'll find. The foods that are bad for you are the refined foods: pasta; pastries; fries; soda; artificial sweeteners; pasteurized juices, milk and milk products; commercial salt and eggs. Get the real stuff. Remember cows are supposed to eat grass, chickens should eat bugs and food scraps. No one, and especially animals whose products we eat, should put unnatural (increasingly genetically modified) soy, wheat and corn in their bodies. Are there any organic farms or farmer's markets near you? Many deliver into even the busiest cities. When Americans ate the way their ancestors ate obesity was no problem, heart disease barely existed, wisdom teeth didn't need to be removed, Alzheimer's was unknown and diabetes and cancer were rare. Eat the kinds of foods your grandparents ate.

Questions and answers

Question: Do I have to see a chiropractor for my entire life? Why can't I go just once?

Answer: You can go once. Once is better than never and one visit may correct subluxations that could have damaged your health for years. But many subluxations are "hidden" and only surface after more superficial ones are corrected. You may have more in your body – why stop? Also, because of day-to-day stress, subluxations can occur any time in our lives. That's why we recommend periodic chiropractic checkups – to keep you healthy and prevent damage from increasing to the point you feel pain or other symptoms. Remember symptoms are sometimes the last stage in a dis-ease process, not the first.

Researching chiropractic

Chiropractic clinical case histories have been a regular feature of our patient newsletter since its inception. There seem 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. Scoliosis in a 14-year-old.

A fourteen-year-old girl with a history of scoliosis and pelvic distortion began chiropractic care. Spinal subluxations were identified during the physical examination and via X-ray. She had a scoliosis curve of 17.2 degrees (Cobb angle). After only 3 months of care (15 adjustments) X-rays revealed a reduction of the curve to 13.5 degrees. Her left head rotation, right head tilt, and the right high shoulder resolved, but the pelvic distortion had not yet resolved. (8)



Vaccine-injured child with sensory processing disorders. A three-year-old boy was brought in for chiropractic care. The child engaged in head banging, was

irritable, and had analgesia (not feeling pain), speech delay and other developmental delays. At birth his APGAR score was excellent but after the MMR vaccine at age 24 months he broke out in a head-to-toe rash, had enlarged, swollen lymph nodes and pock marks on his belly. A nurse at the medical center told the mother these reactions were “normal” but an immunologist informed the mother that the child was experiencing a reaction to the measles mumps rubella (MMR) vaccine and advised her to refuse more vaccines for her child.

Shortly after the MMR his development slowed, then halted and he began to lose speech, stopped feeding himself and stopped sleeping during the night. Subluxation-based chiropractic care was performed to reduce/eliminate subluxations and the patient demonstrated increased oxygen saturation, improved communication, improved fine and gross motor skills and improved levels of engagement and sensory integration. Acceleration of this improvement was noted with implementation of comprehensive dietary and other protocols. (9)

Practical tips

Honey on burns: By applying honey on your burn, hydrogen peroxide in the honey is released which cleans the wound and soothes the inflammation. As a result, the burn marks will heal in a few days with less pain. You can use honey as a dressing for maximum results.

Kill grass and weeds growing in cracks in your driveway: Tired of weeding your driveway? Sprinkle salt on the grass and pour very hot water over it. Not only is this a highly effective way to kill unwanted plants, it’s also eco-friendly and cheap.

Humor

TEACHER: Why are you late?

STUDENT: Class started before I got here.

TEACHER: John, why are you doing your math multiplication on the floor?

JOHN: You told me to do it without using tables.

TEACHER: Donald, what is the chemical formula for water?

DONALD: H I J K L M N ... O.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

TEACHER: Glen, why do you always get so dirty?

GLEN: Well, I'm a lot closer to the ground than you are.

TEACHER: Millie, give me a sentence starting with ' I. '

MILLIE: I is ...

TEACHER: No, Millie ... always say, 'I am.'

MILLIE: All right ... 'I am the ninth letter of the alphabet.'

TEACHER: Now, Simon, tell me frankly, do you say prayers before eating?

SIMON: No sir, I don't have to, my Mom is a good cook.

TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested?

HAROLD: A teacher.

Recipe of the Month
Gluten Free Chocolate Chip Cookies
Makes 12 cookies

2 ½ C. Almond Flour
¼ tsp sea salt
¼ tsp baking soda
½ C. raw butter or coconut oil, melted
1 Tbsp organic vanilla extract
4tsp spoonable stevia powder
1 C. 73% dark chocolate chips

- 1. Combine dry ingredients in a large bowl, leaving out the chocolate chips for now. With a spoon make a well in the middle of the dry ingredients.**
- 2. Mix together the wet ingredients. Pour into well of dry ingredients and stir until well combined.**
- 3. Fold in chocolate chips. Form 1 inch balls with your hands and press flat onto an all-natural parchment-lined baking sheet.**
- 4. Bake at 350 for 8-12 minutes, until light brown at the edges. Cool and devour.**



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.

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