

# SMITH & PRISSEL CHIROPRACTIC



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## HEALTH AT YOUR FINGERTIPS July 2013

Throughout the month of July receive  
**\$5 off** a container of **Greens First!!**

**Greens First** are phytonutrient-rich, antioxidant super-foods that provide 15+ servings of organic fruits and vegetables and more! They alkalize, support and nourish your whole body. Plus, they give you something unexpected – **GREAT TASTE!**

### Events: Wednesday July 10, 2013- Justice Run- Carson Park- 5k/2mile/kids run

We are proud to sponsor this event, come join us!

Online registration is at <http://www.cvjusticerun.org/>.

### Wednesday July 31, 2013- Eau Claire Express Baseball Game-6:35pm

We will have free tickets available at our office and also accepting non-perishable food or monetary donations to benefit Feed My People Food Bank.

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### Breast cancer and Angelina Jolie

#### Angelina's versus Suzanne's breasts

When Angelina Jolie had her healthy breasts removed because her MDs told her she carried a gene that increased her chances of getting breast cancer, it was a big news story. The media, many MDs and those in the cancer industry called her decision "heroic."

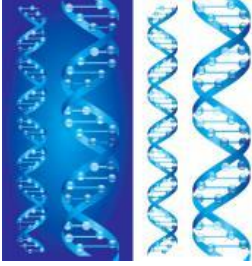
And yet when another big star, Suzanne Somers, was told that she *had* breast cancer but refused chemotherapy and medical mutilation and instead tried alternative care, MDs and the media didn't call her heroic – they called her "crazy;" she was even attacked by the American Cancer Society.

#### A tale of two women and four, three, now two breasts

The result? Ms. Somers still has her breasts and no breast cancer. In addition to enduring personal ridicule, the doctors that cured her were referred to as quacks.

What will happen to Ms. Jolie? No one knows the long-term effect of this surgery. Will she decide to have her ovaries, uterus and cervix removed at a future date to prevent those kinds of cancers?

### Cancer gene?



Jolie's mother died of breast cancer and it is obvious that she is acting out of fear, not reason. Does a certain gene really cause breast cancer? Obviously not, since millions of women are carrying around that gene and will never get breast cancer.

Consider this – a hundred years ago breast cancer was relatively rare. Where were the breast cancer genes? Genes don't magically appear and disappear. It is scientifically impossible to have a genetic epidemic. Cancer is not a genetic disease; it is a disease of toxicity.

Genes are affected (can be turned on and off) by environmental factors such as diet, toxins and stress.

### The little cancer secret

The secret is this: by the time a tumor is discovered it has been growing for *at least ten years*. Unless the tumor is pressing on the common bile duct, a vital organ, or is in the brain people can live with cancer a long time.

*Cancer is a slow growing disease ... the doctor will pressure [patients] to make a decision but ... on average it has been going on for ten years before discovered and it'll probably go on for another ten, 15 or 20 years before it kills them. (1)*

There are numerous non-medical well-documented cancer cures but they are difficult to explore because ...

*Most alternative therapies regardless of potential or proven benefit are outlawed, which forces patients to submit to the failures that we know don't work because there is no other choice. – Ralph Moss, Ph.D., cancer researcher (2)*

Our advice to anyone diagnosed with cancer is to explore all options. Since a person has a lot of time to make a decision and explore alternatives do not be pressured into making an immediate decision.

How does chiropractic fit into this picture? Chiropractors do not treat disease, cancer included. Instead chiropractors remove interferences to proper body function (subluxations) so your body will function at a higher efficiency – and that is important no matter what disease you are diagnosed with. For some people, chiropractic has made *the* difference between sickness and disease, between life and health.

Angelina or Suzanne, which one is more heroic? That's for you to decide.

### Drink apple cider vinegar to become alkaline?

It tastes acidic but apple cider vinegar actually promotes alkalinity in the body. As Charlotte Gerson, daughter of the cancer researcher Max Gerson, M.D. who founded the Gerson Institute says, "cancer cannot live in an alkaline body," and one of the primary ways the **Gerson Therapy** battles cancer and other diseases is by bringing the body into an alkaline state which makes it an inhospitable environment for cancer.

### Did you know?

Many water companies in the US are adding rat poison to your water? Fluoride, a byproduct of aluminum manufacture, is the main ingredient of rat poison.

Why is it used? In the 1950s some bad research indicated it prevented cavities in children. The research was later discredited – children in communities with no fluoride had as few cavities as children in highly fluoridated communities. But a massive advertising campaign to add this poison to our water convinced hundreds of communities to do so.

Even EPA scientists have written to Congress asking to ban fluoride in drinking water. Fluoride has been linked to increased lead in the body and to cancer, Alzheimer's disease and osteoporosis.

Fluoride is now out of Europe's water; when will the US wise up?

## 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. Instead they do something deeper – remove subluxations that interfere with proper function of the brain and nervous system to rebalance your 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.



**Tourette Syndrome.** A 14-year-old boy with uncontrolled facial tics (movements), migraine headaches and severe “fatigue” who was experiencing 1,000 “violent” motor tics a day began chiropractic care. The boy was medicated with 6 ibuprofen pills, 10 mgs of Abilify® and 1mg of ORAP® (pimozide) per day.

Over the course of 30 patient visits in a period of 5 months, dramatic reductions were reported in the frequency of tics, dropping from 1,000 a day to 30-35 per day. As of this writing his M.D.s eliminated his ibuprofen use and reduced his medication dosage (i.e., Abilify and pimozide). (3)

**Speech and posture impairment after brain surgery.** A 17-year-old girl had been diagnosed with a cerebellar astrocytoma (brain tumor at the back of the brain) which was removed. The surgery resulted in significant postural abnormalities, difficulty with balance and difficulty with speech. The surgery had been performed four years earlier.

A chiropractic examination revealed a subluxation of the C1 (atlas or upper cervical) vertebra. The patient received chiropractic care to address the subluxation.

During a period of five months the patient was seen 28 times and was adjusted 26 times. The patient reported an improvement in her balance from a 6/10 to a 9/10 and experienced a 90% improvement in her speech. (4)

## Practical ideas

### **Some surprising good uses for salt**

**Deter ants.** Sprinkle salt in doorways, on window sills and anywhere else ants use to sneak into your house. It's a sure way to keep them out!

**Say goodbye to fleas.** If your dogs have fleas, simply wash their doghouse and blankets in salt water. If you're worried your dogs may have brought fleas into your house, simply sprinkle your carpets lightly with salt and then brush it in. Leave it for 12 hours and vacuum thoroughly.

**Pick up a dropped egg.** If you drop an egg on the kitchen floor, sprinkle salt on the mess and leave it there for 20 minutes. You'll be able to wipe it right up.

## Sunscreen?

Sunlight is good for you. It provides your body with Vitamin D and many as yet undiscovered nutrients that are protective against cancer and other diseases. Conversely sunscreen use is dangerous as yet another researcher tells us:

*More and more evidence reveals that sunscreens not only increase the risk of skin cancers, including melanomas, but also leave the skin exposed to a higher percentage of the solar rays that actually break down collagen and elastin, resulting in greater sunlight-caused aging (photoaging) of the skin than without sunscreen use ... melanomas have shown a consistent rise in incidence rate since sunscreens were first introduced. (6)*



## Humor

I planted some bird seed. A bird came up. Now I don't know what to feed it.

I had amnesia once - or twice.

Protons have mass? I didn't even know they were Catholic.

All I ask is a chance to prove that money can't make me happy.

Teach a child to be polite and courteous in the home and, when he grows up, he'll never be able to merge his car onto a freeway.

Two can live as cheaply as one, for half as long.

One nice thing about egotists: They don't talk about other people.

When the only tool you own is a hammer, every problem begins to look like a nail.

I used to be indecisive. Now I'm not sure.

## **Recipe of the Month**

### **Paleo Strawberry Rhubarb Coconut Crisp**

#### ***Filling Ingredients***

- 1 1/2 cups diced rhubarb
- 2 to 3 cups strawberries, cored and quartered
- 1 tablespoon of maple syrup
- 1 tablespoon of lemon juice
- 1/2 tablespoon of pure vanilla extract
- 3 tablespoons of arrowroot

#### ***Topping Ingredients***

- 1 cup of almond meal/flour
- 1/4 teaspoon kosher salt
- 1/8 teaspoon baking soda
- 1/4 cup coconut oil, melted
- 1/4 cup maple syrup
- 1/4 cup chopped walnuts
- 1/2 cup shredded unsweetened coconut

#### ***Instructions***

1. Preheat oven to 350F. Spray an 8" x 8" baking dish with nonstick spray or oil with coconut oil. Set aside.
2. In a medium bowl, combine filling ingredients. Place filling ingredients into 8" x 8" baking dish. Set aside.
3. In a medium bowl, combine almond meal, salt, baking powder, melted coconut oil, and maple syrup. Mix in walnuts and shredded unsweetened coconut. Mixture will look like wet batter.
4. Sprinkle or crumble topping over fruit filling.
5. Bake at 350F for 35 to 40 minutes or until top is golden brown and filling is bubbling.
6. Allow to cool for 5 minutes and then dig in.

## **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**

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