

SMITH & PRISSEL CHIROPRACTIC



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Health at Your Fingertips

August 2013

This Month's Special: FREE foot scans and \$20 OFF ALL Orthotics!

We've created a team called **Smith & Prissel Chiropractic/Advanced Massage Therapies** in **The Biggest Loser RunWalk EauClaire**, brought to you by **Kristo Orthodontic Specialists!**, and registration is open now. If you haven't registered yet, you can register and join the team here: <https://endurancecui.active.com/event-reg/select-race?e=4863101&pse=4863301&tid=14906104&tname=Smith & Prissel Chiropractic/Advanced Massage Therapies>

Our password is: **wehaveyourback**

You receive \$5 off your registration by signing up on our team.

And as an added bonus, show us your registration confirmation and we will give you a special team t-shirt that can be worn at the event or anytime you so choose!

If you've already registered, you can join the team here:

<https://myevents.active.com/>

You can also find more information at the event website:

<http://www.active.com/half-marathon/eau-claire-wi/the-biggest-loser-runwalk-eauclaire-brought-to-you-by-kristo-orthodontic-specialists-2013>

Looking forward to having you join us!

Dr. Angela Prissel-Team Captain

Smith & Prissel Chiropractic/Advanced Massage Therapies

This issue's table of contents

- Leaving the children home?
- Questions and answers about chiropractic
- Sunburn relief
- Did you know?
- Researching chiropractic
- Do you have poison in your mouth?
- Practical Ideas
- Avoid soy...
- Humor
- References



Leaving the children home?

We're not talking about leaving them home alone; we're talking about not bringing them to our office with you when you come in for care.

You're coming to our office to get healthy – to get yourself realigned, to get your subluxations adjusted/corrected – so why leave your children at home? Bring your children in for chiropractic care. Why? Because chiropractic is for everyone, especially children. Childhood is a pretty rough and tumble time and that's why it's not uncommon for children to have subluxations in their bodies. If their parents never bring them in for a chiropractic checkup, their subluxations may last for years or may never be corrected.

And, as kids live with uncorrected subluxations, their bodies may have diminished function, balance and strength. Their brains may be affected which negatively impacts concentration, school grades and emotional health. In addition, their immune systems may be weakened, paving the way for infection and impaired function. So don't leave the kids at home when you come in for care. And if you don't have kids, bring in a parent, cousin, aunt, spouse, in-law, friend ... get the point? Friends don't let friends live with subluxations. And don't let your relatives live with subluxations either.

Questions and answers about chiropractic

Question: What is the youngest age a person can be checked and adjusted for subluxations?

Answer: There is no age limit – at either end. Newborns have been checked for, and needed, a chiropractic adjustment. Why would a newborn need chiropractic care? It's called intra-uterine lie – the position the unborn child assumes in utero. Sometimes the position may be stressful and cause subluxations, even before birth, with resultant health problems in the child. One simple sign of a subluxation in a newborn is favoring one breast during nursing, because the baby has trouble turning its head in both directions. Also, inability to latch properly or “noisy” nursing which causes the baby to swallow a lot of air and creates a lot of gas in the child. Other conditions may occur as a result of newborn subluxations. To ensure your child is free of subluxations please bring him or her in for a checkup.

Sunburn relief

While you should *always* strive to avoid skin damage by not staying in the sun uncovered for too long, if you *do* accidentally find yourself sunburnt you can use apple cider vinegar to neutralize the burn. How to use it? Dilute it in water and pat on the sore skin, or add a cupful to your bath.

Did you know?

That you don't need to purchase an energy drink? Instead mix honey with some water and drink it down. You'll get a natural boost. Why? Because honey's glucose is absorbed by the brain and in the bloodstream, reducing fatigue.

Researching chiropractic

Ear infections (otitis media) & tubes in the ears. A 16-month-old baby boy with a history of recurrent ear infections was brought in for chiropractic care. He had had birth trauma and was fully vaccinated. The child began suffering from ear infections at 14 months. He had four medically diagnosed bilateral ear infections treated with antibiotic therapy without resolution. The mother sought out chiropractic care in order to avoid the insertion of tubes (tympanostomy) recommended by the pediatrician. The child had bilateral ear infections when he was brought to the office. A chiropractic examination located vertebral subluxations and cranial fixations. The child had an immediate decrease in symptoms and by the fourth week of care the pediatrician reported no more ear infections. The child continues chiropractic care and has not had any recurrence of ear infections. (1)

Reduction of scoliosis and curve improvement. A 75-year-old man complaining of mild to moderate shoulder pain began chiropractic care. It was discovered that he had an 11 degree lumbar scoliosis, a reversed cervical (neck) curve and reduced atlas vertebra. The patient received chiropractic care; his scoliosis angle reduced to less than one degree after two years of care and his shoulder pain disappeared. (2)

Do you have poison in your mouth?

Mercury vapor comes out of “silver” or amalgam dental fillings for many years, even decades, after they are placed. As a result the mercury is inhaled and goes into the brain. The typical adult has 10 fillings; the mercury vapor off-gassing is 150 micrograms a day going to the palate, cranial nerves, olfactory mucosa and GI tract. Brain protein can be destroyed by exposure to as little as 1 mcg of mercury.

The symptoms of mercury toxicity are many and varied and may include:

- Insomnia
- Paresthesias (numbness and tingling)
- Nervousness
- Hallucinations
- Dizziness
- Anxiety
- Fatigue
- Loss of self-confidence
- Muscle weakness
- Irritability
- Hearing difficulties
- Drowsiness
- Emotional stress
- Depression
- Skin inflammation
- Weight loss
- Lack of coordination
- Tremors
- Kidney damage

Now you know why so many people are having their mercury (amalgam or silver) fillings removed (make sure it's done properly by a holistic/biological dentist). (3)

Practical ideas

Why spend money on cleaning supplies full of harsh chemicals? Diluted apple cider vinegar is a great non-toxic cleaning spray. Apple cider vinegar can provide an excellent, cheap alternative to many cleaning products. It absorbs odors and has antibacterial properties.

Simply mix one-part apple cider vinegar to one-part water and put it in a spray bottle. Spray the solution on hard surfaces such as hardwood floors, bathroom tiles, cabinets and countertops, then wipe it off with a rag.

Avoid soy ...

... and live a healthier life. Soy has been linked to thyroid and breast cancer. Traditionally Asians used soy as fertilizer; it was not considered fit to eat.

Avoid all soy except soy sauce and natto seasonings. Soy-based baby formula is so dangerous it has even been banned in some countries. Soy-based baby formula is suspected in causing sexual dysfunction. Soy was fed to Buddhist monks to curtail their sex drive. Why? Because it's loaded with female hormones (called phytoestrogens).



Recipe of the Month

Skillet Gnocchi with Chard & White Beans

Ingredients

- 1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided
- 1 16-ounce package shelf-stable gnocchi, (see Tip)
- 1 medium yellow onion, thinly sliced
- 4 cloves garlic, minced
- 1/2 cup water
- 6 cups chopped chard leaves, (about 1 small bunch) or spinach
- 1 15-ounce can diced tomatoes with Italian seasonings
- 1 15-ounce can white beans, rinsed
- 1/4 teaspoon freshly ground pepper
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup finely shredded Parmesan cheese

Preparation

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5 to 7 minutes. Transfer to a bowl.
2. Add the remaining 1 teaspoon oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6

minutes. Add chard (or spinach) and cook, stirring, until starting to wilt, 1 to 2 minutes. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

http://www.eatingwell.com/recipes/skillet_gnocchi_with_chard_white_beans.html

HUMOR

PARAPROSDOKIANS ... figures of speech in which the latter part of a sentence or phrase is surprising or unexpected; frequently humorous.

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you. But it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up; we only learn how to act in public.
6. War does not determine who is right - only who is left ...
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
9. To steal ideas from one person is plagiarism. To steal from many is research.
10. Buses stop in bus stations. Trains stop in train stations. On my desk is a work station.
11. I thought I wanted a career. Turns out I just wanted paychecks.
12. In filling out an application, where it says, 'In case of emergency, notify:' I put 'DOCTOR.'
13. I didn't say it was your fault, I said I was blaming you.
14. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
15. Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.
16. A clear conscience is the sign of a fuzzy memory.
17. You do not need a parachute to skydive. You only need a parachute to skydive twice.
18. Money can't buy happiness, but it sure makes misery easier to live with.
19. There's a fine line between cuddling and holding someone down so they can't get away.
20. I used to be indecisive. Now I'm not so sure.
21. You're never too old to learn something stupid.
22. To be sure of hitting the target, shoot first and call whatever you hit the target.
23. Nostalgia isn't what it used to be.
24. Change is inevitable, except from a vending machine.
25. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
26. Where there's a will, there are relatives.
27. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.



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. Stone-McCoy P, Korn C. Resolution of otitis media & avoidance of tympanostomy tubes in a 16-month-old with birth trauma following subluxation based care: a case study and selective review of literature. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2013;2:39-46.
2. Ray K, Knowles D, Knowles R. Reduction of a lumbar scoliosis & improved cervical curve in a geriatric patient following Network Spinal Analysis™ care: a case study. *Annals of Vertebral Subluxation Research*. June 10, 2013:18-28.
3. Minkoff DI. Was Alice lost in mercury wonderland? *Townsend Letter*. February 2012:99-101.