

# SMITH & PRISSEL CHIROPRACTIC



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## HEALTH AT YOUR FINGERTIPS SEPTEMBER 2013

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Enjoy the benefits of chiropractic – the largest natural, drug-free, surgery-free, expressive healthcare system in the world.

Tired of taking drugs and the medical runaround? Welcome to the world of chiropractic – discover how natural health can be.

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### YOU ARE AN ONION

Well, you're *like* an onion. We don't mean you are white and smelly, we mean you have layers. You have a history of injuries, events, stresses, memories – a past – and that affects your healing progress in our office.



The education of a Doctor of Chiropractic includes an understanding of the many things that have happened in your past that can affect your body today, beginning with your pre-natal experience and birth. What was your mother's health and nutrition like while you were in the womb? Did she smoke? Were you a breech baby? Did she have a caesarian? Was your birth gentle or stressful? What have you inherited from your parents and ancestors?

Did you have any serious falls, injuries or toxic exposures as a baby or child? What was your family life like?

As you can tell life is full of potential hazards, or perhaps we should see them as opportunities for healing and growth. When you come to our office you are much more than a person with a pain or a presenting problem. You have a history. Many times the pain or presenting complaint you initially show us is only the tip of the iceberg – or the outer layer of the onion.

The art of healing is to see as much of the whole person as possible – and to address that person's needs. That's why we may wish to see you again, because as the stresses leave, as the onion peels away, deeper stresses and deeper needs for healing often reveal and can be addressed.

After all, it's not just feeling better we want for you, it's being better, whole and truly healthy.

### **DID YOU KNOW?**

**You have happy genes...Really.**

Researchers have shown that the brains of unhappy people have all the same genes as those of happy ones, but psychological problems, worry, fear, stress and anxiety can "switch off" your happy genes.

One fascinating study compared the stress-response areas of the brain in schizophrenics who'd committed suicide with people who'd died of random accidental causes and found the suicides had all the genes required to regulate stress and keep it under control but a molecule in their brains called a "methyl group" silenced or turned off these genes. Therefore these unfortunate people remained in a constant state of stress.

Moshe Szyf, a researcher at McGill University, says we all have these genetic resources to help us regulate our "happy genes" but in some people they are what he calls "frozen assets." They are not being used.

His studies show that love and nurturing produce beneficial changes in gene expression in the brain, while mental health problems produce damaging genetic changes at the molecular level.

Being good to ourselves – healing our relationships, listening to music, taking a vacation, meditating, getting a massage, bodywork, subluxation correction, natural healing and stress relief, exercising, enjoying friends and the comfort of others, accepting ourselves and having compassion for ourselves are among the many ways we can wake up our "happy genes." Take time out *every day* to care for yourself. (1)

### **QUESTIONS AND ANSWERS ABOUT CHIROPRACTIC**

**Question:** Is chiropractic safe?

**Answer:** Chiropractic is very safe. Pregnant women, newborns, the frail and elderly and everyone in between can receive chiropractic care.

As proof of chiropractic's safety one only needs to compare the malpractice insurance rates of chiropractors to those of medical doctors. Depending on the specialty, chiropractic malpractice premiums are one-tenth to one-one hundredth those of MDs.

### **THE NATURAL APPROACH FOR GAS**

**Cheap and natural relief of gas, bloating and heartburn**

Why spend money on over-the-counter medicines (or even prescription drugs?) when there's nearly always a natural approach that works better, faster, is safer and far less expensive? Did you know that apple cider vinegar (ACV) is very helpful in reducing gas and bloating? Just take a tablespoon of ACV diluted in water or tea before a meal and you'll find that gas, bloating and also heartburn can disappear. In fact many people find that all they need to do is take a dose as soon as they feel symptoms coming on. Of course also make sure your body is free from subluxations and you are drinking enough water. Avoid drugs as much as possible – stay healthy naturally.

## 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.**

**Anxiety and Depression:** This study evaluated the effects of 12 weekly chiropractic visits for six people with anxiety and depression symptoms.

The subjects all had mild to moderate anxiety and/or depression symptoms and a vertebral subluxation in the upper neck (upper cervical) area.

They were evaluated pre- and post-chiropractic care for anxiety and depression using psychological tests and were interviewed after a series of chiropractic adjustments by a psychology researcher using various evaluation tools.

Four of the five who completed the study were satisfied with the outcome and said that they would recommend chiropractic care to others with anxiety or depression. They also reported less muscle tension, pain and improved mental clarity and physical energy. (2)

**Tic Disorder:** A seven-year-old girl who was diagnosed by her pediatrician with a motor tic disorder began chiropractic care. Her tics began at the age of five and got progressively worse over time.

Chiropractic observation and examination located vertebral subluxations in this child and after three chiropractic adjustments her tics completely resolved. (3)

**12 years old with Migraines:** A girl presented with complaints of severe migraines for the last 6 years. Previous chiropractic care had not helped her. The patient suffered from migraines 3x/week and had missed over 2 months of school due to the pain. Her cervical spine had a reverse curve, and when she flexed her neck C1 and C6 fixated, but on extension T1 and T2 fixated. The patient had six visits and demonstrated a significant improvement in her cervical curve and her migraines were resolved. (4)



## IT'S VACCINE SEASON

Whether you've got a beginning scholar entering kindergarten or are kissing your college bound son or daughter goodbye (we know it can be tough) the issue of vaccinations cannot be avoided.

Many parents and an increasing number of MDs and health officials refuse vaccination for their children because these shots are dangerous and are linked to autism, allergies, ADD/ADHD, dyslexia, tics, processing disorders, personality disorders, asthma, vision problems, diabetes and many, many more neurological and immunological conditions.

Parents who have both vaccinated and non-vaccinated children all report that their non-vaccinated children are far healthier than their vaccinated children.

Please get yourself informed about what we believe is one of the most serious healthcare decisions you'll ever be asked to make.



Vaccinations are *not* required for school in most states. School officials may say otherwise but they often are ignorant of the law. For more information go to [www.vaclib.org](http://www.vaclib.org) or to [www.thinktwice.com](http://www.thinktwice.com) and you'll see the legal requirements.

### **Another reason not to vaccinate (especially girl babies)**

*Naturally immune mothers have considerably more antibodies than those who had been vaccinated. The same applied to their babies - babies of vaccinated mothers had significantly lower antibody levels than infants of naturally immune women. (5)*

### **YOU CAN LEGALLY AVOID VACCINATIONS**

Some parents who are concerned about the dangers feel they have no choice, "Don't they have to have shots to get into school?" they ask.

Happily, the answer is: All states (except West Virginia and Mississippi) honor medical and religious/philosophical exemptions to vaccines. Most educators, school nurses and health professionals are unaware that you have a choice.

What religions qualify for a religious exemption? It doesn't matter. The government cannot ask you your religious beliefs because that puts them in the position of deciding if your religion is "good enough."

At the very least, if parents would wait until their child is going to public school before vaccinating, hundreds of thousands would be saved from autism, dyslexia, immunological problems, ear infections, brain injuries and other vaccine injuries.

If a religious or private school or camp refuses to honor exemptions we recommend a lawyer who specializes in these matters such as Alan Philips, J.D., [www.vaccinerights.com](http://www.vaccinerights.com).

To find out more about state laws vaccine exemption, visit [www.thinktwice.com](http://www.thinktwice.com) or [www.vaclb.org](http://www.vaclb.org).

### **WORDS OF WISDOM**

*When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years. – James Allen*

*The only people with whom you should try to get even with are those who have helped you. – Mark Twain*

*Resentment or grudges do no harm to the person against whom you hold these feelings but every day and every night of your life, they are eating at you. – Bill Cosby*



### **PRACTICAL IDEAS**

Clean up oven spills quickly. If a pie or casserole bubbles over in the oven, pour a handful of salt on top of the spill. It won't smoke, smell and, most importantly, will bake into a crust that makes the mess easier to clean once it's cooled.

### **HUMOR**

**English is a crazy language by Richard Lederer**

"Let's face it - English is a crazy language. There is no egg in eggplant or



ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth beeth? One goose, 2 geese. So one moose, 2 meese? One index, 2 indices? Doesn't it seem crazy that you can make amends but not one amend? If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

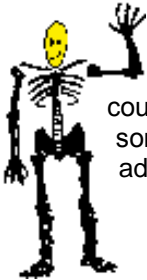
### **RECIPE OF THE MONTH**

When you have a sweet tooth and want to stay on track, here is a nice treat. Sugar is NOT an added ingredient.

#### **Banana Cookies**

3 mashed bananas (ripe)  
2 cups oats  
¼ cup of almond milk  
½ cup raisins (optional)  
1 tsp vanilla  
1 tsp cinnamon

Bake @ 350 degrees for 15-20 minutes, let cool and enjoy!



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.

**BYE!!!**

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