

SMITH & PRISSEL CHIROPRACTIC



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WELCOME BACK

Welcome back home, welcome back to school, welcome back to work and welcome back to our office. We hope you had a wonderful summer. Call us and make an appointment for a chiropractic checkup especially if you've had some intense experiences such as falling off a mountain or a horse, sliding into home plate or tripping in the woods. Come in if you've participated in one of the most dangerous activities of all – parenting.

Carrying kids (especially at weird angles), getting bopped in the head while changing diapers, playing in the pool and ocean, being a trampoline to a three-year-old – kids are rough work. Sometimes parenting should qualify for hazard pay, if parents got paid. Don't forget to bring the kids and we'll get you and the family back in shape for the season.

FOOTBALL AND CHIROPRACTIC

There are contact sports, non-contact sports and collision sports. Football is a collision sport; it is so dangerous that it was almost outlawed! Despite improvement in helmets, padding and protection, it's still dangerous, with the most danger stemming from concussion.



A concussion is when the head is shaken violently and the soft brain presses against the skull affecting blood vessels, meninges (protective wrappings) and the brain itself. About 144,000 people 18 and younger are treated every year in hospital emergency rooms for concussions, according to a December 2010 *Journal of Pediatrics* article, with 40% of pediatric concussions involving high school students.

“What is clear is that when the head, moving at significant speed, comes to an abrupt stop, the brain cells inside get stretched, squeezed and twisted ... the cells become leaky ... ions rush in and out indiscriminately” says Jeffrey Bartholet in *The Collision Syndrome*. (1)

National Football League players have recently been suffering from many serious neurological conditions apparently as a result of repeated concussions and head injuries. These conditions include ALS-like (Lou Gehrig Disease) symptoms, severe depression, memory loss and early dementia. (2)

A recent study found that retired NFL players have 19 times more severe memory problems and neurological disorders than men of similar age. (3)

Everyone playing football, no matter what position, needs a chiropractic checkup before and after every game. Chiropractors are now a part of nearly every professional sports team, not only helping injured players, but also helping players gain balance, coordination, speed and strength.

All high school and college football players should have regular chiropractic care – it might make the difference between health and future serious disease.

QUESTIONS AND ANSWERS ABOUT CHIROPRACTIC

Question: Are chiropractors against drugs?

Answer: Drugs suppress symptoms and stimulate or inhibit body functions. Ideally they should be used only temporarily if at all. All drugs are toxic and dangerous; in fact prescription drugs are by definition the most toxic. All drugs have side effects, adverse reactions and create toxic build up.

When symptoms are suppressed they are driven deeper into the body creating deep diseases that are difficult to eradicate. Research has shown that suppression can turn an acute (temporary) illness into a chronic (lifelong) condition.

Chiropractic is expressive rather than suppressive. Symptoms serve a purpose: they are the way your body heals itself and should usually not be suppressed.

Chiropractors help to “wake up” the greatest drugstore in the world – your own body. Your body makes a myriad of drugs, all unique to you and in the exact right amount so you’ll never have an overdose.

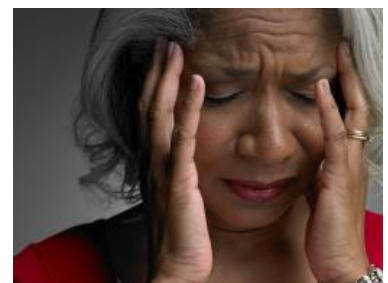
We urge everyone to explore natural, drug-free healthcare.

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. Chiropractors 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.



Trigeminal neuralgia (tic douloureux). Trigeminal neuralgia (TN) is called the suicide disease because the pain is so great sufferers have killed themselves. No one knows its cause or cure and patients are never completely free from the condition. But that’s the medical position. Chiropractors have often reported success with TN.

In this case of a forty-year-old woman with right-sided trigeminal neuralgia for a period of six months sought chiropractic care. She rated her pain 10++ out of 10 and was on 15 different painkillers including morphine, OxyContin® and Percocet. (She had a root canal three months before TN began.) Chiropractic examination revealed upper cervical (neck) subluxations; especially of the atlas (C1) and chiropractic adjustments to the upper cervical area were performed. After the first adjustment her pain resolved and she was able to discontinue all medications. Eight years later she has not experienced any further outbreaks of TN. (5)

MARGARINE

Margarine was originally manufactured to fatten turkeys but it killed them instead. What do to? It was colored yellow and sold as a butter substitute.

While both have the same amount of calories, butter has eight grams of saturated fat while margarine has five. However margarine is hydrogenated and full of trans-fatty acids so it increases the risk of heart disease and cancer, affects breast milk, weakens the immune system and depresses insulin response.

Butter is natural and good for you: it increases the absorption of many vital nutrients, tastes good (especially when used for cooking) and has been used traditionally for centuries in cultures that had no heart disease, cancer, diabetes or obesity.

Margarine is synthetic, only one molecule away from being plastic and shares 27 ingredients with paint. Leave margarine outside and no flies will go near it; it doesn't go bad and nothing grows on it because it has no nutritional value.

Would you melt your Tupperware and spread that on your toast? Butter is better, especially farm fresh butter. Please share this information with your friends (if you want to 'butter them up').

LEGALLY AVOID VACCINATIONS

Childhood vaccinations are poorly tested, unhealthy, dangerous and ineffective.

Nearly all children who get measles, mumps or whooping cough during an "epidemic" have been fully vaccinated. Toxins such as aluminum, mercury, formaldehyde, acid, animal cells, animal DNA, aborted fetal cells and others are often included in shots.

Must your child, by law, get shots? The answer is an emphatic "no." Every state and Canada has exemptions. In some states it's as easy as checking a box on the vaccine form while in other states you may have to write a letter or go through some other hoops. Except for West Virginia and Mississippi, all US states permit a philosophical (i.e. "I don't like 'em") or religious ("They are against my personal beliefs") exemption.

(Mississippi and West Virginia will only permit you to forego vaccinations for your child if they have already been vaccine injured. They might not even permit siblings, who are at greater risk, an exemption.)

What religion must you belong to 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." This is unconstitutional and has been reaffirmed by the US Supreme Court.

If parents would at least wait until their child is ready for school (5 or 6) before vaccinating, hundreds of thousands would be saved from vaccine damage such as autism, asthma, allergies and brain disorders. Also over 100 teenage girls have died after getting the Gardasil™ shot with thousands of others damaged, (some permanently).

Most educators, school nurses, health professionals and bureaucrats are unaware that vaccine exemptions exist and that you have a choice.

Some private and religious schools (including colleges) make their own rules. In some situations you may need the help of a lawyer who specializes in these matters. One source of help is www.vaccinerights.com.

Want to know your state laws about vaccine exemption? Go to www.vaclib.org and www.thinktwice.com.

RECIPE OF THE MONTH

Chocolate Chia Seed Pudding

2 Tbsp chia seeds
½ cup almond milk (any flavor)
2 Tbsp maple syrup
1 Tbsp cocoa powder
½ tsp vanilla extract

*Mix together ingredients, the cocoa may take awhile to mix in. Cover and put in the fridge overnight. You will notice the seeds have absorbed most of the liquid so just stir it well and enjoy.

*Chia seeds are a great source of protein and omega 3s.

HUMOR

THE JEWISH ELBOW

A Jewish grandmother is giving directions to her **adult** grandson who is coming to visit with his wife. "You come to the front door of the apartments. I am in apartment 301. There is a big panel at the front door. With your elbow, push button 301. I will buzz you in. Come inside and the elevator is on the right. Get in, and with your elbow, push 3rd floor. When you get out, I'm on the left. With your elbow, hit my doorbell. OK?" "Grandma that sounds easy but why am I hitting all these buttons with my elbow?" "What ... you're coming empty handed?"

IRISH BLONDE BOMBSHELL

An attractive blonde from Cork, Ireland, arrived at the casino. She seemed a little intoxicated and bet twenty thousand dollars in a single roll of the dice. She said, "I hope you don't mind, but I feel much luckier when I'm completely nude." With that, she stripped from the neck down, rolled the dice and with an Irish brogue yelled, "Come on, baby, Mama needs new clothes!" As the dice came to a stop, she jumped up and down and squealed. "Yes! Yes! I won, I won!" She hugged each of the dealers, picked up her winnings and her clothes and quickly departed. The dealers stared at each other dumbfounded. Finally, one of them asked, "What did she roll?" The other answered, "I don't know – I thought you were watching."



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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