

SMITH & PRISSEL CHIROPRACTIC

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TABLE OF CONTENTS

- Did you know chiropractors ran hospitals?
- Get the mercury out
- Do you know if your food is GMO?
- Vitamin K shots for newborns?
- Did you know?
- Hydrogen peroxide or honey?
- Researching chiropractic
- Words of wisdom
- Humor



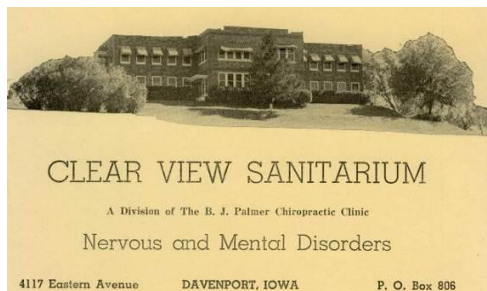
DID YOU KNOW CHIROPRACTOR'S RAN HOSPITALS?

Today there are more and more research and clinical reports on how chiropractic care helps people with neurological problems and conditions such as autism, Asperger's, depression, hyperactivity, ADD/ADHD, concentration problems, emotional stress and many other "psychological" conditions. But that is nothing new.

Since the discovery of chiropractic in 1895, the psychotherapeutic effects of chiropractic care have been recognized. As DD Palmer, the discoverer of chiropractic had written:

Chiropractors correct abnormalities of the intellect as well as those of the body...

For many decades the US was the home of many sanitariums, hospitals, mental health facilities and other institutions owned and run by doctors of chiropractic, chiropractic schools and organizations. Over two hundred are known to have existed. These institutions reported a success rate far higher than the medically-run state hospitals.



Where are those institutions? Gone. Some were attacked by medical organizations that felt threatened by non-medical approaches to healthcare. Many were forced to close as insurance companies refused to pay for chiropractic and natural healthcare services.

One of the more famous such places was the Clear View Sanitarium in Davenport, Iowa. Operated by the Palmer School of Chiropractic, it attracted patients from all over the world.

The Grand View Sanitarium (Whittier, CA) brochure stated that it "offers tennis courts, badminton, croquet, supervised calisthenics, theatre parties, horseback riding.... Our treatment is primarily Chiropractic and natural methods." Surely this over-drugged world needs such natural healing institutions more than ever.

Ah, for a return of the old days.

Even though such institutions do not exist right now, individual doctors of chiropractic still care for people the old fashioned way, by taking stress off of their nervous systems and permitting their

bodies and brains to function at optimal health. The drug-free, natural chiropractic approach is a blessing to countless children, especially babies and toddlers, whose brains are still developing.

Bring all your family members in for a chiropractic checkup to ensure that they are living without nervous system stress caused by subluxations.

PS: Non-drug approaches to mental illness are badly needed. As Peter Breggin, MD has written:

As a psychiatrist, I have documented that psychiatric drugs, especially antidepressants, frequently cause or exacerbate bizarre and violent behavior.

GET THE MERCURY OUT

If you have what's commonly called "silver amalgam" fillings in your mouth we strongly urge you to have them removed. Amalgam fillings are about 50% mercury and outgas for decades into your brain, digestive system, kidneys and other organs. Mercury is a neurotoxin and it is so toxic that when it is taken from a dental patient's mouth it has to be disposed of as hazardous waste, by federal law. So why would anyone think it's a safe thing when it's in your mouth?

Mercury has been linked to physical and neurological disorders and should never have been used in dental work. If you do decide to remove your mercury fillings (and we hope you do) please go to a dentist who specializes in mercury removal. Unless it is done properly you could release a large amount of mercury toxins into the rest of your body. Also, as a general rule, never have dental work done while pregnant or trying to get pregnant. Dental work can release a lot of toxins into the body and they can affect the development of the fetus.

DO YOU KNOW IF YOUR FOOD IS GMO?

Let's say you are in the supermarket. What is safe to buy for you and your family?

First assume all non-organic corn, soy, cottonseed and canola ingredients are GMO from genetically modified seeds. Certified organic products cannot contain GMOs. Avoid artificial sweeteners – aspartame is made using GM bacterial strains of E coli.

Also GMOs are used to make whey, xanthan gum, glutamate, hydrolyzed vegetable protein, lactic acid, cellulose, citric acid, maltodextrin as well as mono- and diglycerides.

Conventional dairy cattle are raised with rBGH, a growth hormone likely containing genetically-modified components. Purchase organic and rBGH-free dairy products.

PLU codes on fruits and vegetables that have a 5-digit code starting with a 9 identifies certified organic produce and are non-GMO.

Whew! It was so much easier when we were growing up and this stuff didn't exist. It seems that shopping for food today requires degrees in political science, chemistry and biology.

VITAMIN K SHOTS FOR NEWBORNS

Apart from the emotional and psychological trauma inflicted on a newborn from getting the Vitamin K shot, the actual amount of Vitamin K injected into a baby's bloodstream/deep muscle tissue is 20,000 times a normal dose. The injection also contains a toxic preservative, benzyl alcohol that can be especially harmful to your baby's delicate, immature immune system.



DID YOU KNOW?

The name for Oz in the "Wizard of Oz" was thought up when the creator, Frank Baum, looked at his filing cabinet and saw A-N and O-Z, hence "Oz."

The Neanderthal's brain was bigger than yours is.

The oldest known goldfish lived to 41 years of age. Its name was Fred.

The only 15-letter word that can be spelled without repeating a letter is uncopyrightable.

The only nation whose name begins with an "A" but doesn't end in an "A" is Afghanistan.

HYDROGEN PEROXIDE OR HONEY?

Hydrogen peroxide (H₂O₂) is a chemical used for cleaning wounds and helping them heal quickly. Probably we remember how it fizzled when poured on a wound as the H₂O₂ turned into H₂O and the liberated O (oxygen atom) went looking for something to attach to – hopefully some nasty germ or dead tissue. This is how hydrogen peroxide cleanses wounds.

But did you know that honey contains lots of hydrogen peroxide? It is released when the honey is diluted in water or body fluids. So when applied on an open wound, the glucose contained by honey dilutes and gradually releases hydrogen peroxide that causes wound healing.

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.

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 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.

Arm & leg numbness and weakness. A 51-year-old woman with left arm and hand weakness and numbness (with difficulty grasping and holding objects, weakness/numbness in the left leg and occasional right leg numbness) began care. She had been suffering for four months. Specific chiropractic adjustments were used to locate and correct vertebral subluxations. After twenty-four adjustments over a five-month period, the patient's grip strength improved reflexes and balance improved and she was able to easily walk. (1)

Epilepsy, acid reflux, vomiting and sleep disturbances in a three-year-old autistic girl. A three-year-old girl with history of headaches, epilepsy, behavioral and developmental delay, acid reflux, sleep disturbances and vomiting began care. Her subluxations were corrected which resulted in complete resolution of her head pain, acid reflux, vomiting and sleeplessness. Significant improvements in autism were noted such as calm behavior, increased eye contact, happier demeanor, improved attitude, increased focus and attention and an initiation to sound out words. She continues to progress as is evidenced by a significantly increased vocabulary, continued improvement in attention and focus and complete lack of epileptic episodes. (2)

WORDS OF WISDOM

Using the power of decision gives you the capacity to get past any excuse to change any and every part of your life in an instant. – Helen Keller

HUMOR

Children Are Quick:

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

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

TEACHER: Glenn, how do you spell 'crocodile'?

GLENN: K-R-O-K-O-D-I-A-L.

TEACHER: No, that's wrong.

GLENN: Maybe it is wrong, but you asked me how I spell it.

TEACHER: Winnie, name one important thing we have today that we didn't have ten years ago.

WINNIE: Me!

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

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

TEACHER: George Washington not only chopped down his father's cherry tree, but also admitted it. Now, Louie, do you know why his father didn't punish him?

LOUIS: Because George still had the axe in his hand?

TEACHER: Clyde, your composition on 'My Dog' is exactly the same as your brother's. Did you copy his?

CLYDE: No, sir. It's the same dog.



RECIPE OF THE MONTH

Pumpkin Pie Parfait for Two

Ingredients

- 1/2 cup pumpkin purée
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/4 teaspoon vanilla extract
- 1 1/2 teaspoons milk
- 2 teaspoons sugar
- 6 ounces low-fat vanilla yogurt
- 1/4 cup granola with raisins

Directions

In a small bowl, stir together pumpkin, cinnamon, nutmeg, vanilla, milk, and sugar. In 2 small bowls or ramekins, layer the pumpkin mixture and yogurt. Sprinkle with granola.

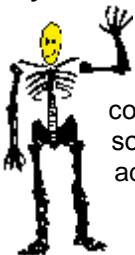
Chef Suggestions

Layer ingredients in a parfait glass and enjoy.

Nutrition Facts

As prepared, each serving contains 140 calories, 2g total fat, 5mg cholesterol, 65mg sodium, 24g total carbohydrate and 6g protein.

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.