

SMITH & PRISSEL CHIROPRACTIC



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All Supplements are 20% OFF during Patient Appreciation Week December 16th – 20th

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Chiropractic and health

Chiropractic was accidentally discovered in 1895 in Davenport, Iowa. From one man in Davenport, Iowa it has spread throughout the world and has brought health, healing and wholeness to millions of sick and suffering humanity. This natural, drug-free approach to health is sorely needed in this world of drugs and surgery. Please help us help others; friends don't let friends suffer.

Back surgery

The US leads the world in back surgeries in spite of the fact that most back surgery is ineffective and has high rates of relapse and re-operations. The most common back surgery is an operation on the disc.

The patient usually doesn't realize that there is no conclusive proof that the disc is the cause of back pain. Studies have revealed that many people whose MRIs show degenerative, herniated or ruptured discs have no back pain at all! They feel fine. However, if a person in pain gets an MRI that shows disc problems the assumption is the disc is the cause of the pain – yet that is often not the case.

Paul Goodley, MD, founder of the American Association of Orthopaedic Medicine (AAOM) writes in *Release from Pain, Don't Be A Victim of the Pain Pandemic*:

We know that bulging, degenerated, and even herniated discs in the spine are common among healthy people with no symptoms. When doctors find such discs in people with back pain, the discs may be irrelevant, but they are likely to lead to unnecessary surgery. (1)

'Slipped' or 'ruptured' discs often have nothing to do with back and spinal pain yet most MDs still address discs by surgery, pain killers, epidural shots, spinal fusions and micro-discectomy. It must be remembered that drugs and surgery

can result in a permanently weakened spine and a lifetime of severe pain. Many pain treatment centers are filled with men and women who have had back surgery. The chiropractic approach is to rebalance the person to get to the cause of spinal instability by correcting subluxations. The role of the chiropractor is to make sure the 137 joints in your spine are functioning properly.

Chiropractic care is much less expensive and much more effective than anything the medical profession has to offer.

Gordon Waddell, MD, an orthopedic surgeon, and author of *The Back Pain Revolution*, says:

Back pain has been a 20th century health care disaster for the medical profession. Medical care certainly has not solved the everyday symptom of back pain and may even be worsening the problem with its treatments. Orthodox medicine could learn a lot from Chiropractic. (2)

Margarine linked to Alzheimer's



According to a study in *Chemical Research*, an ingredient in margarine, diacetyl (DA), intensifies the damaging effect of an abnormal brain protein linked to Alzheimer's.

In addition to margarine, diacetyl is in microwave popcorn, candies and baked goods. Diacetyl is “ubiquitous” in the modern diet.

Exposure may lead to long-term neurological damage. DA easily crosses the blood-brain barrier, which usually keeps toxic substances from entering the brain itself. Scientists do not know if consuming DA in products like microwave popcorn can cause problematic levels of the chemical in the body.

In fact, severe lung disease has been found in employees at microwave popcorn packaging plants and this study raises the troubling possibility of long-term neurological toxicity mediated by DA.

Flu: vaccinated vs. non-vaccinated revealed

For the last six years, the Australian Department of Health and Ageing has compared in its annual influenza statistics those vaccinated vs. unvaccinated.

What's the difference? Pretty much the same amount of people get the flu whether they were vaccinated or not. This finding is nothing new. The European Cochrane Collaboration study came to the conclusion that flu shots are useless for the flu. However neither study recorded toxic reactions to the shot which can be severe and which the non-vaccinated would, of course, never get. How dangerous is the flu? The Australian Health Department recorded 28 “flu-related” deaths out of 24 million people. No pediatric (under 16 years age) deaths were reported the past three years. Not a very dangerous disease and our guess is that many people who died from “flu related” illnesses did not have the flu but “influenza-like illness” (ILI). Did you know that in 2010 flu-shot toxic reactions sent hundreds of Australian children to hospitals (including one death and one permanent coma) resulting in a national cancellation of the flu shot for kids? Why

wasn't this reported in the American media?

Happily more informed American parents are rejecting flu shots for their kids, and themselves, and will tell their pediatricians and the US FDA and CDC to keep their poisons and the more people that do this, the better.

A great use for salt this winter



Salt can keep your windshield frost-free. Simply dip a sponge into salt water and rub it on your car windows, especially the windshield. They won't frost up even when the mercury drops below zero.

Questions and answers about chiropractic

Q: How can I tell if my children or spouse need chiropractic care?

A: Chiropractic corrects nerve system stress caused by an unbalanced body structure. Some forms of stress are very subtle and others are easier to locate. Here are some easy ways of telling if there is a structural imbalance:

- As they face you are their shoulders level? Are their hips level?
- Do you see more space between their body and their arm on one side or is it equal?
- When you look at them from the side is one arm in front of the other?
- When they walk are both feet facing forward or is one foot turned in or out?
- Can they turn their head more to one side than the other?
- Nursing infants: Do they only prefer to nurse on one side?
- Toddlers: Are they using both legs equally to crawl?
- Overall health: Are they sickly? Getting lots of colds?
- When they lie down, does one leg appear longer than the other?

There are other ways of telling. One is that if they have a spine, a nervous system and are alive they need to have their body checked for subluxations. That means everybody!! Please come to the office and we'll show you how we determine the presence of subluxations.

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.

Infertility and menstrual problems: A 31-year-old female presented to the office with a chief complaint of upper back and neck tension and migraine headaches. Her history revealed that she had a 3-year history of infertility, menstrual pain, heavy bleeding and cycles frequently lasting two weeks in duration. A full chiropractic



evaluation including radiography, thermography, surface electromyography and heart rate variability was utilized to locate her vertebral subluxations. Chiropractic adjustments were given to the subluxations. After her first adjustment the patient reported normal menstruation and following eight adjustments the patient reported she had conceived. (5)

Multiple sclerosis. This study evaluated the relationship between Atlas vertebra (C1) misalignments/subluxations identified by X-ray and patients with multiple sclerosis (MS) and chronic cerebrospinal venous insufficiency (CCSVI). Three women and one man with multiple sclerosis (MS) and chronic cerebrospinal venous insufficiency (CCSVI) were compared to a control group and each patient was evaluated using various tests. X-ray examination revealed severe misalignment of C1 (Atlas vertebra) in the MS patients with CCSVI (6). This reaffirms that MS and CCSVI patients need chiropractic care. An Atlas (C1) subluxation can put indirect pressure on the base of the brain that could lead to neurological problems. A study of 81 cases indicated that chiropractic could help reverse multiple sclerosis and Parkinson's disease. (7)

Humor

Punography

- I tried to catch some fog. I mist.
- When chemists die, they barium.
- Jokes about German sausage are the wurst.
- A soldier who survived mustard gas and pepper spray is now a seasoned veteran.
- I know a guy who's addicted to brake fluid. He says he can stop any time.
- How does Moses make his tea? Hebrews it.
- I stayed up all night to see where the sun went. Then it dawned on me.
- This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- I'm reading a book about anti-gravity. I can't put it down.

Recipe of the Month

Coconut Macaroons

6 egg whites ¼ tsp. sea salt
½ cup agave nectar or honey 1 Tbsp. vanilla extract
3 cups unsweetened shredded coconut

Whisk egg whites and salt until stiff. Fold in agave, vanilla & coconut. Drop 1 rounded tbs at a time onto a baking sheet lined with parchment paper. Pinch each macaroon at the top (like a kiss). Bake at 350 for 10-15 minutes, until lightly browned. Makes 48 macaroons



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.