

# SMITH & PRISSEL CHIROPRACTIC

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## HEALTH AT YOUR FINGERTIPS

## January 2014

### January Sale \$15 Off Neck Posture Pumps

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#### Happy holy days

We are constantly bombarded with materialistic scientific breakthroughs and insights; but every so often come a glimmer of light into a spiritual scientific perspective. What is science? Science is merely a way of collecting information. Can it be spiritual? Why not? Physicists spend years learning and developing the tools to explore the universe. Mystics also spend years learning and developing the tools to explore the universe. One explores the material universe, the other the universe of consciousness. Both are scientific endeavors. Occasionally a materialistic scientist will stumble into the world of consciousness. Here is one story:

#### **Is there Proof of Heaven?**

Eben Alexander, MD, a neurosurgeon, fell into a coma after contracting meningitis. His brain shut down and no activity was reported. He was brain dead and his doctors were going to "pull the plug" but he surprised everyone by waking up. Even though his brain showed no conscious or subconscious activity he reported intense experiences. He said he felt "something so profound that it gave me a scientific reason to believe in consciousness after death." In his book *Proof of Heaven*, Dr. Alexander describes meeting heavenly beings, "shimmering beings ... a glorious chant, came down from above, and I wondered if the winged beings were producing it. The sound was palpable and almost material, like a rain that you can feel on your skin but doesn't get you wet." He added, "I've spent decades as a neurosurgeon.... Many of my peers hold as I myself did to the theory that the brain ... generates consciousness and that we live in a universe devoid of any kind of emotion, much less the unconditional love that I now know God and the universe have toward us. But that belief, that theory, now lies broken at our feet. What happened to me destroyed it." Read more at:

<http://www.telegraph.co.uk/news/worldnews/northamerica/usa/9597345/Afterlifeexists-says-top-brain-surgeon.html>

#### Lose weight this season

This is a great, simple and fast way to prevent weight gain or at least you'll gain less weight this season. What's the trick? Simply this: drink one or two glasses of water before the meal. You'll be less hungry and will feel fuller. Try it. You'll be amazed.



## Questions and answers about chiropractic

**Question:** My children don't have back pain. Why should I bring them in for chiropractic care?

**Answer:** The idea that chiropractic is a limited therapy for back (and other) pain is a common misunderstanding. Chiropractors are really nervous system doctors. Chiropractors work primarily on the spine (back) because that's a common place where the nervous system can get impinged, stressed or irritated. Because the nervous system controls the body, if any nerves are impinged, stressed or irritated the entire body may suffer. That's why you'll see clinical studies of children with a wide variety of conditions (see the studies below) responding to chiropractic care.

Why do people with head tics (jerking); constipation; leg pain; tremors; ADD; sleeping problems; vision problems; concentration problems; digestive disorders; kidney problems; back, neck and head problems and many other conditions find their conditions resolve or greatly improve after a chiropractic adjustment? Because chiropractic permits your nervous system to function better and when your nervous system functions better your entire body works better. Your body is the world's best doctor – when it's working better its healing better – no matter what the disease.

## Another use for salt this winter

Getting holiday candles? Here's a great tip so they won't drip all over the place, which may stain and make the woman of the house miserable: Use salt to create drip-less candles. How? Soak new candles in a strong salt solution for a few hours, and then dry them well. They won't drip when you burn them. The result is a beautiful home without candle drippings (and a happier family.)



## Words of wisdom

*To keep the body in good health is a duty ... otherwise we shall not be able to keep our mind strong and clear. – Buddha*

## 20 great ways to use Coke® (don't drink it-it will ruin your insides)

1. Removes grease stains from clothing and fabric.
2. Removes rust; methods include using fabric dipped in Coke, a sponge or even aluminum foil.
3. Removes blood stains from clothing and fabric.
4. Cleans oil stains from a garage floor; let the stain soak, hose off.
5. Kills slugs and snails; the acids kills them.
6. Cleans burnt pans; let the pan soak in the Coke, then rinse.
7. De-scales a kettle (same method as with burnt pans).
8. Cleans car battery terminals. Pour a small amount over each terminal.
9. Cleans your engine; Coke distributors have been using this technique for decades.
10. Makes pennies shine; soaking old pennies in Coke will remove the tarnish.
11. Cleans tile grout; pour onto kitchen floor, leave for a few minutes, wipe up.
12. Dissolves a tooth; use a sealed container ... takes a while but it does work.
13. Removes gum from hair; dip into a small bowl of Coke, leave a few minutes and wipe off.
14. Removes stains from vitreous china.
15. Have a dirty pool? Adding two 2-liter bottles of Coke clears up rust.
16. You can remove (or fade) dye from hair by pouring diet Coke over it.
17. Remove marker stains from carpet. Applying Coke, scrubbing and then cleaning with soapy water will remove marker stains.
18. Cleans a toilet; pour around bowl, leave for a while, flush clean.
19. Coke and aluminum foil will bring chrome to a high shine.
20. Strips paint off metal furniture. Soak a towel in Coke and lay it on the paint surface.

## 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. How many people suffering, on drugs, facing a life of limitation could be helped by chiropractic care? Probably most of them.**

**Constipation, vomiting and leg pain.** A 6-year-old boy suffering from chronic constipation, daily vomiting and leg pains began chiropractic care. His constipation began at age 2. He had a medical endoscopic examination that revealed a "small stomach ulcer" and he was placed on prescription and over-the-counter medications (MiraLAX®, ex-lax®, lansoprazole and Periacetin®). A chiropractic examination revealed numerous subluxations. The child received eight adjustments in three weeks with complete resolution of his constipation, vomiting and leg pain complaints. (1)

**Carpal tunnel syndrome, feet numbness and ear pain.** A 56-year-old man, suffering from bilateral carpal tunnel symptoms, numbness in both feet after sitting, and pain and fullness in the left ear, began chiropractic care. Other symptoms included left ear pain and fullness with dizziness and progressive hearing loss (over the past twenty years). The patient was on ten different medications for blood pressure, anxiety, muscle spasms and fluid retention.

Spinal subluxations were identified at multiple levels of the spine and addressed by Network Spinal Analysis care. His first re-evaluation showed positive changes in carpal tunnel, foot numbness and ear pain. His auditory exam four months from the start of care showed improvement, especially with lower frequencies. The improvement in hearing continued, and then was maintained over the course of treatment. (2)



**Tic disorder.** The patient was an 8-year-old boy who presented to the chiropractor after being diagnosed by his pediatrician with a tic disorder. The child's tics began at the age of 5 accompanied by head nodding and head twisting. The chiropractic examination revealed an upper cervical spine subluxation, with muscle spasm, swelling and tenderness. Over the course of 7 months the patient was seen 12 times and adjusted twice at the atlas (upper cervical spine). There was complete resolution of the tic disorder. Follow-up care one year later showed no return of the tics. (3)

## **Humor**

### **Man's Demerit System**

**All men will attest to some real wisdom in this system. In the world of romance, one single rule applies: Make the woman happy!**

Do something she likes and you get points. Do something she dislikes, and points are subtracted. You don't get any points for doing something she expects.

**Sorry, that's the way the game is played. Here is a non-exhaustive guide to the point system:**

#### **SIMPLE DUTIES**

- You make the bed. (+1)
- You make the bed, but forget the decorative pillows. (-10)
- You throw the bedspread over rumpled sheets. (-3)
- You go out to buy her what she wants (+5) in the rain. (+8)
- But return with beer. (-5)

#### **SOCIAL ENGAGEMENTS**

- You stay by her side for the entire party. (+1)
- You stay by her side for a while, then leave to chat with an old school friend. (-2)
- Named Tina. (-10)
- Tina is a dancer. (-10)
- Tina has breast implants. (-40)

#### **HER BIRTHDAY**

- You remember her birthday. (+5)
- You buy her a nice present. (+10)
- It's a fishing rod. (-50)
- You take her out to dinner. (+2)
- You take her out to dinner, and it's not a sports bar. (+3)
- Okay, it's a sports bar. (-2)
- And it's all-you-can-eat night. (-3)
- It's a sports bar, it's all-you-can-eat night, and your face is painted the colors of your favorite team. (-10)

## **YOUR PHYSIQUE**

You develop a noticeable potbelly. (-15)

You develop a noticeable potbelly and exercise to get rid of it. (+10)

You develop a noticeable potbelly and resort to baggy jeans and baggy Hawaiian shirts. (-30)

You say, "It doesn't matter, you have one too." (-80)

## **THE BIG QUESTION**

She asks, "Do I look fat?" (-5)

You hesitate in responding. (-10)

You reply, "Where?" (-35)

You give any other response. (-20)

**(Yes, you lose points no matter what.)**

## **COMMUNICATION**

When she wants to talk about a problem, you listen, displaying what looks like a concerned expression. (+2)

You listen, for over 30 minutes. (+50)

You listen for more than 30 minutes without looking at the TV. (+500)

She realizes this is because you have fallen asleep. (-4000)

## **Recipe of the Month**

### **CROCK POT SPINACH DIP**

#### **Ingredients**

4 ounces cream cheese, room temperature

2 cups fresh spinach, chopped

16 ounces sour cream

1 1/2 teaspoons red pepper flakes

1 package Simply Organic Ranch Dip

#### **Directions**

Preheat crock pot to high. Place cream cheese in crock pot. In a bowl, mix sour cream, Ranch Dip, spinach, and red pepper flakes. Add to crock pot. Cook on high heat for 15 minutes. Stir until mixture is well blended.

#### **Suggestions**

If fresh spinach isn't available, frozen chopped spinach could be used; squeeze out as much liquid as possible. Serve with fresh vegetables, bread and/or crackers.

#### **Nutrition Facts**

As prepared, each serving contains 30 calories, 1.5g total fat, 5mg cholesterol, 120mg sodium, 2g total carbohydrate and 2g 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.

## **References**

1. Mills M, Alcantara J. Resolution of severe constipation, vomiting and leg pain in a child undergoing subluxation based chiropractic care: a case report. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2013;4:84-89.
2. Feeley K, Kemp A. Improvement in Meniere's Disease, balance, coordination & quality of life following Network Spinal Analysis care. *Annals of Vertebral Subluxation Research*. November 25, 2013:107-119.
3. Shreeve MW, Momplaisir F. Resolution of tic disorder in an 8-year-old boy following the Grostic Technique: a case report. *Journal of Upper Cervical Chiropractic Research*. November 18, 2013:71-76.