

SMITH & PRISSEL CHIROPRACTIC

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HEALTH AT YOUR FINGERTIPS February 2014

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Enjoying the winter?



Every season has its beauties, including the winter. The fluffy snow, the bracing air, the clear skies, the winter sports and don't forget the slush, ice, dead car batteries and the insulation that the builder "forgot" to install. OK, it's a mixed blessing. But every day brings us closer to spring. Can't you feel the stirrings of life ready to burst through the slush and snow? Neither can we. But we're sure it's on its way. Every day the sun (when we can see it) is a little higher in the sky, and it does feel a bit warmer through the windows and when we're out on our walks. But a nice fire on a cold winter night has its charm and perhaps life's message is to enjoy where you are. So relax, have some hot cocoa (organic, of course) and be part of a tradition that goes back thousands of years – watching the fireplace. (No fireplace? Well, there are fireplace videos.)

Is chiropractic safe?

Chiropractic is very safe. Study after study reveals that chiropractic is one of the safest healing professions in existence. As proof you only need to compare the malpractice rates for chiropractors and medical doctors. The chiropractors' premiums are a small fraction of most medical malpractice premiums. Numbers don't lie.

Questions and answers about chiropractic

Q. Why do chiropractors practice in so many different ways?

A. The goal of chiropractic care is the same no matter what chiropractor you visit – to remove nervous system interference, release stress, promote balance and permit the body and the nervous system to function as close to 100% as possible.

Chiropractors use nearly 100 different techniques or methods to adjust or correct your spine and structural system to do the above. Why not ask us about the techniques we are using?

Should you get a flu shot this winter?

Yes, but only if you want to waste your money and put toxins in your body. A meta-analysis of 31 studies spanning 44 years revealed that the flu vaccine's protection rate was a measly 1.5 percent at most! Check out this information at

<https://www.northstarnutritionals.com/articles/the-flu-shot/>

You are being lied to when you're told the flu shot works – in fact the studies did not count those people who got the flu after they got the flu shot, nor those who got seriously ill after the flu shot.

For example, this is from the New York *Daily News* January 9, 2014:

Texas mother dies of flu at age 29, was otherwise healthy: report

<http://www.nydailynews.com/life-style/health/texas-mother-dies-flu-age-29-report-article-1.1571118#ixzz2qJoGSBYz>

And this from the UK Mail Online, November 24, 2013: **Mother claims healthy son, 19, was killed by flu-shot after he fell into a coma just 24-hours after having vaccine**

<http://www.dailymail.co.uk/news/article-2512737/Mother-claims-healthy-son-19-killed-flu-shot-fell-coma-just-24-hours-having-vaccine.html>

Do your homework before you roll up your sleeve (or pull down your pants). And you'll be doing yourself and your family a favor. When it comes to the flu shot, just say, "No thank you" (it's important to be polite).

Many medical procedures offer no benefits

Since the profession's inception, chiropractors have warned their patients to be cautious about medical procedures and drugs because they are dangerous and often ineffective. Happily, many people in our society are turning toward a drug-free lifestyle and the "natural" movement continues to grow. In the largest and most comprehensive study of its kind ever done, a paper in *Mayo Clinic Proceedings* documented that 40.2% of diagnostic tests, medication, procedures and surgeries they reviewed were found to be completely ineffective, offering no benefits, and/or damaged health. For another 21.8% of medical procedures etc. proof of their value was "inconclusive." That's 63% or nearly 2/3 of the medical procedures studied had no or "inconclusive" value. Examples given were stents for coronary artery disease, a multibillion-dollar a year industry, that were no better than drug management, and hormone replacement therapy for postmenopausal women that actually made their health worse. (1)

Another use for salt

Clean the brown spots off your iron. Simply sprinkle salt on a sheet of waxed paper, slide the iron across it and rub lightly with silver polish. Your iron will look brand-new in no time.

Honey for anxiety?

Anxiety and nervousness are the enemies of a healthy mind and in any situation, especially when the heat and lights go out, you need a clear head. Honey's nutrients produce a calming effect, especially when taken in significant amounts. No wonder some consider it a part of the breakfast of champions. Honey can also be mixed with a suitable beverage for a good night's sleep.



Words of wisdom

A government big enough to give you everything you want, is strong enough to take everything you have. – Thomas Jefferson

The inherent vice of capitalism is the unequal sharing of the blessings. The inherent blessing of socialism is the equal sharing of misery. – Winston Churchill

The only difference between a taxman and a taxidermist is that the taxidermist leaves the skin. – Mark Twain

We hang the petty thieves and appoint the great ones to public office. – Aesop

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

Glossopharyngeal neuralgia. An 82-year-old woman had been suffering from right-sided glossopharyngeal neuralgia of ten years. The pain was helped by medication and made worse by talking, swallowing, coughing, quick head movements and air conditioning. She was taking Gabapentin, 5700 mg. each day.



She had fallen on her head while snow skiing when she was sixteen, had a fall on the ice that year and was in a car accident in 1984. She had constant stabbing pains with tremor in her right temple, face, tongue and throat and could only whisper a few words at a time.

Chiropractic analysis included posture and leg length analysis and x-rays that indicated vertebral subluxations at her atlas, axis, C4, C5 and C6.

Specific adjustments were given to C5, C2 and C1 and immediately afterwards her pain diminished from 10 to 1. Her tremor disappeared and her head tilt, eye clarity and facial color returned to normal. She could talk normally. Two days later her pain was zero.

On six weeks follow-up her chiropractic analysis revealed no return of subluxations or symptoms. (2)

Bedwetting (enuresis) in a 10-year-old boy. This is a case report of a ten-year-old boy with a history of nighttime enuresis (bedwetting) that occurred two to three times per week. The child received chiropractic adjustments two times per week for ten weeks to correct areas of vertebral subluxation. The patient and his mother reported a decrease in the frequency of the bedwetting. (3)



Parkinson's disease. A 68-year-old woman who had been diagnosed with Parkinson's disease four months prior began chiropractic care. She began experiencing tremors one-year prior to being diagnosed with Parkinson's disease and her symptoms were getting progressively worse. She had resting tremors in her hands, fatigue, and pain, stiffness and lack of motion in her cervical (neck) and lumbar (low back) spine. The patient came in for adjustments twice a week over a four-month period. She noticed improvements in neck and back ranges of motion. In addition bilateral heat and electrical readings on her spine improved. The patient reported improvements in tremors, fatigue, mobility, rigidity and neck pain/stiffness and lower back pain. (4)

Humor

Lemon Squeeze

There once was a religious young woman who went to Confession. Upon entering the confessional, she said, 'Forgive me, Father, for I have sinned.'

The priest said, 'Confess your sins and be forgiven.'

The young woman said, 'Last night my boyfriend made mad passionate love to me seven times.'

The priest thought long and hard and then said, 'Squeeze seven lemons into a glass and then drink the juice.'

The young woman asked, 'Will this cleanse me of my sins?'

The priest said, 'No, but it will wipe that smile off of your face.'

Catholic Dog

Muldoon lived alone in the Irish countryside with only a pet dog for company. One day the dog died, and Muldoon went to the parish priest and asked, 'Father, my dog is dead. Could ya' be saying' a mass for the poor creature?'

Father Patrick replied, 'I'm afraid not; we cannot have services for an animal in the church. But there are some Baptists down the lane, and there's no tellin' what they believe. Maybe they'll do something for the creature.'

Muldoon said, 'I'll go right away Father. Do ya' think \$5,000 is enough to donate to them for the service?'

Father Patrick exclaimed, 'Sweet Mary, Mother of Jesus! Why didn't ya tell me the dog was Catholic?'

The Donation

Father O'Malley answers the phone. 'Hello, is this Father O'Malley?'

'It is!'

'This is the IRS. Can you help us?'

'I can!'

'Do you know a Ted Houlihan?'

'I do!'

'Is he a member of your congregation?'

'He is!'

'Did he donate \$10,000 to the church?'

'He will.'

This Month's Recipe



Directions:

1. Preheat oven to 200 degrees.
2. Cover baking sheet with parchment paper and lay pretzel snaps down in rows, one next to the other.
3. Place one Hershey Kiss or Hug in the center of each pretzel snap.
4. Bake for 4-5 minutes until chocolate is soft.
5. Remove from oven and push down M&M's in the center of each Hershey Kiss creating a round shape onto the pretzel beneath.
6. Place in the refrigerator for 5-10 to cool down and set



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

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2. Burcon, M & Pero, J. Resolution of glossopharyngeal neuralgia & spastic dystonia following chiropractic care to reduce upper cervical vertebral subluxation: a case study. *Journal of Upper Cervical Chiropractic Research*. January 6, 2014;7-13.
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4. Norton N, Callanan M. Reduction in symptoms associated with Parkinson's disease subsequent to subluxation-based chiropractic care: a case study. *Annals of Vertebral Subluxation Research*. December 9, 2013;120-130.