

SMITH & PRISSEL CHIROPRACTIC



829 W. CLAIREMONT AVE
715-833-3505

HEALTH AT YOUR FINGERTIPS March 2014

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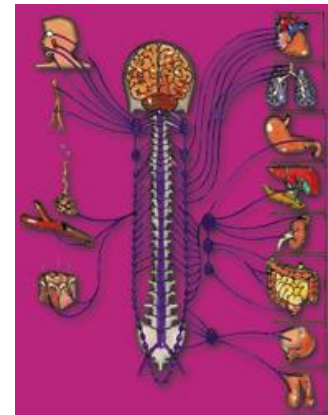
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Chiropractic for all diseases

This may sound like a bold statement but consider this – what diseases do good nutrition help? All diseases! You need proper nutrition all the time but you need proper nutrition *especially* when you are experiencing poor health.

It's the same with chiropractic. The purpose of chiropractic is to release deep stress (subluxations) from your body, a stress that interferes with the proper function of your nervous system, muscular system, digestive system, respiratory system, circulatory system, excretory system, immune system and all your other systems. This is important all the time – but it is *especially* important when you are experiencing poor health, no matter what the diagnosis.



So it doesn't matter what disease or condition you or someone you care about is dealing with – all people, from babies to adults to the elderly who are experiencing a health problem, need to have a body free from health-destroying subluxations that interfere with proper body function.

Chiropractic for wellness

Chiropractic is not just about disease. Even though people suffering from asthma, allergies, back and neck pain, disc problems, headaches, carpal tunnel

syndrome, vision, hearing, and many other conditions seek out chiropractic care, chiropractic is a powerful way of keeping you strong and healthy.

Chiropractors keep you free from health-destroying subluxations *before* they cause symptoms and health conditions. Why wait to get sick before you do something about your health?

For this reason you need to come in for a chiropractic analysis and checkup even after the initial problem you came in for has cleared up. You need to function at your best; you need to live free of subluxations now, whether or not your body is currently expressing symptoms.

Questions and answers

Question: Why get your mercury fillings taken out?

Answer: Because mercury is a poison and outgases into your body over many years.

Here are some of the symptoms of mercury toxicity: depression; fatigue; anxiety; forgetfulness; eyelid, face or muscle twitching; digestive issues; constipation and/or diarrhea; frequent bad breath; constant body odor; dizziness; irritability; sensitivity to sound; inability to concentrate; abnormal menses; low body temperature; cold hands and feet; tender teeth; tinnitus; insomnia; metallic taste in the mouth; nail fungus and unexplained anger. Your mercury fillings need to be removed properly or a bolus (dangerously large) amount of mercury can be released into your body. Don't go to just any dentist – specially trained dentists need to be used to safely remove the mercury fillings in your mouth. You can find them in the link in the next article on teeth. By the way, when your mercury (also called “silver” or amalgam) fillings are removed they can't just be thrown out in the garbage. They need to be kept in special containers for bio-hazardous waste removal according to EPA (Environmental Protection Agency) standards since they are considered toxic waste. Isn't it interesting that the American Dental Association says these fillings are perfectly safe in your mouth but outside your mouth they are toxic poisons? It is difficult for many to realize that some professional organizations do not have the best interest of the public at heart.

A great natural product for you and your home

Did you know that apple cider vinegar (ACV) lowers glucose levels? This is important for diabetics. ACV helps with weight loss because you feel fuller and eat less. The enzymes in apple cider vinegar also promote the growth of healthy bacteria in the gut and can help regulate candida problems.

How to take ACV: Mix 1 tablespoon with a cup of water or herbal tea, (do not take it straight, it's best diluted). Apple cider vinegar is also a classic salad dressing ingredient – that's a great way to put it in your system.

Did you know?

John D. Rockefeller made his first contribution to a philanthropic cause at the age of sixteen, in 1855. By the time he died, 82 years later, the oil magnate had given away \$531,326,842.

To help raise funds for the starving poor of Berlin in 1930, Albert Einstein sold his autograph for \$3 a signature. His autographed photograph cost \$5.

Sunlight, Vitamin D and cancer



Ways Vitamin D reduces the risk of getting cancer

Vitamin D helps change cancer cells back to normal cells and prevents cancer cells from multiplying and spreading. Vitamin D has been shown to suppress genetic mutation and inhibit the formation of tumor blood vessels, starving the tumor of the nutrients it needs to grow. So what's the best way to get Vitamin D? The easiest and cheapest way: go out in the sun for 10 to 15 minutes a couple days a week, exposing as much skin as possible. If that's not possible take a Vitamin D supplement. Many foods have lots of Vitamin D such as herring, sardines, anchovies,

good quality salmon and even egg yolks. Another great natural source of Vitamin D is cod liver oil. Just a single teaspoon contains 1,360 IU of Vitamin D. (2-6)

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.

Obstructive Sleep Apnea (OSA). A 34-year-old man was diagnosed with OSA five years prior, however he had been suffering from OSA symptoms for many years before diagnosis. He couldn't breathe at night while sleeping unless he used a positive airway pressure (CPAP) machine. The patient also suffered from daytime drowsiness, lack of energy and loud snoring. His vertebral subluxations were located and were corrected with chiropractic adjustments. After three months of adjustments he experienced an increase in energy, decreased daytime drowsiness and improvement in other health conditions. He now sleeps through the night without the CPAP machine. (7)

Chronic constipation in an eight-year-old. An eight-year-old boy suffered from chronic constipation and abdominal pain since birth. Chiropractic care was administered to correct specific levels of vertebral subluxation in the child's spine

and after 12 visits the patient had daily bowel movements with decreased abdominal pain. (8)

Loss of smell (anosmia) and taste (ageusia). A 64-year-old woman with a history of head and neck trauma and the subsequent loss of smell and taste began chiropractic care. Under chiropractic care she reported improvement of her symptoms within 48 hours of the first visit with complete restoration of her smell and taste within 3 months. (9)



Humor

Stress Reliever

Girl: 'When we get married, I want to share all your worries, troubles and lighten your burden.'

Boy: 'It's very kind of you, darling, but I don't have any worries or troubles.'

Girl: 'That's because we aren't married yet.'

True love

A newly married man asked his wife, 'Would you have married me if my father hadn't left me a fortune?'

'Honey,' the woman replied sweetly, 'I'd have married you, no matter who left you a fortune!'

March's Recipe

St. Patrick's Day Zucchini-Oatmeal Cookies

(makes 4 dozen)

½ cup butter	1 ½ cups all purpose flour	1 cup granola
3/4 cup white sugar	½ tsp. baking soda	2 cups semi-sweet chocolate chips
1 egg	1 tsp. ground cinnamon	
½ tsp. vanilla extract	1 cup quick oats	
1 ½ cups grated zucchini		

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, cream butter and sugar until fluffy. Stir in the egg and vanilla, mix well, and then stir in the shredded zucchini. Sift together the flour, baking soda and cinnamon, stir into the zucchini mixture. Finally, stir in the oats, granola and chocolate chips.
- Drop dough from a teaspoon onto an unprepared cookie sheet. Leave at least 2 inches between cookies. Bake for 10 to 12 minutes in the preheated oven. The cookies will stay soft and moist because of the zucchini.

Bye!!!

