

# Health At Your Fingertips

April 2014

**20% OFF Natural Calm**

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## Questions and answers about chiropractic

### **How should I feel after an adjustment?**

**Answer:** You should feel great! Our goal is to correct your subluxations and you should feel more balanced, relaxed, and pain-free and have more energy.

Many patients do respond quickly and powerfully to chiropractic care – ear infections clear, headaches and migraines disappear, energy improves, vision clarifies, concentration and focus improve, pain goes away, discs heal, lungs clear, organs function better, drugs are discontinued and surgery is cancelled (the list of chiropractic “miracles” is long and impressive). We’ve, of course, been reporting them in this patient newsletter for years.

But healing isn’t always so dramatic or simple. Few things go smoothly upward . While we all want that “miracle chiropractic adjustment” we know healing is often complex and may feel more like a roller coaster ride.

In our office we’ve seen cases that we expected to clear up after one or two visits linger on and on, while the case we expected to be long and drawn out with perhaps only limited healing responds with a powerful, dramatic healing.

Why is that? It’s because everyone is different.

Some people are toxic from years of subluxations, birth trauma, drugs, poor quality food and other reasons so they may need more time to heal. A cleansing or a retracing may be part of their healing process. They may experience diarrhea or fever or some other uncomfortable symptom as they heal. Others may experience an emotional release, while still others may fall into a deep sleep the moment our back is turned and enjoy a deep, healing rest. Some may experience an increase in symptoms reflecting the old saying, “Sometimes you have to get worse before you get better.”

For example, a patient in his 60’s may say to us, ‘I feel as if I’m reliving an old football injury I had in high school. Did you make me worse?’

Well, no. We would tell that patient, “You are finally healing that injury from 40 years ago. There was never a complete healing. Your symptoms are a necessary part of your getting better. That may be what’s behind your chronic problems.”

We have many stories of different patient reactions to care. They are all unique to the needs of that patient at that time. Why do they happen?

That’s a very big question and it helps answer what chiropractic care is all about in the first place.

These varied experiences occur because our goal in taking care of you is to release deep seated, long-standing, chronic subluxations, a stress that comes from distortions in your spine and structural system. You may have carried subluxations around for years, even decades.

Sometimes subluxations may be caused by birth trauma, or falls as a child or a forgotten accident – and they can weaken you and interfere with proper body function for the rest of your life unless properly released, corrected or adjusted.

Please remember that the real goal of chiropractic care is subluxation correction, to free you from this deep stress that is preventing you (or your loved ones) from functioning at your peak physically and mentally.

### **Symptoms are not the cause**

Your symptoms – aches, pains, lack of energy, depression, lack of focus or concentration, organ malfunction, etc. – are often reflections of deeper problems. Yes, we want you to be free of all of your uncomfortable symptoms and we want the healing to be permanent – not temporary (as with drugs that only cover up symptoms which is why you have to keep taking them).

That’s why the initials DC after our name don’t only refer to Doctor of Chiropractic, but also to Doctor of Cause. True healing is a journey, a wonderful, happy (sometimes sad), pleasant (sometimes uncomfortable) and energizing (sometimes you just want to lie down and rest) journey.

Get the picture? Our purpose is to work together to help you and your family achieve deep, true healing rather than superficial relief of symptoms. So how should you feel after a chiropractic visit? Well, it depends on where you are on your journey. But whatever you feel, please let us know. A journey is always more enjoyable when you have someone to share it with.

### **Did you know?**

Not until he was twenty-seven years old did van Gogh start to draw. It’s never too late to explore your talents.

The façade of the Louvre in Paris is two and a half miles. That’s some large art museum.

**Another use for apple cider vinegar Skin care:** We love giving you natural, inexpensive, safe and effective approaches to day-to-day needs. As your body releases toxins from your blood and tissue, some toxins make their exits through the skin in the form of pimples, rashes and other angry red eruptions.

You can use apple cider vinegar (ACV) as an astringent, by soaking a washcloth/cotton pad in diluted ACV and applying it to your face. Or, you can simply dab it right onto blemishes to dry them out and heal them. It’s amazing how smooth your skin feels after applying ACV; it tightens and plumps it a bit, and can help reduce or minimize the appearance of wrinkles and fine lines.

**Another use for salt** For those of you who drink coffee, use salt to remove stains from your coffee pot. Fill it with 1/4 cup of table salt and a dozen ice cubes. Swish the mixture around; let it sit for a half an hour, then fill it with cold water and rinse. Your coffee pot will look brand new.

## Traditional eating

### **Low fat diets are bad for you**

People sometimes feel as if their skin and especially their hands and feet feel very dry, especially during the winter months. The problem is not that they are deficient in water, but deficient in fat.

All those low-fat diets are making people sick. You need fat; it is an essential aspect of good nutrition. Without lots of good fats in your diet you will gain weight, have older-looking skin, and not feel as satisfied after a meal. There is no evidence that a diet low in saturated fat prolongs life or lowers the incidence of coronary artery disease or death from all causes. (4)

For thousands of years humanity has thrived and stayed healthy on a diet that included lots of healthy, saturated fats such as butter, lard, beef tallow, chicken fat (schmaltz), duck fat and other animal fats. Good sources of vegetable fats include coconut oil and palm butter. Avoid statin drugs that lower cholesterol – they are causing serious health problems in users and don't prevent heart attacks or heart disease.

For more information on the need for fat and the dangers of statins go to [www.westonaprice.org](http://www.westonaprice.org) or [www.ppnf.org](http://www.ppnf.org).

### A great use for honey this spring

**For allergy relief:** the daily consumption of locally harvested honey is said to strengthen your immune system and reduce allergies to plant pollen.



### Words of wisdom

*I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self. – Aristotle*

*There's nothing more whole than a broken heart. – Chassidic saying*

*The principles of living greatly include the capacity to face trouble with courage, disappointment with cheerfulness, and trial with humility. – Thomas S. Monson*

### 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, and facing a life of limitation could be helped by chiropractic care? Probably most of them.**

**High blood pressure.** This paper discusses hypertension in a patient before and after upper cervical chiropractic care.

A male patient entered the office complaining of sciatica, wrist pain and hypertension. He was on medication (Lisinopril™ and Simvastatin™).

Chiropractic analysis revealed postural changes, uneven weight distribution, muscle heat imbalance and x-ray findings that pointed to a first cervical vertebra subluxation.

Adjustments to the upper cervical (C-1) area of the spine were performed and the patient noted gradual decreases in his sciatica pain, wrist pain and blood pressure. After 16 adjustments, the patient is off blood pressure medication. (5)

**Bed-wetting and neck pain.** A ten-year-old boy with a history of nighttime enuresis that occurred two to three times per week began chiropractic care.

Adjustments were given one to two times per week for ten weeks. The patient and his mother

reported a decrease in the frequency of bedwetting as well as a decrease in the persistent neck pain he had been experiencing.

Chiropractic care appears to benefit children and adolescents with nocturnal enuresis. (6)

### **Humor**

A little old lady sold pretzels on a street corner for a dollar each. Every day a young man would leave his office building at lunch time and as he passed the pretzel stand, he would leave her a dollar, but never take a pretzel. This offering went on for more than three years. The two of them never spoke. One day as the young man passed the old lady's stand and left his dollar as usual, the pretzel lady spoke to him for the first time in over three years. Without blinking an eye she said: "They're a dollar and a quarter now."

### **This Month's Recipe**

#### **Cowboy Caviar**

##### Salsa Ingredients

\*2 cans of black beans; drained/rinsed  
\*2 cans of black-eyed peas; drained/rinsed  
\*1 small red onion diced  
\*3-4 celery stalks sliced  
\*3-4 bell peppers diced (all colors)  
\*1/2 cup chopped cilantro

##### Marinade:

\*1 cup of oil (vegetable, canola or sunflower)  
\*2 cups of apple cider vinegar  
\*1 cup sugar  
\*1/2 tbs. salt (optional)  
\*1/2 tbs. pepper (optional)

Combine salsa in a large bowl. Combine marinade ingredients on the stove and heat until sugar dissolves. Let cool completely. Once marinade is cooled, pour over salsa. Let salsa marinade overnight and drain the next day.

### **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.

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