

HEALTH AT YOUR FINGERTIPS

20% OFF Multi-Vitamins & Nordic Berries

TABLE OF CONTENTS

- Kids & Chiropractic – as perfect together as bees and honey
- The “benefits” of processed food
- The benefits of childhood diseases
- Did you know?
- Researching chiropractic
- Words of wisdom
- Drugs or sugar pills for depression - which works better?
- Humor
- References – Can be given to you upon request.



KID'S & CHIROPRACTIC – AS PERFECT TOGETHER AS BEES AND HONEY



Over a century of success in helping children regain and retain their health has made chiropractic the healthcare of choice for millions of parents and their children throughout the world.

Subluxations in infancy

There are many clinical papers reporting the benefits of chiropractic for infants and children with colic, vomiting, sleeping problems, tonsillitis, concentration, vision, hearing and many other problems. (2-4)

Additionally, parents have reported that their children get sick less frequently and less severely, have less (or no) ear infections, take less (or no) antibiotics and other drugs, and have less asthma and allergies when they get chiropractic care. (5-9)

There are clinical reports of children diagnosed with autism who were later re-diagnosed as normal after chiropractic care. (10-11) Dyslexia, attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD), lack of energy or “low mental stamina”, anxiety, behavioral problems and other learning disabilities have responded to chiropractic care. (12-14)

Chiropractic Checkups Are Vital - All children, especially if they are ill, need a body free of deep stress and blockages to their nervous system. If your child is suffering from any of the following, it is essential to get his/her body checked for subluxations:

Ear infections
Fever
Colic
Croup
Hypertension
Poor posture

Nervousness
Constipation
Bed-wetting
Weakness or fatigue
Stomachaches
Loss of hearing

Arthritis
Numbness
Irritability
Headaches
Neckaches
Backaches

Sore throat
Eye problems
Cough
Sinus problems
Skin disorders
Asthma and wheezing
Breast-feeding difficulties

Bronchitis
Frequent colds
Poor coordination
Poor concentration
Arm, hand, shoulder pain
Skin conditions
Colic

Painful joints
Hip, leg, foot pain
Scoliosis
Vision problems
Sinus conditions
Allergies

THE “BENEFITS” OF PROCESSED FOOD

Some nutritionists have likened processed foods to a slow acting poison; it may take years but cancer, heart disease, arthritis, diabetes, fatigue, depression, infertility, and overall ill health can be the “benefits” of processed foods. You can’t make good cells for the brain, heart, nerves, ovaries, testes, muscles and bones from junk food. It really starts in the aisles of the supermarket. Avoid packaged foods and feed your family organic food. Seek out grass-fed meats, free range chicken and raw, non-pasteurized, non-homogenized milk and dairy products. Especially avoid soy milk, soy lecithin, tofu, edamame, soy oil (check your mayonnaises and salad dressings), canola oil, high fructose corn syrup and any GMO products. “Diet” sugars such as aspartame, Nutrasweet™, Equal™ and Splenda™ actually cause weight gain and nervous system and immune system conditions.

THE BENEFITS OF CHILDHOOD DISEASE

There really are big benefits when a child gets sick naturally. Childhood diseases serve a purpose and help detoxify, cleanse and strengthen the immune system. Studies repeatedly show that non-vaccinated children are healthier than vaccinated children. Here are just two examples. In one study, researchers found that children who contracted measles naturally (as nearly all children did a few short decades ago) had less cancers, including cervical cancer, in adult life. (15) In another study children who had measles had less allergies later in life. (16)

DID YOU KNOW?

Chocolate discharges the same chemical into your body, which is produced when you start falling in love.

RESEARCHING CHIROPRACTIC

There seems to be no end to the conditions that respond to chiropractic care – physical as well as psychological conditions. That is because chiropractic does not “treat” a particular condition. Chiropractic care “treats” or, more accurately, “corrects” a serious interference to brain, nervous system and energy function known as the subluxation. No matter what condition you or a loved one may have, you and they will always function better when free from subluxations. Chiropractors are uniquely trained to locate and correct subluxations. Enjoy this month’s cases and see more next month.

Torticollis, distorted head and chiropractic. An 8-month-old boy was diagnosed by his pediatrician with torticollis and plagiocephaly (distorted head). He had received one month of physical therapy prior to chiropractic care, with no improvement. His mother brought him in for an alternative method of treatment after a family member recommended chiropractic. The patient received only two cervical (neck) and cranial adjustments and the child had a complete resolution of the torticollis and plagiocephaly. (18)



Reduction in cardiovascular risk factors. A 30-year-old male patient who had vertebral subluxations, high cholesterol, high blood triglycerides and gout in the left ankle as well as secondary low back pain presented for chiropractic care. Blood analysis revealed high uric acid in the blood – a sign of gout. Chiropractic adjustments were administered over a 10-week period to reduce vertebral and lower extremity subluxations and the chiropractor recommended

lifestyle interventions such as dietary changes, nutritional supplementation and an exercise regimen. There was an overall reduction in the patient's subluxations in addition to marked improvement in serum cholesterol and lipid panels. (19)

ADHD and chiropractic. Four children with the signs and symptoms of ADHD received chiropractic adjustments for subluxation. The boys were 8 to 12 years old and had been medically diagnosed with ADHD. They had either inattention or impulsivity, or both. Three of them were on prescription medications. The children had chiropractic care for 10, 10, 5 and 6 months respectively. In this group ADHD symptoms improved on average by 17%, functional status improved on average by 23% and general well-being improved on average by 21%. (20)



WORDS OF WISDOM

Friendship – my definition – is built on two things. Respect and trust. Both elements have to be there. And it has to be mutual. You can have respect for someone, but if you don't have trust, the friendship will crumble. – Stieg Larsson

DRUGS OR SUGAR PILLS FOR DEPRESSION – WHICH WORKS BETTER?

This is really depressing: every year, 230 million prescriptions for antidepressants are filled, making them one of the most prescribed drugs in the United States. Antidepressants do not address the cause of depression unless you think the cause is a deficiency of prescription drugs. Most amazing are studies showing that antidepressant drugs are no more effective than sugar pills for people with mild to moderate depression – the majority of depressed people. Some studies have even found that sugar pills may produce better results than antidepressants! There is substantial damage from taking these drugs that change brain chemistry. For example Prozac™ and other selective serotonin reuptake inhibitors, or SSRIs, are associated with suicide, especially in children and teenagers. (17)

JUNE'S RECIPE

7 oz. plain Greek yogurt
1 medium fresh lemon
¼ tsp minced garlic
¼ tsp dried dill
1.25 lb. ground turkey

Turkey Burgers

6 halves sun dried
tomatoes
1 medium red onion
2 oz. frozen spinach
¼ cup crumbled feta
1 tsp dried oregano

½ tsp minced garlic
⅓ Cup bread crumbs
1 lg. egg
1 med. cucumber
6 hamburger buns
To taste salt and pepper

Instructions:

- Prepare the yogurt sauce by combining the yogurt, ¼ tsp minced garlic, dry dill, juice of half the lemon and a dash of salt. Stir everything to combine and then refrigerate to allow the flavors to blend while you make the burgers.
- Thaw the frozen spinach and squeeze out as much moisture as possible. Roughly chop the spinach to prevent long stringy pieces. Also chop the sun dried tomatoes and ¼ of the red onion.
- In a bowl combine the ground turkey with the spinach, sun dried tomatoes, red onion, feta, ½ tsp minced garlic, dried oregano, egg, bread crumbs, ½ tsp of salt and some freshly ground pepper. Stir everything until it is evenly combined. Shape the mixture into six patties. --Cook the burgers on a counter top grill, a non-stick skillet or over open flame. Spread the yogurt sauce on both sides of a bun, add a warm burger and top with thin slices of red onion and cucumber.

HUMOR

Stuff you didn't know you didn't know!

- Every day more money is printed for Monopoly than the U.S. Treasury.
- Men can read smaller print than women can; women have better hearing.
- Coca-Cola was originally green.

- It is impossible to lick your elbow.
- The State with the highest percentage of people who walk to work: Alaska
- The percentage of Africa that is wilderness: 28% (now get this...)
- The percentage of North America that is wilderness: 38%
- The cost of raising a medium-size dog to the age of eleven: \$ 16,400
- The average number of people airborne over the U.S. in any given hour: 61,000
- Intelligent people have more zinc and copper in their hair.
- The first novel ever written on a typewriter, Tom Sawyer.
- The San Francisco cable cars are the only mobile national monuments.
- $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$
- If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air, the person died because of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.
- Only two people signed the Declaration of Independence on July 4, John Hancock and Charles Thomson. Most of the rest signed on August 2, but the last signature wasn't added until 5 years later.



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.

References

1. Al-Jishi A, Sreekantaswamy. Dystonia associated with atlantoaxial subluxation. *Clin Neurol Neurosurg.* 2000;102(4):233-235.
2. Gutman G. The atlas fixation syndrome in the baby and infant. *Manuelle Medizin.* 1987;25:5-10.
3. Klougart N, Nilsson N, Jacobsen J. Infantile colic treated by chiropractors: a prospective study of 316 cases. *JMPT.* 1989;12:281-288.
4. Van Loon M. Colic with projectile vomiting: a case study. *J of Clinical Chiropractic Pediatrics.* 1998;3(1):207-210.
5. van Breda WM, van Breda JM. A comparative study of the health status of children raised under the health care models of chiropractic and allopathic medicine. *Journal of Chiropractic Research.* 1989;5:101-103.
6. Not vocalizing well. Absence of T-cells, immune dysfunction, has colds all the time. *International Chiropractic Pediatric Association newsletter.* November 1996.
7. Bofshever H. Case history. *International Chiropractic Pediatric Association newsletter.* Nov/Dec 1999.
8. Hunt JM. Upper cervical chiropractic care of a pediatric patient with asthma: a case study. *Journal of Clinical Chiropractic Pediatrics.* 2000;5(1):318-321.
9. Graham RL, Pistolesse RA. An impairment rating analysis of asthmatic children under chiropractic care. *JVSR.* 1997;1(4):41-48.
10. Aguilar AL, Grostic JD, Pflieger B. Chiropractic care and behavior in autistic children. *Journal of Clinical Chiropractic Pediatrics.* 2000;5(1):293-304.
11. Amalu WC. Autism, asthma, irritable bowel syndrome, strabismus and illness susceptibility: a case study in chiropractic management. *Today's Chiropractic.* Sept/Oct 1998;32-47.
12. Mathews MO. Pilot study on the value of applied kinesiology in helping children with learning disabilities. *Journal of the New Zealand Register of Osteopaths.* 1993;6:21-23.
13. Ferreri CA, Wainwright RB. *Breakthrough for dyslexia and learning disabilities.* Author: Exposition Press of Florida, Inc. 1986.
14. Giesen JM, Center DB, Leach RA. An evaluation of chiropractic manipulation as a treatment of hyperactivity in children. *JMPT.* 1989;12:353-363.
15. Rønne T. Measles virus infection without rash in childhood is related to disease in adult life. *Lancet.* Jan.1985:1-5.
16. Kucukosmanoglu E, Cetinkaya F, Akcay F, Pekun F. Frequency of allergic diseases following measles. *Allergol Immunopathol (Madr).* 2006 Jul-Aug;34(4):146-149.
17. Fournier JC, DeRubeis RJ, Hollon SD. Antidepressant drug effects and depression severity: a patient-level meta-analysis. *JAMA.* 2010;303(1):47-53. doi:10.1001/jama.2009.1943.
18. Tutt GM & Mesidor RG. Resolution of torticollis, plagiocephaly & breastfeeding difficulties in an infant following subluxation based chiropractic care. *Journal of Pediatric, Maternal & Family Health – Chiropractic.* 2014;2:14-20.