

SMITH & PRISSEL CHIROPRACTIC



829 W. CLAIREMONT AVE
715-833-3505

August 2014 **HEALTH AT YOUR FINGERTIPS**

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Chiropractic helps put you together

All your parts are connected. You touch your little toe and feel it because messages from your toe go up to your brain. All parts of your body are connected to your brain. Right now messages are whizzing around all over your body, most of them so deep and so complex that you have no idea it's happening.



Every second you are juggling hundreds of millions, even billions, of chemical reactions – all coordinated by your brain. The role of the chiropractor is to make sure this communication system – brain, spinal cord and nerves – is not interfered with. A common type of interference are subluxations – spinal distortions that stress, irritate, inflame and interfere with messages that travel through the nerves. The role of the chiropractor is to check you for interferences in your spine and structural system and correct or release your interferences so you will function better and have improved healing, balance and energy.

Autism reversed

For year's attorney Alan Phillips, JD, has been defending parents who refuse to vaccinate their children. He now has a radio show and in this segment interviews a mother who cured her child of autism – it was completely reversed and she discusses how she did it. Mr. Phillips' other guest is Suzanne Humphries, MD, co-author of "Dissolving Illusions: Disease, Vaccines and the Forgotten History" about topics including the tetanus vaccine, vitamin C and more.



Attorney Phillips also discusses whether or not private and religious schools have to accept vaccine religious exemptions. Listen and send this link to your friends with children who are facing the question of vaccination:
<http://www.blogtalkradio.com/thevaccineagenda/2014/06/25/the-vaccine-agenda>

Did you know?

Fever is part of your healing ability?

Fevers are one of the most powerful healing responses we have and an indication that the human body is fighting an infectious disease. Fevers stimulate an immune response and create an environment that is inhospitable to invading organisms. Basically, fevers turn the temperature up to kill invaders.

The benefits of fever

- More antibodies — cells trained to specifically attack the exact type of invader that your body is presently suffering from — are produced when you have a fever.
- More white blood cells (the good guys) produced, circulating, mobilizing and armed to fight off the invading bugs' specific to the category of invader.
- More interferon produced (another immune system good guy, which blocks spread of viruses to healthy cells).
- Walling off of iron, which bacteria feed on.
- Increased temperature, which directly kills microbes. (Most bacteria and viruses actually grow better at temperatures lower than the human body, which is why they like our cool noses in the winter.) Parents, it's not your kids begging for fever-reducing drugs; it's the germs.

In order for a fever to efficiently kill invading microbes, the temperature usually needs to reach 102.7. When we artificially reduce that temperature (which is what fever-reducers do) you have now created a perfect little petri dish in the body allowing the invaders to flourish. Unless a fever is permitted to do its job, people can stay sick for days, weeks and even months.

Too busy to die

Bernie Siegel, MD became famous for his book on exceptional cancer patients – those who survived their diagnosis. His study of them gives us this insight:

Ask 90 and 100-year-olds and many will tell you they are too busy to die or age. They don't try to avoid death but they do live meaningful lives... Our connections and relationships keep us alive.

Nursing home studies have shown that residents who are given responsibility for the plants in their room live 5 to 7 years longer than those in the same nursing home who are given plants but no responsibility for their care. So if you want to live to be 120 find meaning in your life and work, exercise, have a sense of humor, play, express your love, ask for help when you need it, adopt a pet, pay attention to your feelings and heart wisdom, live an authentic life, and say no when you don't want to spend your life's time doing what you don't want to do. (1)

Most published medical research findings are false

It's tough being an MD today – so much of the research that the day-to-day practice of medicine is based on turns out to be false, incorrect and misleading. How comfortable can you feel if your source of information is dishonest? It is sad that so much research suffers from bias/prejudice due to financial conflicts of interest. Researchers, who are often in the employ of drug companies, tend to ignore non-medical, natural approaches and never study them.

Internationally known researcher John Ioannidis found that:

It is more likely for a research claim to be false than true. Moreover, for many current scientific fields, claimed research findings may often be simply accurate measures of the prevailing bias. In this essay, I discuss the implications of these problems for the conduct and interpretation of research. (2)

Honey – the magical balm

All Chinese medicine doctors would give honey to treat dehydration, pain, fatigue and boost Chi energy. Other folk and herbal medicine traditions used honey for coughs, bronchitis and immunity. Honey was also added to various medicinal and herbal preparations. In a study of 100 children (2-18 years old) with upper respiratory infections who were given either buckwheat honey, dextromethorphan or nothing, those given honey found the most relief. (3)



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.

Attention Deficit Disorder. A 19-year-old man with attention deficit disorder (ADD) and chronic mid and low back pain was brought in for chiropractic care and found to have an atlas (C1) subluxation. Immediate improvements were observed after his first chiropractic adjustment. The patient’s mother reported that in general he was doing better and behaving better. He was more cooperative and was better able to follow through and complete tasks such as chores at home, schoolwork and music related activities. He began taking classes at college. His back, neck and head pain resolved, sleep improved and he no longer had a “clumsy” feeling.

He was able to start playing his musical instrument again.

Brain wave activity tests and visual evoked responses were performed before and after each visit. The final assessment showed a perfect score in every category. (4)

Parkinson’s disease. A 66-year-old woman was diagnosed with Parkinson’s disease (PD) 1½ years prior to starting chiropractic care. Three years earlier she had fallen on her face doing the Cha-Cha while ballroom dancing. By the time she entered the chiropractor’s office her symptoms were worsening and included a resting tremor in her left hand, fatigue, depression and rigidity throughout her extremities, especially in the third toe of both feet.

After receiving one specific chiropractic adjustment, the patient reported immediate symptomatic relief, which has persisted through the time this paper was written. (6)

Words of Wisdom

Even though you may want to move forward in your life, you may have one foot on the brakes. In order to be free, we must learn how to let go. Release the hurt. Release the fear. Refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life. What is it you would let go of today?
– Mary Manin Morrissey

The jury has the right to determine both the law and the facts. – Samuel Chase, Associate Justice of the US Supreme Court

Recipe of the Month

Easy Almond Joy Brownies

1 Brownie mix for making a 9x9-inch pan*

1½ cup sweetened coconut flakes

2 tablespoons sliced almonds

1. Preheat oven to package instructions.
2. Prepare brownie mix to package instructions.
3. Once prepared, smooth half of the brownie mix into a 9x9-inch baking pan
4. Sprinkle the coconut flakes evenly over the first layer of brownie batter.
5. Gently spread the remaining half of brownie mix on top of the coconut flakes, being careful not to upset the evenness of the sweetened coconut flakes.
6. Sprinkle the almond slices on the top layer of brownie.
7. Bake for the time on package instructions. Let cool and enjoy!

Humor

Did I read that right?

In a Laundromat:

Automatic washing machines: please remove all your clothes when the light goes out.

In a London department store:

Bargain basement upstairs

Outside a secondhand shop:

We exchange anything – bicycles, washing machines, etc. Why not bring your wife along and get a wonderful bargain?

Notice in health food shop window:

Closed due to illness

Spotted in a safari park (I sure hope so):

Elephants please stay in your car

Seen during a conference:

For anyone who has children and doesn't know it, there is a day care on the 1st floor.

On a repair shop door:

We can repair anything. (Please knock hard on the door – the bell doesn't work.)



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.

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