

SMITH & PRISSEL CHIROPRACTIC



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September 2014 **HEALTH AT YOUR FINGERTIPS**

We are proud to be a sponsor for The Diaper Bank Stroller Derby on Sunday, September 14th at Carson Park from 11am – 3pm!

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Bone of the month

Chiropractors are not “bone doctors.” But they do work on the bones because bone distortions or displacements cause nerve interference (vertebral subluxations). Certain nerves are usually associated with certain subluxations. For example, nerves that leave from the opening in the spine between C7 and T1 (the first thoracic vertebrae) go to the thyroid, bursa, elbows, arms, hands and upper extremities. We often find that when C7 (the 7th cervical or 7th neck vertebra) is subluxated the symptoms may include:

- Bursitis
- shoulder pain
- elbow pain
- thyroid problems

Ebola

George Carlin once said, “Americans panic easily.” Certainly the media plays its part. And yet all these relatively recent “epidemics” – bird flu, swine flu, SARS, H1N1 and others – never came to pass. They just created a lot of panicked Americans. In each case people spent \$billions on drugs and vaccines and all for naught. Our next tempest in a teapot is Ebola. Is it really going to be bringing widespread illness and death? Michael Fumento, an attorney who has been writing about mass scares for over 25 years, says this:

Why Ebola’s nothing to worry about

By Michael Fumento

We’re now witnessing the worst Ebola epidemic ever — and on your list of worries it belongs .??. nowhere.

Here’s a rule of thumb about diseases: The rarer and less likely they are to kill you, the more hype they get. The New York Times ran more than 2,000 articles on SARS, which ultimately killed zero Americans.

This is only the deadliest outbreak of Ebola virus disease because past ones were so tiny. At this writing, there have been 1,603 reported cases in Africa and 887 deaths.

That's too many. But every day about 600 sub-Saharan Africans die of tuberculosis, and contagious diarrhea claims the lives of 2,195 children, the vast majority of them in sub-Saharan Africa.

Malaria, syphilis, AIDS and probably dozens of other diseases each year kill Africans at higher rates than Ebola is killing right now.

And, should Ebola come to America, it's vanishingly unlikely to "break out."

Ebola is a lazy spreader. A cough, sneeze or sweat from an "active" case is harmless. Spreading the virus requires contact with large doses of bodily secretions such as blood or vomit.

In Africa, that makes the proportion of fatalities among health-care workers exceptionally high and thereby makes the illness seem more frightening. After all, they're specialists.

But in the ramshackle clinics these heroic folks have to work in, they often lack the most basic protective equipment.

Consider: In over four months since the latest Ebola outbreak was identified in Guinea, it has spread to only three other countries — all in sub-Saharan Africa.

Flu can spread to three new countries in a day.

Let's worry less about greasing squeaky wheels, and more about prioritizing our reactions based not on films or bestsellers but on what poses the greatest threat to the greatest number.

Read the rest at:

<http://nypost.com/2014/08/05/why-ebolas-nothing-to-worry-about>

Did you know?

Did you know you have nerves going to every nook and cranny of your body? Most of your nerves travel from your brain, down your spine (as the spinal cord) and emanate throughout your body as spinal nerves. These spinal nerves connect to your organs, muscles, blood vessels and glands to keep you functioning at your peak.

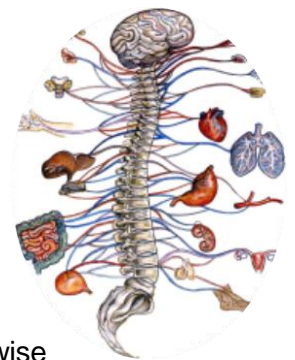
Your nerves are your internal communications system keeping your brain and body connected so you can function at your optimum – with high resistance to disease, good digestion, elimination and respiration, lots of energy and radiant health.

But what if there's a disconnect?

If there's a disconnection, information and energy cannot properly flow through your body and your parts won't work together at 100% efficiency; you have lowered resistance to disease, less energy, and less health.

How does a disconnection occur? If the nerves are cut, frozen, crushed, twisted or otherwise damaged they can't send and receive information properly. The cause of a common form of nerve interference is drugs – prescription, over-the-counter and recreational.

But the most common form of disconnection (nerve interference) is the subluxation – a structural distortion that causes stress to the nerves. Locating subluxations is the specialty of the Doctor of Chiropractic. That's why it is so important to get a chiropractic checkup to locate (and then correct) subluxations. That is why we see infants, toddlers and children, pregnant women, athletes, the elderly – well, everyone – in our office. Everyone needs to see a Doctor of Chiropractic for a checkup to ensure they are free from subluxations; it can make the difference between a life of sickness and a life of health.



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.

Shoulder pain – adhesive capsulitis. Two men were suffering from shoulder pain and lack of motion of the shoulder. One was a 55-year-old man who had fallen from a 10-foot ladder, landing on his left shoulder 7 months prior. A few days later he developed right-sided shoulder pain with restriction in range of motion (ROM) that gradually became worse as time passed. His increasing pain led him to start taking over-the-counter painkillers, but they gave temporary rather than long-term relief.

The second patient was a 60-year-old man who had shoulder pain and restricted ROM in both shoulders. He had been suffering for one year. He said he had no major falls or accidents and suspected his problems were caused by overuse due at his job as a professional chef.

Both began chiropractic care and experienced improved shoulder range of motion and decreased pain. (2)

Ear infections, neck pain, headaches in a young girl. A 9½-year-old girl presented to a chiropractic clinic with her mother for consultation and possible care for chronic ear infections, neck pain and headaches.



According to her mother, the girl was medically diagnosed with chronic otitis media and recently scheduled for tympanostomy tube surgery. Examination of the cervical spine revealed hypolordosis, hypertonicity of paraspinal musculature, lymphadenopathy, decreased ROM, positive orthopedic tests and chiropractic subluxations.

She came in 3 times per week for three weeks. Over the course of care, she no longer experienced episodes of headache and neck pain and her otolaryngologist reported a 95% improvement in her hearing loss. The

surgery to place tubes in her ears was cancelled. (3)

Words of Wisdom

We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses. – Abraham Lincoln

We live in an age when pizza gets to your house before the police do.
– Jeff Marder

As a gardener, your first job is to prepare the soil. The best tool for this is your neighbor's motorized garden tiller. If your neighbor does not own a garden tiller, suggest that he buy one. – Dave Berry

Don't worry about the world ending today; it's already tomorrow in Australia.
– Steven Wright

What do Monsanto and Coke have in common? Both companies have spent millions of dollars to keep us in the dark about the foods we buy. Coca-Cola contributed more than \$3.2 million to defeat the state initiatives to label genetically engineered (GE) foods in California and Washington, making the company one of the largest contributors to the defeat of state labeling efforts. While you may choose to not purchase Coke, the company owns many brands that you might be purchasing, including Honest Tea, Honest Kids, Odwalla, Vitamin Water and Simply Orange. Please tell Coca-Cola to stop funding efforts to block GE food labeling. Go to: http://salsa3.salsalabs.com/o/1881/p/dia/action3/common/public/?action_KEY=12553&sp_ref=49919582.65.1694.e.0.2

Recipe of the Month:

Skinny Chocolate Chip Cheesecake Bars

Crust

5-6 full-sheet graham crackers (or 3/4 cup graham cracker crumbs)
2 Tablespoons (30g) unsalted or salted butter, melted (or even melted coconut oil)

Filling

8 ounces reduced fat cream cheese, softened (do not use fat free)
3/4 cup (185g) Chobani Greek yogurt*
2 egg whites
1/4 cup (50g) granulated sugar
2 Tablespoons (16g) all-purpose flour
1 Tablespoon fresh lemon juice
2 teaspoons vanilla extract
1/2 cup (85g) mini chocolate chips

Directions:

Preheat oven to 350F degrees. Line a 8x8 baking pan with aluminum foil with enough overhang on the sides. Set aside.

Make the crust: Using a food processor or blender, pulverize the graham crackers into a fine crumb. Pour into a medium bowl and mix with melted butter. Press into the lined pan. Bake for 8 minutes. Allow to cool as you prepare the filling.

For the filling: Beat the softened cream cheese for 1 minute using a hand or stand mixer. Beat in the yogurt, egg whites, sugar, and flour until mixture is smooth and creamy, about 3 full minutes. Add the lemon juice and vanilla, beat for 1 additional minute until combined. Fold in the chocolate chips.

Remove the crust from the oven and spread filling on top. Bake for 25 minutes, covering the cheesecake bars at the 20 minute mark with aluminum foil to prevent browning. Allow to cool for 20 minutes at room temperature, then chill completely in the refrigerator for at least three hours. Lift the foil out of the pan and cut into squares.

Makes 16 bars. Store bars in a covered container for up to 7 days in the refrigerator. Recipe can easily be doubled and baked in a 9x13-inch pan, baking time will vary - about 45-55 minutes.

Humor

My friend is so into recycling she insists on marrying a man who's been married before. – Rita Rudner

I have no self-confidence. When girls say yes, I tell them to think it over. – Rodney Dangerfield

I was on a date with this really hot model. Well it really wasn't a date date. We just ate dinner and saw a movie. Then the plane landed. – Dave Attell



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.