

SMITH & PRISSEL CHIROPRACTIC



829 W. CLAIREMONT AVE
715-833-3505

DECEMBER 2014 HEALTH AT YOUR FINGERTIPS

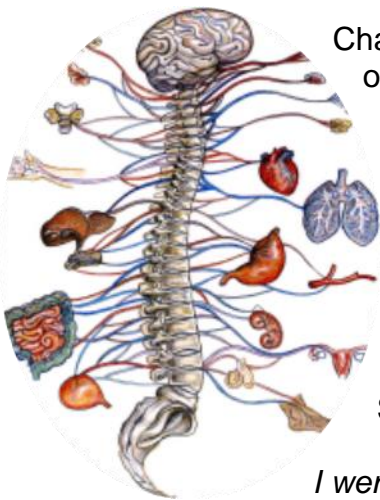
**Patient Appreciation Sale this month:
20% off all in stock Supplements/Products**

This issue's table of contents

- A chiropractic Chanukah and Christmas?
- A holiday adjustment
- What to avoid this holiday season
- Who wants to keep you in the dark?
- Did you know?
- Researching chiropractic
- Honey for infections?
- Words of wisdom
- Humor
- References



A chiropractic Chanukah and Christmas?



Chanukah comes a little before Christmas this year. Actually both are on the 25th of the month. But not exactly! You see the Hebrew calendar changes from year to year when compared to the Christian (Western) calendar. Christmas is celebrated on the 25th of December while Chanukah is celebrated the 25th of the Hebrew month of Kislev. Chanukah is celebrated for eight days and this year it goes from December 16th - 24th of the Christian calendar.

Have a wonderful time celebrating as much as you can, just don't overdue it too much—we want you around in 2015!

Speaking of overdoing it, let's not forget the words of Joe E. Lewis who said,

I went on a diet, swore off drinking and heavy eating, and in fourteen days I had lost exactly two weeks.

A holiday adjustment

Don't forget your holiday adjustment. It'll help relieve some of the holiday stress.

What to avoid this holiday season

Maybe some of your relatives? OK, that was a joke (don't send us angry calls and letters).

What we recommend avoiding is unhealthy food. Of course, if you're a guest there's not much you can do; we suggest you eat graciously and selectively from what's served. But if you're doing the cooking it's a lot easier. We recommend you use food from organic sources and get healthy, organic meats, poultry and dairy products from free range, grass-fed, organic-feed sources. Fish should not be farmed but wild caught. Avoid unhealthy oils such as canola, corn and other vegetable oils and use coconut, butter, lard, tallow, chicken fat and other traditional oils. To find a good list of healthy oils go to www.westonaprice.org.

You can even find organic whiskey, scotch, wines and beers. That might help you enjoy the company of certain relatives. Oh wait, that was another joke.

Who wants to keep you in the dark?

Oregon and Colorado had ballot initiatives to require mandatory labeling of foods containing genetically modified organisms (GMOs). Junk food and chemical corporations are spending million\$ to fight these laws to prevent you from knowing whether or not your food contains GMOs. Sadly, the right-to-know people were outspent and the initiatives failed in Colorado but as of this writing the Oregon vote is too close to call. Who are the companies fighting to prevent you from knowing if foods are GMO? Below is a list and a breakdown of what they spent in Colorado and Oregon respectively. (1)

Colorado/Oregon

- Monsanto: \$4.7/\$4.8 million
- DuPont/Pioneer (Oregon only): \$3.04 million
- Pepsi: \$1.65/\$1.4 million
- Coca-Cola: \$1.1/\$.7 million
- Kraft Foods: \$1.03/\$.87 million
- General Mills: \$820,000/\$695,000
- The Hershey Co.: \$380,000/\$320,000
- J.M. Smucker Co.: \$345,000/\$295,000
- Dow Agrosiences, a Dow Chemical Company: \$300,000/\$368,000
- Kellogg Co.: \$250,000/\$250,000
- Conagra Foods: \$250,000/\$250,000
- Flowers Food Inc. (Oregon only): \$250,000
- Smithfield Foods (Oregon only): \$200,000
- Land O'Lakes (Oregon only): \$760,000



There is presently a boycott of the above companies as they try to prevent you from knowing if your food contains GMOs. Please join it.

For a list of companies who contributed for and against labeling laws go to:
<http://www.inspirationgreen.com/index.php?q=vote-yes-on-37.html>

Did you know?

The star on the Macy's logo was taken from founder R. H.



Macy's hand?



Your brain is the most complex and most unknown organ of all. Your brain only weighs 3 pounds (or about 2% of your weight), yet it uses 20% of your oxygen and calories for energy. In newborns the brain uses 65% of the body's energy.

One nerve cell in your brain can have up to 12,000 connections to other nerve cells, and some can have 80,000 different connections (synapses) firing at any moment. (2)

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 “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.

Low back pain, headaches and fibromyalgia. A 31-year-old female with low back pain, headaches and fibromyalgia began chiropractic care; she was seeking an alternative to pharmacological pain medications.



Spinal analysis established the location of the patient's subluxations and she received five specific adjustments in the span of 18 months. The patient reported a decrease in fibromyalgia symptoms after two months of care and recently reported that she is no longer taking any medications. (3)

Chiropractic and ADHD, depression and learning disabilities.

An eight-year-old boy was brought into the chiropractor's office for care. The child was diagnosed with ADHD (inattentive type) and learning disability regarding working memory and processing speed. The patient's mother said that his medications were ineffective, causing nausea, heart palpitations and low appetite. She brought him in for chiropractic care for an alternative treatment plan to managing these concerns.

The child was analyzed for subluxations and care was initiated to reduce and correct them using spinal and cranial techniques. He had significant improvements in irritability, mood swings, social interaction, temper, energy, memory and immune function. After eight months of care he continued to progress as evidenced by positive reports from his teachers and parents. (4)



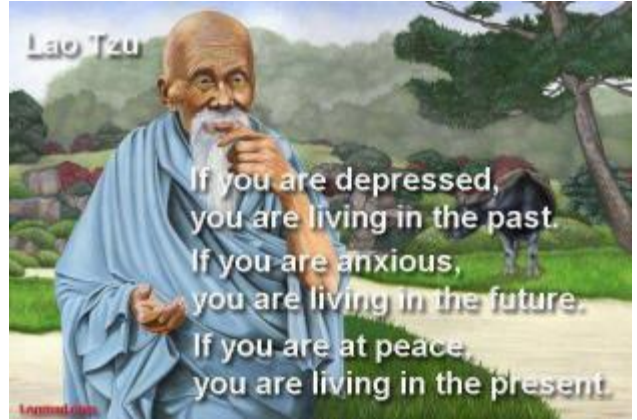
Honey for infections?

It's a natural substance that has been used for thousands of years. Bacteria can't grow in it. People have used it for skin ulcers and to heal many skins conditions. But in this study of 100 children (2-18 years old) with upper respiratory infections, honey was found to help. The children were given either buckwheat honey, dextromethorphan or nothing. The results—the children had the most relief from honey. (5)

Words of wisdom

Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do.

– Pope John XXIII



Humor

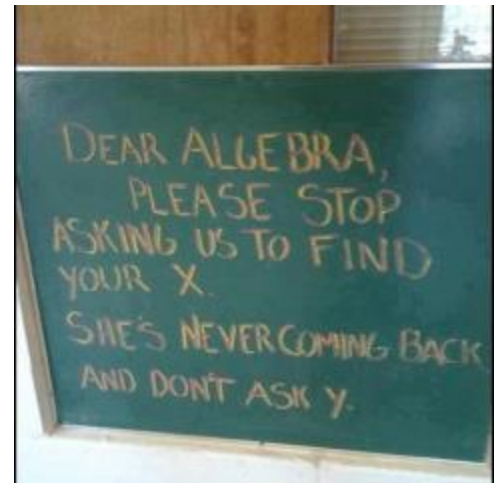
I'll always remember the last words of my grandfather, "A truck!" – Emo Philips

There are worse things in life than death. Have you ever spent an evening with an insurance salesman? – Woody Allen

I told my wife I wanted to be cremated. She's planning a barbeque. – Rodney Dangerfield

I have kleptomania, but when it gets bad, I take something for it. – Robert Benchley

The morning after I had my heart bypass, the doctor called and said, "Soon you'll be able to have sex." I said, "I've heard that for years." – David Letterman



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. <http://www.inspirationgreen.com/index.php?q=vote-yes-on-37.html>
2. Beck R. *Functional Neurology* (2nd Ed). Amsterdam, Netherlands: Churchill Livingstone (Elsevier);2011.
3. Soriano W, Apatiga A. Resolution of fibromyalgia & polypharmacy concomitant with increased cervical curve & improved quality of life following reduction of upper cervical subluxation: a case study. *Journal of Upper Cervical Chiropractic Research*. October 21, 2014:61-67.
4. Zielinski BA, Mankal K. An epidemiological approach to the effects of subluxation-based chiropractic care on the management of ADHD, depression and learning disabilities in an 8-year old: a case study. *Annals of Vertebral Subluxation Research*. September 15, 2014:153-160.
5. Paul IM, Beiler J, McMonagle A et al. Effect of honey, dextromethorphan and no treatment on nocturnal cough and sleep quality for coughing children. *Arch Pediatr Adolesc Med*. 2007;161(12):1140-1146.