

SMITH & PRISSEL CHIROPRACTIC



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January 2015 HEALTH AT YOUR FINGERTIPS



Enjoy the benefits of chiropractic – the largest natural, drug-free, surgery-free, expressive healthcare system in the world.

More families are discovering that periodic chiropractic checkups and adjustments promote health and healing without drugs and medical treatments. More people are turning away from symptom treatment and choosing natural ways of achieving and maintaining health.

Tired of taking drugs? Welcome to the world of chiropractic – discover how natural health can be.

The quickest way to become an old dog is to stop learning new tricks. – John Rooney

Sale this Month: 20 % off Natural Calm

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Kids & Chiropractic

As perfect together as bees and honey

Throughout your children's lifetimes – from infancy into adulthood - chiropractic care can help ensure your child's physical and emotional health. Chiropractic is the healthcare choice for millions of parents and their children throughout the world.



The Earliest Years

You do so many things to ensure your baby's health: during pregnancy you eat right; you avoid cigarettes, alcohol and all drugs, breast-feed but what about spinal health?

Chiropractors have helped babies suffering from nearly every condition imaginable: colic, vomiting, sleeping problems, tonsillitis, vision and hearing problems and many, many others. (1-3)

It is not unusual to hear parents state that care their children get sick less severely, have less (or no) ear less (or no) antibiotics and other drugs. such as asthma and allergies have chiropractic care. (6-7)



since starting chiropractic frequently and less infections and take (4-5) Many conditions responded to

In addition there are reports of chiropractic suffering from autism. Some of these children later re-diagnosed as normal after chiropractic care. (8-9)

care helping children have been re-evaluated and

Academic Performance

For your child to reach his/her academic potential, he/she needs to be free from structural, brain and nervous system stress. Chiropractic care has been a blessing to many children (and their parents) who were experiencing learning problems.

Make sure your children start the new year as well and healthy as possible – call today to schedule a chiropractic checkup for them!

Parents' satisfaction with pediatric chiropractic. This was a survey of all infants aged 0-36 weeks at a chiropractic clinic. Parents completed questionnaires, which rated their own and their infant's characteristics prior to, and at the end of, a course of chiropractic care.

395 results were collected in this study and satisfaction scores of 10/10 ("completely satisfied") were reported by 75.1% of the parents. The parents in this study appear to be satisfied with the care their infant received. (11)



Motor Tics, ADHD in a 10-year-old. A 10-year-old boy presented with ADHD (attention deficit hyperactivity disorder) along with involuntary motor tics. He was a twin born vaginally with the assistance of vacuum extraction. History revealed prior diagnoses of macrocephaly and underdevelopment of C2 at 4 months of age. The child was administered slow release stimulant medication for management of ADHD symptoms by a medical doctor since 8 years of age.

High velocity, low force adjustments (Toggle technique) were applied to the first cervical vertebra over 10 months of care along with passive cervical mechanical traction following each adjustment. After the first adjustment, the boy showed improvements in behavior and focus. He was able to cease use of medication after 2 months. Reduction in ADHD symptoms along with complete resolution of motor tics were also noted over the duration of care. Cervical curve as seen on x-ray improved 10 months from the start of care. (12)

“Breech” baby and chiropractic. A 28-year-old female presented at 36 weeks pregnant with her third child. A transverse position of the fetus was confirmed with ultrasound by the ob/gyn.



Through the use of Webster Technique protocol, the patient was found to have a sacral subluxation and taut fibers along the round ligament. After one Webster Technique adjustment, the fetus was confirmed to have moved from transverse position to vertex position via ultrasound. The patient was able to avoid a cesarean section and proceed with an uncomplicated vaginal delivery. (13)

Make sure your children start the new year as well and healthy as possible – call today to schedule a chiropractic checkup for them!

Happy New Year

Did you think we forgot? We just hid it a little farther down the newsletter.

If you keep only one resolution your entire year will be happier so let's talk about ...

Resolutions

OK, we've been down this road before. But now we're really going to make them stick – life is short, too many people depend on us and we can't fritter away that which money can never buy – time!

We're referring to New Years' resolutions. How about the first one being “I will keep my resolutions?”



A good way to help them stick is to write them out in your own hand and make a few copies and put one on the bathroom mirror, another on the refrigerator, another on the ceiling over your bed, in front of the toilet – well, you get the idea.

What matters most is you do it. Why is it so important? Because if you do one small thing then a slightly bigger thing is easier to do.

Let's say you resolve to spend 30 minutes less watching TV or the surfing internet and use that freed-up time doing productive things like yoga or learning something [i.e. a musical instrument, cooking or how to use the TV remote control (hey, it's a small step)]. If that happens then you can do 45 minutes, then one hour, or two.

“How do you eat an elephant?” Answer: “Bite by bite.”

Gluten intolerant or poison intolerant?

Why are some people who say they are “gluten intolerant” able to eat organic non-GMO wheat? It may be because of how the wheat is treated.

For example, standard wheat harvest protocol in the United States is to first drench the wheat fields with the poisonous herbicide Roundup®; the dead plants are less taxing on the farm equipment. Pre-harvest application of Roundup® and other



herbicides containing glyphosate to wheat and barley as a desiccant was suggested as early as 1980. It has since become routine over the past 15 years and is used as a drying agent 7-10 days before harvest within the conventional farming community. See more at:
<http://www.theorganicprepper.ca/maybe-you-arent-actually-gluten-intolerant-maybe-youre-just-poison-intolerant-11152014#sthash.1m4WF1ss.qoRhTnKT.dpuf>

Words of Wisdom

The person who knows HOW will always have a job; the person who knows WHY will always be the boss. – John Maxwell

In times of change, learners inherit the earth, while the learned find themselves beautifully equipped to deal with a world that no longer exists. – Eric Hoffer

If a man empties his purse into his head, no one can take it away from him. An investment in knowledge always pays the best interest. – Benjamin Franklin

Shall I tell you a secret of a true scholar? It is this: every man I meet is my master in some point and in that I learn from him. – Ralph Waldo Emerson

Education is learning what you didn't even know you didn't know. – Daniel Boorstin

Don't let your learning lead to knowledge. Let your learning lead to action. – Jim Rohn
Humor

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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