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&
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**SMITH & PRISSEL
CHIROPRACTIC**

July 2014

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Ah! It's summertime (finally)

The brutal winter is just a memory. Now we can enjoy the outdoors: become sun worshippers, enjoy outdoor sports, and go for walks without layers of sweaters and jackets on. If we haven't seen you for a while, come in for your seasonal checkup – you'll feel better and enjoy the seasons better.

Asthma, Parkinson's disease, multiple sclerosis, gastrointestinal problems and chiropractic

What do they have in common? They all responded to chiropractic care.

In this issue we will see (below) a number of case histories and reviews regarding chiropractic patients with the above-mentioned conditions. You might ask, "What's the connection? How could all these different conditions respond to chiropractic?"

There's more. Clinical case studies of conditions responding to chiropractic are as varied as migraines, backaches, vision problems, hearing problems, asthma, digestive problems, menstrual cramps, stress, anxiety, colds, flu, heart conditions, spine and disc conditions and many others.

Why? Patients have said, "How could working on someone's bones help so many health problems?"

The answer is because Doctors of Chiropractic are not working on “someone’s bones.” What we are really doing is releasing pressure off of their nervous system – permitting their nerves to function without pressure or interference thus allowing their body to function better. These areas of nerve pressure caused by body distortions are called subluxations. Doctors of Chiropractic spend years learning how to locate and correct subluxations.

When subluxations are corrected your nervous system begins to communicate with your internal organs, glands, muscles, bones, tissues, cells and fluids more efficiently so your healing ability – your “internal doctor” – works better.

When your body is working better, you heal better. And that’s the chiropractic purpose – to locate areas of bad communication and make adjustments so you’ll function better, heal better, feel better and live a longer and healthier life (and your loved ones too!). That’s why over a hundred years of chiropractic clinical success includes MS, PD, GERD, asthma, allergies, cancer, heart disease, arthritis, migraines and hundreds of other conditions.

The shingles vaccine is designed to treat a vaccine-caused condition

According to Russell Blaylock, MD writing in *The Blaylock Wellness Report* newsletter:

The reason the shingles vaccine was developed was because of the widespread use of the chickenpox vaccine. This latter vaccine dramatically increased the incidence of shingles in adults. There is no evidence that the shingles vaccine works, but there is evidence that some have gotten the shingles after getting the vaccine. In adults who get shingles, the chickenpox virus has been hiding (latent) in the ganglion close to their spinal nerves for a lifetime. When a person’s immune system weakens, the virus re-activates and inflames the nerve—causing blistering, intense pain and misery. (1)



Did you know?

- Half of all Americans live within 50 miles of their birthplace? Years earlier, most people lived and died within a few miles of their birthplace.
- The most popular boat name requested is ‘Obsession’? I guess that’s an example of art imitating reality.
- Bulletproof vests, fire escapes, windshield wipers and laser printers were invented by women.
- The only food that doesn’t spoil is honey. It’s even been found in Egyptian pyramids. Stock up and leave some for your great-great-great-grandchildren.

This is why we’re trying to save you from drugs

According to the U.S. Centers for Disease Control and Prevention (CDC): 37,485 people died from prescription drugs versus 36,284 from traffic accidents. Drug fatalities more than doubled among teens and young adults between 2000 and 2008, and more than tripled among people aged 50 to 69. Add surgical mistakes, malpractice and hospital infections and the modern medical system is the leading cause of death and injury in the United States. In 2010, an analysis published in the *New England Journal of Medicine* found that, despite efforts to improve patient safety in the past few years, the health care system hasn’t changed much at all. (2)

Hospital self-defense – have someone stay with you

If you ever find yourself in a hospital there are things you can do to ensure you will survive your stay and be treated better. Charles Inlander, president of People’s Medical Society says, “Hospital patients are often too ill to look after themselves – and some are too passive to question the treatment they get.” So have a friend or family member stay with you 24 hours a day – to call the nurse if there’s trouble and to ask about medication or treatments. Visiting hours don’t matter. You are entitled to have someone with you all the time as long as that person does not interfere with your care. Courts have upheld this despite challenges. (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.

Multiple sclerosis and Parkinson’s disease. This study reviewed data from 81 Multiple Sclerosis (MS) and Parkinson’s Disease (PD) patients, most of whom recalled having a trauma in the past before getting their diagnosis. The time between the traumatic event and getting the disease varied from two months to 30 years!

Over a five year period the author examined and cared for these patients. Of the 81, 78 recalled that they had experienced at least one head or neck trauma prior to the onset of their disease:

- 39 patients had been hurt in auto accidents;
- 29 had been hurt in sporting accidents (i.e. skiing, horseback riding, cycling and football)
- 16 had been hurt in falls on icy sidewalks or down stairs

Upper cervical (neck) subluxations were found in all 81 cases and all received upper cervical (upper neck) chiropractic care for correction of their vertebral subluxations. The results were as follows: 40 of the 44 (91%) MS patients and 34 of the 37 (92%) PD patients showed symptomatic improvement and no further disease progression while they were under care. (4)

Asthma in an 18-month-old. An 18-month-old baby began experiencing asthmatic symptoms at age 9 months. His history included having been rushed to the hospital emergency room 4 times for episodes of acute respiratory distress. He suffered from constant wheezing and cough and was not responding well to pharmacological (prescription) interventions.

The boy was seen six times over a 7-month period for correction of vertebral subluxations. He received adjustments to his cervical spine (neck) during his visits. By 9 weeks of care he was not experiencing constant wheezing or having any breathing difficulty at all. In addition, analysis revealed that his vertebral subluxations had been reduced. (5)



GERD (gastroesophageal reflux disease) in a 10-month-old. The mother of a 10-month-old boy brought her son in for chiropractic care. The child was diagnosed by his medical doctor as suffering with gastroesophageal reflux disease (GERD). The boy’s symptoms included interrupted sleep, difficulty feeding, poor appetite, repeated bouts of diarrhea, stomach distension, excessive intestinal gas and poor weight gain. Medical treatment consisted of over-the-counter antacids, followed by Nexium, and finally Zantac. All were unsuccessful. Over a seven-week period the child received thirteen chiropractic adjustments. The child began to experience immediate improvements throughout care, with complete resolution of GERD and return to normal weight. (6)

Words of Wisdom

Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for. Epicurus

Recipe of the Month

Skinny Chunky Monkey Cookies Recipe: (Makes 30 cookies)

Ingredients:

3 ripe bananas	1/4 cup unsweetened cocoa powder	1/4 cup cream peanut butter
2 cups old-fashioned oats	1/3 cup unsweetened applesauce	1 tsp. vanilla extract

Directions:

Preheat oven to 350°F. Mash bananas in a large bowl, then stir in remaining ingredients. Let batter stand for approximately 20 minutes, then drop by teaspoonful onto ungreased cookie sheet. Bake 10-12 minutes.

Freezing Directions:

Cool completely, then place cookies in a freezer bag. Seal, label, and freeze.

Nutritional Information (per cookie):

47 calories; 7.5 g carbs; 1.6 g fat; 1.5 g protein; 1.3 g fiber

Humor

1. Is it good if a vacuum really sucks?
2. Why is the third hand on a watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words?
5. Why do we say something is out of whack? What is a whack?
6. Why does "slow down" and "slow up" mean the same thing?
7. Why do "fat chance" and "slim chance" mean the same thing?
8. Why do "tug" boats push their barges?
9. Why do we sing "Take me out to the ball game," when we are already there?
10. Why are they called "stands" when they are made for sitting?
11. Why is it called "after dark" when it really is "after light"?
12. Doesn't "expecting the unexpected" make the unexpected expected?
13. Why are a "wise man" and a "wise guy" opposites?
14. Why do "overlook" & "oversee" mean opposite things?
15. Why isn't the word phonics spelled the way it sounds?
16. If work is so terrific, why do they have to pay you to do it?
17. If all the world's a stage, where is the audience sitting?
18. If love is blind, why is lingerie so popular?
19. If you are cross-eyed and have dyslexia, can you read all right?
20. Why is bra singular and panties plural?



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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