

# SMITH & PRISSEL CHIROPRACTIC

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## HEALTH AT YOUR FINGERTIPS

### May 2014

Joint support supplements  
20% OFF  
Bio-Flex II, Glucosamine 1000 & Rose Calcium

### Join us at our FREE Healthy Living Events

Thursday May 8<sup>th</sup> & Tuesday May 13<sup>th</sup> from 6:30-7:30 pm  
(Held right at our office)

Let us teach you how to get more fruits and vegetables with  
Juice Plus+

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**Happy Mother's Day** Mother's Day arose in the 1900s as a result of the efforts of Anna Jarvis. Following her mother's 1905 death, she conceived of Mother's Day as a way of honoring the sacrifices mothers make for their children. After gaining financial backing from John Wanamaker, a Philadelphia department store owner, in May 1908 she organized the first official Mother's Day celebration in Grafton, West Virginia. That same day also saw thousands of people attend a Mother's Day event at one of Wanamaker's retail stores in Philadelphia.

**Put the spring in your spine** it's spring! Time for new growth, renewal and revitalization!! Does your spine have a spring in it? Not a metal spring of course, but a balanced, energetic, happy spring? Does your spine dance and express energy?

Lots of energy flows through your spine. Your spinal cord is protected by your spinal bones (vertebrae). And when your discs are soft and puffy (not flat and cracking), and your nerves are sending energy like electrical wires all over your body to all your organs,

glands and muscles, to every tissue and cell, then you are functioning close to the way you were meant to function.

Having a “springy spine” means having lots of energy, being balanced, with all your spinal bones lined up just right, and feeling good—really well. Able to take deep, satisfying breaths and being relaxed and comfortable no matter what position you are in: standing, sitting, prone, supine or moving (even into weird positions).

Join us in our chiropractic office to make sure you have a balanced, healthy spinal column. We'll help put the spring in your spine—and into all your body parts too!

**Can it be good to feel bad?** Nature is very wise. It does things for good reason. When you or your children get “sick” and have uncomfortable symptoms such as general malaise, fever, vomiting, diarrhea, rashes—it's really good for you. These symptoms have a purpose—they cleanse and detoxify you. Conversely, preventing or suppressing symptoms with drugs often makes you sicker in the long run. Yes, it feels good to suppress symptoms, but the long-term effects can be ill health. It has long been observed that suppressing an acute (dramatic but temporary) illness drives disease deeper and can cause chronic (lifelong) illness.

For example, the world-famous medical historian Harris Coulter, Ph.D. writes: *Suppression of acute symptoms has long been known to generate serious systemic disorders.*

Many researchers have found that children who had childhood illnesses had less “allergic conditions such as asthma, eczema and hay fever” and these illnesses were found to be “beneficial for the general health of many children.”

Another study revealed that individuals who had infectious childhood diseases with fever had less cancer in adulthood.

Another study found that cancer was six times higher in patients who never experienced a common cold and an astounding fifteen times higher for those who had never experienced a fever.

So the next time you or your child gets a cold or fever or suffers from some other illness remember that nature is very wise and all the bad symptoms will result in a stronger, healthier person—for the rest of his or her life.

**How safe is chiropractic?** Very safe! The malpractice premiums that chiropractors pay are a fraction of what medical doctors' pay. That says it right there—overall chiropractic care is far safer than medical care.

Some misguided people claimed that chiropractic cervical (neck) adjustments cause stroke. That accusation was soon put to rest in a study published in the journal *Spine*. In that comprehensive study the authors found that there is no greater risk of stroke following chiropractic neck adjustments than there is from visiting a medical doctor.

### **Did you know?**

- 1.3 million Earths could fit inside the sun?
- Sphenopalatine ganglioneuralgia is the scientific term for brain freeze?

- The world's smallest cat is called "Tinker Toy" and he's just 2.75 inches tall? (2.7 centimeters)
- Children's Day is celebrated in India on November 14th, 9 months after Valentine's Day.
- 1% of the Earth's wood supply is used by IKEA.
- Barbara is Latin for "strange woman."

**Stress—you need it** yes, you do. What? Shouldn't we avoid stress? First of all, that is impossible. To be alive is to be under stress—from gravity to feeling and relating to others stress is always with us. Doesn't stress wear us down? Doesn't stress exhaust us? Chronic stress can cause burnout and breakdown, and yet lack of stress weakens us.



### **So what should we do about stress?**

It's all in the balance. First we need to push ourselves to uncomfortable limits to grow but then we need rest and sleep for renewal. Without stress your heart and muscles will slowly but surely wither (about 1% a year after age 30). But even very late in life that withering can be reversed. The harder you push yourself, the more you signal your body to grow. The growth actually occurs during recovery. The limiting factor is mostly your tolerance for discomfort. Most of us instinctively run from discomfort, but struggle equally to value rest and renewal. We operate instead in a gray zone, rarely fully engaged and rarely deeply relaxed. What practice could you add to your life to regularly push beyond your comfort zone—and then deliberately renew? Increasing the amplitude of your wave— from intense effort to deep renewal—is the surest path to a more fully realized life.

**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, we always function better when free from subluxations. Chiropractors are uniquely trained to locate and correct subluxations. Enjoy this month's cases and read more next month.

**Placenta previa, breech presentation and chiropractic.** The patient was a 32-year-old in her 32<sup>nd</sup> week of pregnancy. Her midwife and obstetrician referred her for chiropractic care after ultrasound imaging showed the baby to be in breech position and a placenta previa. This combination of conditions would mean a Caesarian section. The patient however, under care with chiropractic procedures that released subluxations from her pelvis, showed the following: the breech position resolved into a natural vertex position and the placenta moved away from the opening of the cervix.

**Asthma, chronic colds in a two-year-old.** A two-year-old boy suffering from asthma, chronic colds and respiratory issues since birth was brought to a chiropractor for care. The boy was taking two medications, Flovent® (two puffs twice a day) and Singulair® (daily). He had been fully vaccinated.

After his first adjustment he no longer needed his daily inhaler and was able to sleep undisturbed through the night with no asthmatic flare-ups. His asthma, colds and respiratory issues completely resolved after receiving four adjustments over the course of three weeks. He was off all drugs. His mother brings him in for wellness care every other week.

## May's Recipe

### Cool & Easy Strawberry Pie Filling

1- 3 oz. package strawberry flavored gelatin	1- 8 oz. container of cool whip
2 cups of chopped strawberries	2/3 cup boiling water
1/2 cup cold water	Ice cubes

Empty 3 oz. container of strawberry gelatin powder into a large bowl. Boil 2/3 cup water & add to gelatin, stir gelatin powder until completely dissolved. Then, take 1/2 cup cold water & add enough ice cubes to make 1 cup. Add to gelatin mix. Stir until gelatin is slightly thickened. Remove left-over ice cubes. Using a whisk, add in cool whip. Stir until strawberry gelatin & cool whip are thoroughly mixed. Then, stir in diced strawberries. Refrigerate for 30 minutes or until mixture is thick & will mound into pie crust.

### Homemade Graham Cracker Crust

1 1/3 cups crushed graham crackers	1/3 cup brown sugar
2 tsp cinnamon	1/3 cup melted butter

Using a rolling pin, crush graham crackers until you have the desired amount. Place crushed graham crackers, brown sugar, & cinnamon in a medium sized bowl & stir well with fork, mixing dry ingredients thoroughly. Add in melted butter & stir until graham cracker mixture is completely coated in butter. Press into pie pan.

Add pie filling into pie crust. Refrigerate 6 hours or until firm. Add a dollop of cool whip & sliced strawberries (optional) to top of pie before serving. Enjoy!

## Humor

- I tried to catch some fog. I mist.
- When chemists die, they barium.
- Jokes about German sausage are the wurst.
- A soldier who survived mustard gas and pepper spray is now a seasoned veteran.
- I know a guy who's addicted to brake fluid. He says he can stop any time.
- How does Moses make his tea? Hebrews it.
- I stayed up all night to see where the sun went. Then it dawned on me.
- This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- I'm reading a book about anti-gravity. I can't put it down.
- I did a theatrical performance about puns. It was a play on words.
- They told me I had type A blood, but it was a type-O.

## Bye!!



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