

mood and gastrointestinal changes began chiropractic care.

She was checked and corrected for vertebral subluxations during a 7-month period. During that period she was re-evaluated and exhibited a considerable improvement in her physical, emotional and social well-being.

The researchers employed a Self-Rated Health/Wellness (SRHW) survey that was taken prior to care and at subsequent progress visits that assessed her physical state, emotional/mental state, her stress levels, life enjoyment and her Overall Quality of Life. (6)

Low back pain and urinary urgency. A 24-year-old soldier was suffering from low back pain and urinary urgency (needing to urinate 12-15 times per day). Medication to relieve the problem was unsuccessful. Chiropractic adjustments were applied to sites of vertebral subluxation resulting in an amelioration of the patient's complaints. (7)

Do you have a non-vaccinated child? Please take this survey.

Studies published in medical journals reveal that non-vaccinated children are significantly healthier than vaccinated children. One such study on the health of non-vaccinated children is being conducted right now and you can be a part of it.

It is a short survey. So far over 700 parents have participated, but to have accurate results at least 2000 participants are needed. Please go to <http://www.vaccineinjury.info/vaccinations-in-general/health-unvaccinated-children.html>

It'll only take a few minutes of your time at most and future generations will thank you.

Humor

What are grandparents?

(Taken from papers written by a class of 8-year-olds)

- Grandparents are a lady and a man who have no little children of their own. They like other people's.
- A grandfather is a man, and a grandmother is a lady!
- Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the shops and give us money.
- When they take us for walks, they slow down past things like pretty leaves and caterpillars.
- They show us and talk to us about the colors of the flowers and also why we shouldn't step on 'cracks.'
- They don't say, 'Hurry up.'
- Usually grandmothers are fat but not too fat to tie your shoes.
- They wear glasses and funny underwear.

Bye!!!

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Healthy Living Chiropractic Newsletter

Advanced Family Chiropractic

219 West Main Street

Montour Falls, NY 14865

Phone: 607-535-7080

Tired of being sick and tired? Welcome to the world of chiropractic ~ discovers how natural health can be.

We are not teasing you with this picture, but inspiring you. What's the best time to be reminded of soft, warm breezes, sunshine and beaches? We don't need it in the summer. Remember, every day brings us closer to spring.

I like winter because I can stay indoors without feeling guilty.

– Teresa Skelton

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This issue has a lot of valuable information you may not see anywhere else. If you have any questions or comments please write to us. Feel free to send this to your friends and relatives and if you'd like a hard (printed) copy, stop by the office.

Stay warm – spring is coming.

Chiropractic and pregnancy pain

A Norwegian study reveals that one-third of patients seek chiropractic care as first choice for pain during pregnancy.

The study interviewed the first 100 pregnant women presenting at a chiropractic clinic. The interview included reasons for visiting the clinic, average weeks of pain, where they were in pain and the number of chiropractic visits. The study found that 90% of the patients' chief complaint was pelvic pain and for 30% of the patients chiropractic was their first choice for care.

Those who had never had back pain before waited the shortest time before seeking care. The authors also found that the longer the patients waited to seek chiropractic care the more areas of pain they experienced and the more areas of the spine needed adjusting. (1)

Words of Wisdom

Your true place is a place of light. Even if you find yourself in the midst of darkness and sorrow, you must remember this is not your home.

Your essential self lies in an inseparable bond with the Source of Light. From there it extends a glimmer of itself below to illuminate the darkness.

– Tzvi Freeman

Interviews with Andrew Wakefield, M.D.

Dr. Wakefield is the British gastroenterologist who was viciously attacked for reporting that parents told him their children developed autism after vaccination.

Below are an audio interview and a video interview of his side of the story. After you watch and listen, you decide.

<http://naturalnews.tv/v.asp?v=B9D23224EC0AE34FD5415B72B27B1BE5>

Watch Dr. Andrew Wakefield on the Alex Jones show.

<http://www.youtube.com/watch?v=a4PeLH6RWY>

Kids get measles from the measles vaccine!

This is coming from the MMWR which is the U.S. government's own publication. We've always known that vaccinated kids can contract measles. There are numerous reports in the medical journals of epidemics in fully vaccinated populations. Here is just one from Illinois in which 17 high school students who were fully vaccinated came down with measles even though 99% of the high school population was vaccinated with the MMR (measles, mumps, rubella) vaccine. (2)

Did you know?

Dr. Seuss' first book, *And to think that I saw it on Mulberry Street*, was rejected 27 times before he stepped into an office elevator and bumped into an old friend who happened to be working at a publishing house.

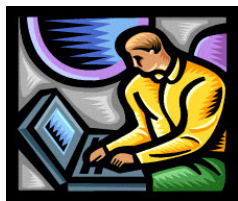
Dr. Seuss wrote *Green Eggs and Ham* after being challenged by Bennett Cerf (his editor) to produce a book using fewer than fifty different words.

Researching Chiropractic

Pervasive developmental disorder. A three-year-old boy, who was diagnosed with Pervasive Developmental Disorder by a pediatrician, had communication problems, apraxia and speech delay. The child received chiropractic care over the course of 5 months to his upper cervical (neck) and sacral regions.

The outcomes were measured by re-assessments, parental evaluation and health care provider and teacher reports. The child began making friends, became more interactive and less defiant and was reported to be an overall happier child following the introduction of chiropractic care. (3)

Please keep your laptop off of your lap



A new study finds that using your laptop computer where it was designed to be used (in your lap) can lower your sperm count. Researchers took the temperature in the testes of men working on their laptops. In just 10-15 minutes, the temperature down there rose to levels high enough to damage sperm production. (4)

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Humor

What are grandparents?

(Taken from papers written by a class of 8-year-olds)

- They can take their teeth and gums out.
- Grandparents don't have to be smart.
- They have to answer questions like 'Why isn't God married?' and 'How come dogs chase cats?'
- When they read to us, they don't skip. They don't mind if we ask for the same story over again.
- Everybody should try to have a grandmother, especially if you don't have television because they are the only grownups who like to spend time with us.
- They know we should have snack time before bedtime, and they say prayers with us and kiss us even when we've acted badly.
- A 6-year-old was asked where his grandma lived. "Oh," he said, "She lives at the airport, and when we want her, we just go get her. Then when we're done having her visit, we take her back to the airport."
- Grandpa is the smartest man on earth! He teaches me good things, but I don't get to see him enough to get as smart as him!
- It's funny when they bend over; you hear gas leaks, and they blame their dog.



Bye!!!

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