

Healthy Living Chiropractic Newsletter

Advanced Family Chiropractic

219 West Main Street
Montour Falls, NY 14865
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What has made chiropractic so popular? Why do tens of millions of people visit their neighborhood Doctor of Chiropractic? And the numbers are growing!

It's because Doctors of Chiropractic can locate and correct subluxations, small distortions in your spine and body structure that can cause tremendous health damage if not corrected.

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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Stay warm – spring is coming.

Headaches and chiropractic

What Puts the Ache in Headache?

The ache in headache does not come from your brain—your brain cannot feel pain. During brain surgery a patient is often wide awake feeling nothing, even talking to the surgeons and nurses while his/her brain is being operated on (a local anesthetic numbs the scalp). So what puts the "ache" in headache? It's the non-brain structures: blood vessels, membranes and cranial nerves in the brain and skull. When these structures are stretched, compressed, irritated, inflamed or infected headaches often result.

The Chiropractic Approach

Why have millions of headache sufferers turned to the natural, drug-free chiropractic approach to health? (1)

That's because chiropractic has a unique healing approach—chiropractors are the only health professionals trained to analyze your body for a serious and often ignored condition that can damage your nerves, inflame your tissues, cause muscles to tighten and knot, weaken your body, cause fatigue and set the stage for sickness and disease. This condition is called the subluxation.

Just as you may have a cavity in your tooth and be unaware of the damage it's causing, so a subluxation may be causing serious harm to your body—sometimes for years—without your knowledge.



The Chiropractic Checkup

If you have a subluxation we will give you a safe, gentle adjustment to correct the subluxation, thus removing nerve pressure and structural distortions.

Why Does Chiropractic Work So Well?

One study of 6,000 long-term headache sufferers (two to 25 years) revealed that neck injury (whiplash, falls) was the most important factor in the cause of the headache and should be suspected in every nonspecific case of headache. (2)

Subluxation correction has powerful effects. In a randomized controlled trial performed at the University of Odense, Denmark, those under chiropractic care decreased their use of painkillers by 36% and the number of headache hours per day decreased by 69%. (3)

Headaches affect children too. For example, a 10-year-old girl with chronic, severe migraine (6 times a week for the past 3 years) was unable to go to school due to the severity of her condition. Neurologists could not help her. A chiropractic examination revealed a subluxation in her upper neck. After her third adjustment she was off her pain medications and by the third week she was back in school, had started dance classes for the first time in 2 years, "and actually began to smile again. She was leading a normal and healthy life for a child her age by the end of the 5th visit." (4)

Not A Headache Therapy

For over a hundred years headache and migraine sufferers have turned to chiropractic for help, and yet chiropractic is not a headache therapy or treatment. Chiropractic's role is not to treat any specific disease, but to care for the person who has the condition by ensuring that their entire body functions better by correcting their subluxations.

Anyone suffering from headaches (and any other condition) should make sure the nervous system and structural system is free from subluxations—for the health of their whole body, not just certain parts.

A quarter of US children on drugs all the time

Advertising really does work

More than a quarter of U.S. kids and teens are taking a medication on a chronic basis, according to Medco Health Solutions Inc., the biggest U.S. pharmacy-benefit manager with around 65 million members. Nearly 7% are on two or more such drugs, based on the company's database figures for 2009. (5)

PS. Aren't you glad you know a safe, natural approach towards healthcare? Most people only know the drug approach.

Hormone replacement therapy drugs Prempro® and Premarin® ...

Pfizer's hormone drugs Prempro® and the related Premarin® and Provera® cause a 26% increase in breast cancer, 41% increase in strokes, 29% increase in heart attacks, 22% increase in cardiovascular disease and a 100% increase of blood clots.

As if that weren't enough it's also been linked to deafness, urinary incontinence, cataracts, gout, joint degeneration, asthma, lupus, scleroderma, dementia, Alzheimer's disease and lung, ovarian, breast, endometrial, gall bladder and melanoma cancers.

The cancer rate in the U.S. and Canada fell when women quit hormone therapy in 2002 (as did the U.S. heart attack rate in women). But doctors are still recommending these drugs.

From *15 Dangerous Drugs Big Pharma Shoves Down Our Throats*. Read about the others at <http://healthfreedom.org/2010/11/30/15-dangerous-drugs-big-pharma-shoves-down-our-throats/>

Researching Chiropractic



Depression, asthma, high stress ... and chiropractic. A 49-year-old woman with a history of depression, asthma, high stress,

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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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.

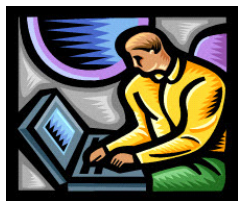
Dr. Seuss wrote *Green Eggs and Ham* after being challenged by Bennett Cerf (his editor) to produce a book using fewer than fifty different words.

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)

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.

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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)

- 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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