

Healthy Living Chiropractic Newsletter

Advanced Family Chiropractic
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Why is chiropractic so popular? Why do millions of people visit their neighborhood Doctor of Chiropractic? Why are the numbers growing?



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

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

I don't want any yes-men around me. I want everybody to tell me the truth, even if it costs them their jobs. – Sam Goldwyn

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residue (so go organic)

Enjoy this newsletter. 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.

Chiropractic and mental health

Since chiropractic's inception in 1895 the psychotherapeutic benefits have been noticed. Simply stated – the brain functions better when the body has no subluxations.

In fact, for many decades in the 20th century, chiropractors owned and ran sanitariums for “nervous and mental disorders.” A famous book called *Mental Health and Chiropractic*, which includes many case studies and the contributions of Nobel prize laureates, discusses the possible biological mechanism behind chiropractic's great success with brain health.

Today, with so many children exhibiting autism, attention deficit disorder, hyperactivity, Asperger's syndrome, Rhett's syndrome and other disorders affecting their personality and social function, it is essential that all children receive a chiropractic checkup. Below in this newsletter is a summary of a paper on chiropractic, autism and depression (see Researching Chiropractic). Please bring in your children for care.

Chiropractic helps most all children in so many ways – grades increase, concentration improves, balance and coordination are enhanced, sports performance improves – why wouldn't you bring in your child for chiropractic's unique subluxation correction?

What part of your body does this?



It deactivates drugs – without it a few ounces of alcohol could keep you drunk for life; a moment's adrenalin rush would go on and on; pharmaceuticals would never stop altering your body chemistry.

- It helps life sustaining nutrients to get to your cells.
- It converts food into nutrients.
- It stores fats, sugars, iron, and vitamins for later use by the body

- It is the most amazing juggler in existence – creating and balancing over 13,000 chemicals and hormones.
- It keeps your blood sugar levels within a safe margin and balances vitamins and minerals so your bones will stay strong and won't deteriorate.
- It clears out inhaled, swallowed or absorbed (through the skin) toxins, chemicals and pollution. Without this constant detoxification of waste and toxins you'd be dead in less than a day.
- It works 24 hours a day, seven days a week and doesn't take off for holidays.
- With the exception of your skin it is the largest organ in your body and performs more than 500 functions to keep you healthy.

If you guessed your liver go to the head of the class.

When your liver is not functioning properly you may feel sluggish and possibly nauseous. Many of your organs are affected by an unhealthy liver – your eyes can be bloodshot, you can have bad breath, abdominal bloating, poor digestion, fatigue, a coated tongue, a sluggish metabolism, excessive body heat, sugar cravings and inability to lose weight. A sluggish liver stresses the kidney, heart and brain.

This is one very important organ.

An important way to keep your liver healthy is to make sure your spine is healthy. Why? Because your liver, as well as your other organs, needs constant communications from your spine. A subluxation could block essential communications between your brain and body, potentially affecting liver function.

To keep your liver healthy stay away from drugs (whether prescribed or recreational). Many people find that doing a “liver flush” or a “liver cleanse” is a healthy practice to help the liver detoxify and rejuvenate. These are usually done when the seasons change.

This is just another good reason why you and your family seeing your chiropractor makes good common sense.

Researching Chiropractic



Depression, anxiety and chiropractic. A 58-year-old male with shoulder and neck pain sought chiropractic care. Past history revealed two major car accidents that involved hospitalizations. At the same time the patient had many symptoms related to his depression and anxiety, such as poor concentration, irritability, lethargy, panic attacks and heart palpitations. He scored 46 on the Beck Depression Inventory-II, which indicates severe depression.

Care was directed towards the location and correction of subluxations. The patient was seen three times per week for three months with documented improvement in quality of life. (1)

Apples top list for pesticide residue (so go organic)

The Environmental Working Group's 2011 *Shopper's Guide to Pesticides in Produce* (www.ewg.org/foodnews/summary) revealed that apples contain the most pesticide residue of all popular produce sold in the US. Celery and strawberries followed with very high pesticide rates.



Of the 50 common vegetables and fruits tested, the high pesticide group included peaches, spinach, imported nectarines and grapes, sweet bell peppers, potatoes, domestic blueberries, lettuce, kale, and collard greens, while onions, sweet corn and pineapples had the least pesticide residue.

Sales of organic fruits and vegetables — which are grown without synthetic pesticides — now make up 12% of all U.S. fruit and vegetable sales, according to the Organic Trade Association, nearly \$10.6 billion in 2010, up nearly 12% percent from 2009.

We can't stress it enough – for greater health eat non-pesticide foods; go organic.

Words of wisdom

Man is the only animal that laughs and has a state legislature. – Samuel Butler (1835-1902)



Humor

Lexiphile (i.e., "lovers of words" you know ... like... you can tune a piano, but you can't tuna fish ... or, I wondered why the baseball was getting bigger ... then it hit me ... etc.). Well, here are some for you to enjoy ...

- To write with a broken pencil is ... pointless.
- When fish are in schools they sometimes ... take debate.
- A thief who stole a calendar ... got twelve months.
- When the smog lifts in Los Angeles ... U.C.L.A.
- The professor discovered that her theory of earthquakes ... was on shaky ground.
- The batteries were given out ... free of charge.
- A dentist and a manicurist married.... They fought tooth and nail.
- A will is a ... dead giveaway.
- If you don't pay your exorcist ... you can get repossessed.
- With her marriage, she got a new name ... and a dress.
- Show me a piano falling down a mineshaft and I'll show you ... A-flat miner.
- You are stuck with your debt if ... you can't budge it.
- Local Area Network in Australia ... The LAN down under.
- A boiled egg is ... hard to beat.
- When you've seen one shopping center ... you've seen a mall.
- Police were called to a day care where a three-year-old was ... resisting a rest.
- Did you hear about the fellow whose whole left side was cut off? He's all right now.
- If you take a laptop computer for a run you could ... jog your memory.
- A bicycle can't stand alone ... it is two tired.
- In a democracy it's your vote that counts; in feudalism ... it's your Count that votes.
- When a clock is hungry ... it goes back four seconds
- The guy who fell onto an upholstery machine ... was fully recovered.
- He had a photographic memory ... which was never developed.
- Those who get too big for their britches will be ... exposed in the end.
- When she saw her first strands of gray hair ... she thought she'd dye.
- Acupuncture ... a jab well done.

References

1.Teytelbaum M. Improvement in symptoms related to depression, anxiety and pain in a patient undergoing subluxation based chiropractic care. *Annals of Vertebral Subluxation Research*. August 29, 2011;84-91.