

Healthy Living Chiropractic Newsletter

Advanced Family Chiropractic
219 West Main Street
Montour Falls, NY

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.

Allowing my child to work an issue through without my input, is allowing both her and myself to grow up.
– Malky F. Treitel

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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.

Pregnant? Avoid drugs and vaccinations



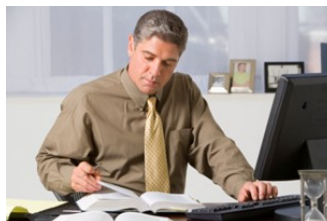
All pregnant women should know that any drug can affect their growing fetus and result in fetal malformations and birth injuries. Fetal damage can come from nearly every

class of drugs.

That's why chiropractic's drug-free approach is such a blessing to pregnant women.

Especially avoid the mercury-laden flu shot that is being recommended for pregnant women. Why risk having an autistic or brain-injured child by having brain-toxic chemicals injected into the mother?

If there is any group of individuals who need chiropractic care the most – it is pregnant women.



Institute of Medicine report

A number of people have asked about the Institute of Medicine (IoM) report saying vaccines don't cause autism.

The report is flawed. The IoM consistently refuses to review scientific papers showing a vaccine-autism link and instead only reviews papers (often written by researchers with ties to drug companies) that report vaccines are safe. One of the best responses we've seen to the IoM report is from Natural News. Here is the (edited) beginning of the article; click on the link below to read the rest of it.

The Institute of Medicine report claimed to review the adverse effects of vaccines. The old media predictably twisted the report into a complete lie and loudly declared that vaccines were once again proven completely safe! The presstitutes, it turns out, utterly failed to read the very report they claimed to be writing about, because if you read the IoM's report, it openly admits that MMR vaccines cause seizures, measles, skin reactions, loss of consciousness and many other problems. In fact, the report admits that all kinds of vaccines cause deadly side effects such as difficulty breathing. Know the truth about how dangerous vaccines really are. It will shock you that the mainstream media failed to report any of this.
http://www.naturalnews.com/033447_Institute_of_Medicine_vaccines.html

How do prescription drugs get tested for approval in the US?

Believe it or not many prescription drugs are tested in foreign countries on people that may be completely different from the people for whom the drugs will be prescribed. That's one reason why so many people are harmed. For every one person killed by a prescription drug, many more are injured, some severely.



An article in *Vanity Fair* sums up this state of affairs very well:

Prescription drugs kill some 200,000 Americans every year. Will that number go up, now that most clinical trials are

conducted overseas – on sick Russians, homeless Poles, and slum-dwelling Chinese – in places where regulation is virtually nonexistent, the F.D.A. doesn't reach, and "mistakes" can end up in pauper's graves?
The authors investigate the globalization of the pharmaceutical industry, and the U.S. government's failure to rein in a lethal profit machine.

Read the complete article at
<http://www.vanityfair.com/politics/features/2011/01/daily-medicine-201101>

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

Did you know?

Bloomingdale's at 1000 Third Avenue is the third most popular tourist attraction in New York City, after the Empire State Building and the Statue of Liberty.

Researching Chiropractic

Asperger's and Chiropractic. A 6-year-old male patient was brought to the office in October 2000. He had not responded to standard medical care. His initial complaints included: Asperger's Syndrome that resulted in uncontrollable

"rocking, jumping and flapping" of his hands; asthma triggered by exertion; seasonal allergies and colds or bronchial congestion; and severe allergies to mold, dust, animal dander and seasonal triggers. His Asperger's symptoms started at age 3, and he had asthma and allergy symptoms since early childhood.

Cranial and spinal subluxation patterns were detected and a treatment program was implemented to address these patterns using SOT protocols and procedures.

The patient and family reported that the Asperger's Syndrome symptoms "settled down within the first week of care." While first seen in October 2000, by January 2001 his Asperger's symptoms had been stabilizing and he was off medications for asthma and allergies.

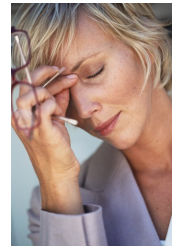
His Asperger's symptoms continued to improve and only occurred infrequently when under extreme stress. His asthma and allergies responded positively within the first few weeks of care,

Presently the patient is 15 years old and has not needed any medication over the past 7 years, nor have his Asperger's symptoms returned. At the present time this patient is being seen on a

wellness/maintenance chiropractic care program. (1)

Migraine, cervicogenic headache and chiropractic.

Systematic literature searches of controlled clinical trials published through August 2009 relevant to chiropractic practice were conducted using many databases. Twenty-one articles were used to develop recommendations. The evidence suggests that chiropractic care improves migraine and cervicogenic headaches. (2)

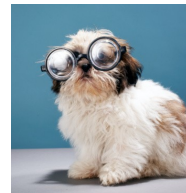


Words of wisdom

We all have the strength to endure the misfortunes of others. – La Rochefoucauld (1613-1680)

Adolescence is the stage between infancy and adultery. – Anonymous

The length of a film should be directly related to the endurance of the human bladder. – Alfred Hitchcock (1899-1980)



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.

References

1. Rosen MG, Blum CL. SOT chiropractic care of a 6-year-old boy diagnosed with Asperger's syndrome and related conditions. *J. Pediatric, Maternal & Family Health*. December 29, 2010; 267-268
2. Descarreaux M, Duranleau M et al. Evidence-based guidelines for the chiropractic treatment of adults with headache. *J Manipulative Physiol Ther*. 2011;34(5):274-289. doi: 10.1016/j.jmpt.2011.04.008.