

# SMITH & PRISSEL CHIROPRACTIC

829 W. CLAIREMONT AVE  
715-833-3505

## HEALTH AT YOUR FINGERTIPS

**December 2009**

Have joint health and take advantage of this sale.  
Glucosamine and Bio-Flex are 20% OFF!!

### TABLE OF CONTENTS

- Your Chiropractor's Goal
- Kids & Chiropractic-Perfect Together
- Robert F. Kennedy Jr. on Vaccinations
- Chiropractic Research
- The Vaccination Song
- Good Fat, Bad Fat
- Fluoride and Hypothyroidism
- Vitamin K Shot
- Humor
- References



### YOUR CHIROPRACTOR'S GOAL

Your chiropractor's goal is to assist your body to regain optimal functioning by removing blockages and deep stress so that balance and harmony among your body's systems can be restored. That is especially important for children.

### KIDS & CHIROPRACTIC- PERFECT TOGETHER



Throughout your children's lifetimes – from infancy into adulthood – chiropractic care can help ensure your child's physical and emotional health. Over a century of success in helping children regain and retain their health has made chiropractic the healthcare of choice for millions of parents and their children throughout the world. Chiropractors are specially trained to locate and release blockages commonly caused by tiny

misalignments of the structural system. These blockages (called subluxations) create dis-ease (disharmony) which can lead to lowered resistance to disease, organ malfunction, poor posture, pain, and physical and emotional illness. (1)

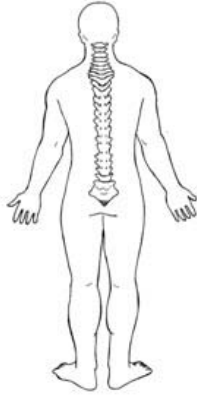
Chiropractors have helped babies suffering from nearly every condition imaginable: colic, vomiting, sleeping problems, tonsillitis, vision and hearing problems and many, many others. (2-4)

It is not unusual to hear parents state that since starting chiropractic care their children get sick less frequently, less severely, have less or no ear infections and take less (or no) antibiotics and other drugs. (5-7) Many conditions such as asthma and allergies have responded to chiropractic care as well. (8-9)

In addition there are reports of chiropractic care helping children suffering from autism. Some of these children have been reevaluated and later re-diagnosed as normal after chiropractic care. (10-11)

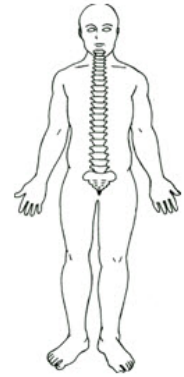
**Academic Performance**

Both clinical reports and research have reported chiropractic's success with dyslexia, attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD), lack of energy or "low mental stamina", anxiety and behavioral problems. (12-13)



**Sports Performance**

Improvements in coordination and athletic ability have also been noted as a result of chiropractic care. (14-18) Chiropractors are "team doctors" for athletes in all kind of sports from tennis, swimming, golf and track-and-field to football, basketball, baseball, ice hockey, handball, rugby, soccer and Olympic and professional teams. Chiropractic care helps athletes function at their peak to maintain their "competitive edge." (19)



Chiropractors can help prevent injury by keeping your child balanced and functioning free of spine and structural stress. Chiropractic care can prevent minor injuries from becoming major ones, without the use of drugs or surgery. (20)

-If your child is suffering from any of the following, it is essential to get his/her body checked for subluxations:

- |                 |                             |                          |
|-----------------|-----------------------------|--------------------------|
| Ear infections  | Arthritis                   | Asthma                   |
| Fever           | Numbness                    | Bronchitis               |
| Colic           | Irritability                | Frequent colds           |
| Croup           | Hedaches                    | Poor coordination        |
| Hypertension    | Neckaches                   | Poor concentration       |
| Poor posture    | Backaches                   | Arm, hand, shoulder Pain |
| Nervousness     | Sore throat                 | Painful joints           |
| Constipation    | Eye Problems                | Hip, leg, foot pain      |
| Bed-wetting     | Cough                       | Scoliosis                |
| Fatigue         | Sinus Problems              | Vision problems          |
| Stomachaches    | Skin Disorders              | Sinus conditions         |
| Loss of hearing | Breast-feeding difficulties | Skin conditions          |
| Allergies       |                             |                          |

**ROBERT F. KENNEDY JR. ON VACCINATIONS**

This is a great interview that is worth watching all the way through (both segments).

<http://www.globalresearch.ca/index.php?context=viewArticle&code=KEN20091110&articleId=16014>.

**CHIROPRACTIC RESEARCH**



**Still more reasons to show that all people, no matter what their health, need chiropractic care.**

**Asthma & Bedwetting.** In May 1987 at the age of 22 months, this male child was medically examined and

diagnosed with asthma. In an attempt to control the asthmatic symptoms, two medications were prescribed.

On May 20 1988, at two-years and ten-months-old, the child was seen for chiropractic examination and evaluation and, from that date to August 3, 1991, the child received 28 chiropractic adjustments. Dramatic improvement of asthma and enuresis followed the series of chiropractic adjustments. (21)

**Lung (pulmonary) function and chiropractic.** It is known that abnormal posture of the head and neck influences breathing and other bodily functions. A study of 11 patients was designed to test the effect of chiropractic adjustments on neck curve, forward head posture and pulmonary function. In addition to chiropractic structural analysis, patients' lung functions were also analyzed including lung capacity. After 3-6 months of care the subjects showed improvements in (neck) cervical curve, reduction in forward head posture and improved lung function. (22)

### THE VACCINATION SONG

This is a powerful rap song on “the rest of the story” when it comes to vaccinations. Show it to your children so that one day they won't vaccinate their children. Please check it out at <http://www.youtube.com/watch?v=PbSpPs05YAc>



### GOOD FAT, BAD FAT

#### **Avoid bad fats**

Bad fats are linked to heart disease, cancer, arthritis and many other chronic illnesses. If anything in your refrigerator or pantry has any of the following bad fats in the ingredients do yourself and your family a favor and dump them in the garbage:

- Hydrogenated oils
- Partially hydrogenated oils
- Cottonseed, soybean, canola and vegetable oils
- Trans-fats
- Especially avoid margarine or butter oil “spreads” or “blends”



#### **Partake of good fats**

Good fats promote health and healing. Good (saturated) fats include:

- Butter (especially from raw milk and grass fed cows)
- Olive oil (virgin and cold pressed)
- Coconut oil
- Fish oil (smaller fish such as herring, sardines etc. are best)
- Avocados

**Remember – good fats are good for you and bad fats can kill you.** People that use good fats are thinner, have more energy and are healthier.

Are high fat diets dangerous? Even though this study did not distinguish between the kinds of fat used, this study helped de-demonize fats. In it researchers studied 88,795 women over the course of 14 years, and what did they find? Not one sign that high-fat diets promote breast cancer. There was not one indication that low-fat diets were protective. (23)



### WORDS OF WISDOM

*Ninety percent of politicians give the other ten percent a bad name.*

-Henry Kissinger

*A “gaffe” occurs not when a politician lies, but when he tells the truth.*

-Michael Kinsley

## FLUORIDE AND HYPOTHYROIDISM

One of the reasons there is so much thyroid disease is all of the chemicals in our environment that have been linked to hypothyroidism. Fluoride was found to cause thyroid damage and contribute to thyroid disease. For more info see *Doctor Exposes Fluoride as Poison* at <http://www.youtube.com/watch?v=xP7IPDfC3yg&feature=related>

You can also go to [www.westonaprice.org](http://www.westonaprice.org) for information on soy, chlorine and fluorine as they relate to thyroid function.

## VITAMIN K SHOT

Hospitals like to administer (sell) a synthetic, fat-soluble vitamin K injection to all newborns in a dosage that is 100 times the daily requirement of vitamin K at one time!



Further, hospital staff don't tell you that large doses of vitamin K are linked to childhood cancers, leukemia, jaundice and other severe reactions, including death. Animal studies link vitamin K to liver damage, kidney damage and death.

A *Lancet* study reports, "We conclude that healthy babies, contrary to current beliefs, are not likely to have a vitamin K deficiency... the administration of vitamin K is not supported by our findings...." (25)

\*\*Please send this to everyone you know who is pregnant.

## HUMOR

### **A few observations on advertising**

*In general, my children refused to eat anything that hadn't danced on TV.* – Erma Bombeck

*Don't tell my mother I work in an advertising agency - she thinks I play piano in a whorehouse.* – Jacques Seguela

*If you don't find it in the index, look very carefully through the entire catalogue.* – Sears, Roebuck, and Co. Consumer's Guide, 1897



### **FUN PUNS**

- She was only a whiskey maker, but he loved her still.
- No matter how much you push the envelope, it'll still be stationery.
- A dog gave birth to puppies near the road and was cited for littering.
- Two silk worms had a race. They ended up in a tie.
- Time flies like an arrow. Fruit flies like a banana.
- A hole has been found in the nudist camp wall. The police are looking into it.
- I wondered why the baseball kept getting bigger. Then it hit me.
- A chicken crossing the road is poultry in motion.
- The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
- In democracy it's your vote that counts. In feudalism it's your Count that votes.



Please write or stop by and give us your feedback. Are there any subjects you'd like to hear about? Anything you dislike? Feedback is always important to us. And, of course, if you'd like hard copies of this newsletter stop by the office and we'll give you some for your friends and relatives. If they have e-mail, have them write to us and we'll add them to our subscriber list.

## REFERENCES

References can be viewed online at [www.myECchiro.com](http://www.myECchiro.com)