

SMITH & PRISSEL CHIROPRACTIC



829 W. CLAIREMONT AVE
715-833-3505

HEALTH AT YOUR FINGERTIPS

Happy New Year! **January 2009**

**Are you not feeling well?
Has your cold been lingering for weeks?
Do you feel like you're coming down with a cold?**



A great way to help maintain a healthy immune system is regular chiropractic care coinciding with the nutritional supplement Cobotoc. It is unique and has a 'fast-acting' immune support formula.

Cobotoc is a comprehensive blend of Vitamins, Minerals and Raw Glandular Concentrates formulated to support healthy immune function and combat infection, especially in the lungs and mucous membranes. Ask your chiropractor for more details or questions you may have. This supplement is available to purchase right here in our office.



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CHIROPRACTIC RELEASES DEEP STRESS

Chiropractic frees you from a deep stress caused by a distortion in your body structure – the subluxation. Subluxations hold you back by interfering with your energy and preventing you from reaching your full potential.

Most people have subluxations in their bodies and don't know it. It can happen from a difficult birth, a fall or some other injury in infancy or childhood (or later in life), from pregnancy, emotional stress, chemical stress and even from sitting or working in the same position day after day (micro-trauma).

Chiropractors spend years learning how to free you from damaging subluxation stress. Chiropractic promotes improved nerve and energetic communication between your brain and spinal cord, and your organs, muscles, joints, glands and many body systems.

Chiropractic's purpose is to free you from nerve interference so you may live a healthier, happier life.

When your body is functioning at 100%, free of toxins and supplied with the nutrient dense foods it needs, the result is:

- A body making all the drugs and chemicals it needs.
- A healthy body – free of chronic illness and able to adapt to life's stresses.
- A healthy mind – able to adapt to life's ups and downs.
- A long life – may we all live to the Biblical ideal of 120 years. *The Lord said...his days shall be a hundred and twenty years.* (2)
- Living to your potential: a happy, healthy, rich, creative, successful, long life.

With a foundation of physical, mental and spiritual wellness and growth, 2009 may be a wonderful year for us as we rise up to face the many challenges the year brings.

FRANKINCENSE



The healing power of aromatherapy has been employed for thousands of years in nearly every culture. Recently Israeli researchers have discovered that the incense known as frankincense can be a very effective mood-altering tool. It affects the same part of the brain as anti-anxiety and anti-depression drugs. (3)

Essential oils and incense have been used to change mood, improve the immune system, heal and promote wellness. Why not add some aromatherapy to your life?

WATER AND HIGH BLOOD PRESSURE

(You need to know this especially if you drink alcohol – happy holidays)

Your blood is mostly water. When you are dehydrated your blood thickens a little, making it a little more difficult for your heart to pump it through your body. Your heart has to pump harder and that raises your blood pressure. According to a study that appeared in the *Journal of the American Medical Association*, two million children have high blood pressure. Could this be due to dehydration? Are your children drinking water or sugary drinks? (4)



Alcohol is dehydrating. Much of hangover pain is the result of dehydration. That's why one of the best ways to get rid of a hangover is to drink lots of water.

DON'T TOUCH THOSE TONSILS

A study was reported in *Archives of Otolaryngology - Head and Neck Surgery* of 300 children (ages 2-8) who were advised to have their tonsils out. Those who did not have them removed were ultimately healthier with fewer fevers, throat infections and respiratory illnesses. In all, they had fewer annual visits to doctors and lower resulting medical costs, and fewer fevers and throat infections.

The researchers concluded that removing the tonsils of children with mild or moderate throat infections is more expensive and has fewer health benefits than simply watching and waiting. (5)

Why would children who do not have tonsillectomies be healthier? It is because the tonsils (and adenoids) are part of the immune system that fights disease. It is normal for them to enlarge when a child is ill. Enlarged tonsils are generally a healthy sign that the child is fighting infection – and building a stronger immune system in the process.

All children with enlarged tonsils should have a chiropractic checkup so that their immune system and body are functioning without nerve interference.

Respect human talent, respond to genius, recognize reality, admire truth and beauty, realize the meaning of the rare flower Reason.

-Peter Nivio Zarlenga,

DO THEY KNOW SOMETHING YOU DON'T?

ABC News: Sixty Percent of Doctors Refuse to Get Flu Shots

ABC News is reporting that only forty percent of health care professionals opted to be vaccinated against the flu last year. How can your MD not get a flu shot yet tell you to get one? Simple – state medical boards have made it illegal for doctors to speak their own minds. They must follow the “party line” or they can get in trouble and possibly lose their license. (6)

BREAST TUMORS SIMPLY DISAPPEAR

In a recent research paper in the *Archives of Internal Medicine*, researchers found increased incidence of breast cancer in women who got mammograms every two years compared to women who got mammograms every six years. In fact the women who decided not to get bi-annual mammograms had 22% less breast cancer

The scientists believe this study shows that some of the cancers detected by mammography would have spontaneously disappeared on their own (regressed) if they had never been discovered in the first place. Simply put, it appears that some invasive breast cancers simply go away on their own, healed by the body's own immune system.

(7)

CHIROPRACTIC AND SPINAL RESEARCH



Did you know there are thousands of papers describing the wonders of chiropractic and spinal care in health and disease? Remember: a person with any kind of health problem needs chiropractic. Being free from subluxations could make a big difference. Feel free to send these studies to anyone you know. By the way, is there any disease or condition you'd like to know about? Write us.

The common cold. Getting chiropractic care may be one of the best things you can do to prevent colds and flu. In this paper a link between subluxations and susceptibility to the common cold is discussed. (9)

Improved vision. Two 13-year-old girls with constricted visual fields and diminished visual acuities were given spinal adjustments. After seven spinal adjustments, the girls had regained normal vision. (10)

Vertigo. For over a hundred years chiropractic clinical success for vertigo has been reported. This is a report of 112 cervicogenic vertigo patients who had excellent results following chiropractic cervical subluxation correction. (11)

SOME WISDOM FOR THE NEW YEAR

Lighten up

“If only we’d stop trying to be happy we’d have a pretty good time.”
– Edith Wharton

You don’t need much

“All you need for happiness is a good gun, a good horse and a good wife.”
– Daniel Boone

Look within

“Never believe in mirrors or newspapers.”
– Jon Osborne

Bye. See you next year! Resolve to make this a happier and healthier year.

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