

SMITH & PRISSEL CHIROPRACTIC



829 W. CLAIREMONT AVE
715-833-3505

HEALTH AT YOUR FINGERTIPS July 2009

Natural Calm Magnesium -- 20% off for this month only!

Magnesium is the most important mineral, activating over 350 different processes in your body; among these functions are energy production, digestion, energy production, bone formation, muscle function, activation of B vitamins, creation of new cells, relaxation of muscles and the functioning of your heart, brain, kidneys, as well as the nervous system.

Minerals like Calcium need Magnesium to be absorbed properly. Half of our magnesium is found inside cells of body tissue and organs and the other half combined with calcium and phosphorus in our bones



Have more questions about this supplement? Dr. Angela and Dr. Emily will be more than happy to provide you with additional information.

Let Us "Take You Out To The Ballgame"!

We will be handing out tickets to the Eau Claire Express Baseball Game on July 30th at 6:35pm. Tickets will be available at no cost to you until our supply runs out. Smith & Prissel Chiropractic, as members of the Chippewa Valley Chiropractic Alliance, is sponsoring the game. Be sure to join us for a night of family fun!



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STRESSED OUT?

The economy, business, jobs, investments, expenses, bills, the future – there are so many things that can stress us out.

But let's be honest. These stresses are nothing new – they might be a little more intense today than a few months ago – but we have always had to deal with financial challenges, with bills, with an uncertain future.

That we live under stress is a given. Yes, life is stressful. Can you escape stress? It's impossible! To be alive is to be under stress.

But stress doesn't have to eat you up inside; it doesn't have to be the kind of STRESS that damages your physical and mental health.

This brings us to what chiropractic can do for you in these trying times. Chiropractors get such good results because they release pressure on your nervous system and body structure. Chiropractic care helps you manage stress better.



So don't let yourself tighten up into a mess of stress. Come in for a chiropractic checkup and adjustment to de-stress your system before you start to develop serious health concerns.

Other things to do when under stress: exercise (it really does make a difference), eat nutrient dense foods, avoid junk foods (they affect your nervous system and weaken your physiology), make sure you get sun (good for your endocrine organs and mood) and take a break from your usual routine and go for a walk, take a vacation or engage in some relaxing activity.

To this we can add meditation, prayer and staying connected to teachers, mentors and friends who can give us advice or at the least, just listen.

Don't just sit there and fall victim to stress. Do something! First and foremost take care of your brain and nervous system – please don't ignore yourself. You need chiropractic care now more than ever.

HAVE MORE ENERGY – GET CHIROPRACTICALLY BALANCED

Most people get their tires balanced, realigned and checked for leaks. If they don't there'll be increased wear and tear and wasted energy.

But what about getting your body balanced?

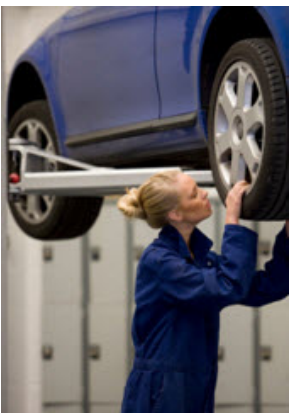
If you use it you've got to make sure it's still in alignment. Otherwise you'll waste energy and have increased wear and tear.

When does a tire start to wear down? After 5,000 miles? 10,000 miles? 20,000 miles?

The answer: It starts to wear down the moment you start driving.

It's the same with your body. If you are alive, you are using it and it's getting worn.

Make sure you're healthy – make sure your body's structural system is aligned and balanced. You'll have less wear and tear – in other words, you'll age slower and stay younger longer.



SHOULD OBSTETRICIANS SEE WOMEN WITH NORMAL PREGNANCIES?

More and more pregnant women are seeing midwives for their prenatal care. Is this safe? A study that appeared in the prestigious *British Medical Journal* reveals it is very safe.

A multi-center randomized, controlled trial compared the outcomes of midwives and obstetricians. The results revealed that routine obstetric visits for low risk women offer little or no clinical or consumer benefit. (1)



DOES VACCINATION GIVE US HEALTHIER CHILDREN?

Philip Incao, M.D.



“A critical point, which is never mentioned by those advocating mandatory vaccination of children, is that children’s health has declined significantly since 1960 when vaccines began to be widely used. According to the National Health Interview Survey conducted annually by the National Center for Health Statistics since 1957, a shocking 31% of U.S. children today have a chronic health problem, 18% of children require special health care or related services and 6.7% of children have a significant disability due to a chronic physical or mental condition. Respiratory allergies, asthma and learning disabilities are the most common of these.

“Since vaccinations have a lasting effect on the immune system, and since it is known that many vaccines shift the balance of the immune system away from its acutely-reacting "Th1" side and toward its chronically-reacting "Th2" side it is a very plausible scenario that vaccines are contributing greatly to the large-scale and unprecedented increase in chronic conditions such as allergies, asthma, diabetes and a wide range of neurological dysfunctions including learning disabilities, attention deficit disorder, seizures and autism in U.S. children today.” (3)

CHIROPRACTIC RESEARCH



Acid reflux and colic. Sixteen infants were diagnosed by their physicians with acid reflux (9 infants) or colic (7 infants). Ten of the 16 mothers reported difficulty in their child's birth (mechanical forces) that could have caused upper cervical (neck) injuries, such as the use of vacuum extraction or the wrapping of the umbilical cord around the infant's neck.

In every child, trauma-induced upper cervical subluxations (spinal distortions causing nerve damage) were found.

In every case, the acid reflux and/or colic (all 16) resolved after the child received chiropractic care to the upper cervical area. (4)

Meniere’s disease. Classic (typical) Meniere's disease is the term given to the condition having the following four symptoms: hearing loss, rotational vertigo (a form of dizziness which feels as if the world is spinning around you), tinnitus (ringing in the ears) and a sense of air pressure in the middle ear, as if descending in an airplane. Some people suffering from Meniere’s also report forgetfulness, memory loss, confusion and disorientation. "Brain fog" is a term used by many Meniere's disease patients.

Medically, the cause is unknown. People suffering from this condition may become disabled.

In one study ten individuals suffering from Meniere's disease were placed under chiropractic care. In all ten cases there was a history of neck traumas, most from automobile accidents, resulting in undiagnosed whiplash injuries.

Chiropractic care for the reduction of subluxation was undertaken. All ten individuals responded favorably to chiropractic care. They were all adjusted in the upper cervical (upper neck) region of the spine. (5)

WORDS OF WISDOM

All truth goes through three stages. First it is ridiculed. Then it is violently opposed. Finally, it is accepted as self-evident.

– Arthur Schopenhauer, philosopher



HUMOR

Science Sillies from 5th & 6th Graders...

The spinal column is a long bunch of bones. The head sits on the top, and you sit on the bottom.

It is so hot in some places that people there have to live in other places.

Momentum is something you give a person when they go away.

Mushrooms always grow in damp places which is why they look like umbrellas.

The alimentary canal is located in the northern part of Indiana.

Thunder is a rich source of loudness.

Some people can tell what time it is by looking at the sun, but I never have been able to make out the numbers.

When planets run around and around in circles, we say they are orbiting. When people do it, we say they are crazy.

One of the main causes of dust is DIRT.

A monsoon is a French gentleman.

To keep milk from turning sour, keep it in the cow.

Genetics explains why you look like your father, and if you don't, why you should.

Enjoy a safe July 4th holiday. Help your family and friends lead healthier lives by introducing them to the benefits of Chiropractic Care. See you next month!

This newsletter is also available on our website at www.myECchiro.com. Please visit our site and share it with your friends and family.

References

References can be viewed online at www.myECchiro.com

