

SMITH & PRISSEL CHIROPRACTIC



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HEALTH AT YOUR FINGERTIPS

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People are disturbed not by things but by the view they take of them. – Epictetus

*Renew thyself completely each day; do it again, and again, and forever again.
– Chinese inscription cited by Henry David Thoreau in Walden*

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Chiropractic's Message

Your body is the world's greatest drugstore. It makes every chemical you need to live a long and healthy life.

Over-the-counter and prescription drugs often have side effects that can be deadly. They are never what your body really needs.

In addition, drugs usually suppress acute symptoms (fever, inflammation, rash, cough, aches and others), which prevents your body from performing its cleansing and healing functions. Suppression of acute symptoms has been shown to cause chronic health problems.

Chiropractic's purpose is to help your body function as it is meant to function – permitting it to be balanced so it may work at its peak and manufacture its own drugs. If your spine is unhealthy, your ability to function optimally is impaired. How can that occur? Read below.



Your Spinal Column

Without a healthy spine you cannot live a healthy life. Why? Because your spine does so much.

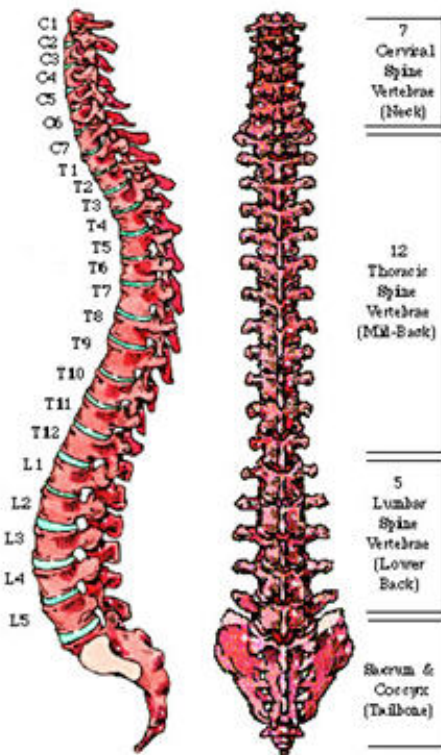
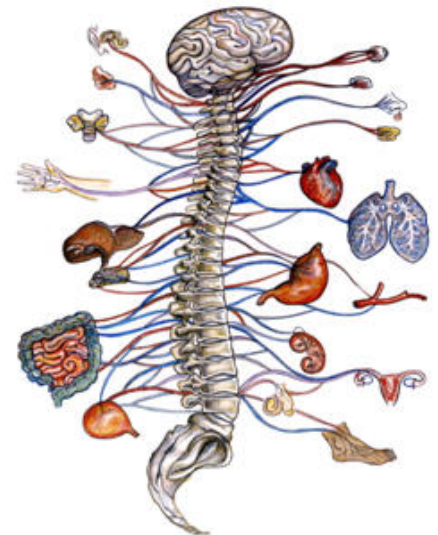
First, what is your spine (spinal column or backbone)?

It is a column (or stack) of spinal bones or vertebrae that start under your skull and end at your tail. It is made up of seven neck (cervical) vertebrae, 12 mid back (thoracic) vertebrae and 5 lower back (lumbar) vertebrae. At the bottom is your sacrum – a large triangular shaped bone made up of 5 fused bones and under that is your tailbone or coccyx, made up of 4 fused small bones.

All the bones in your body attach (directly or indirectly) to these vertebrae.

For example, your head sits on top of your spine, and your shoulders, ribs, sternum and hips connect to it. Your arms, wrists, hands and legs, ankles and feet connect to your spine through your shoulders and hips.

Muscles move you because they are attached to your bones. Therefore your spinal column is involved in nearly all of your movements.



But if the spine contains subluxations (tiny spinal distortions) it is unbalanced.

If your spine is unbalanced your muscles will not work smoothly, your energies will be drained and you will age faster than you should.

But subluxations can also interfere with the flow of energy and information to the nerves that connect to your internal organs. Your ability to fight infections (immune system), digest and assimilate food (digestive system), eliminate wastes (excretory system), produce hormones in the proper balance (endocrine system) – in short, your ability to live a fully healthy life can be undermined.

Chiropractors are trained to locate and correct subluxations. Do you have any in your body?

Get a chiropractic checkup and find out.

Chiropractic Research

Chiropractic and depression. A 46-year-old man suffering from his third bout of major depression presented at a chiropractic office. He complained of neck and low back pain, anxiety, fatigue and little appetite. Many other symptoms he exhibited were adverse effects of depression medication such as decreased sex drive, dizziness, overall muscle weakness and insomnia.

The patient received specific chiropractic adjustments for the correction of his vertebral subluxations. His life began to improve as measured by self-assessed quality of life and wellness indicators such as the Global Wellness scale, Daily Living Health Questionnaire (SF36), and a retrospective Health, Wellness and Overall Quality of Life Self Assessment questionnaire. (1)

Note: For many decades the chiropractic profession owned and ran nearly 200 sanitariums and nursing homes that often helped those with neurological and psychological conditions. There are numerous case histories of individuals suffering from major psychological disorders resolving under chiropractic care. Today doctors of chiropractic are helping children and adults suffering with ADD/ADHD, autism, bipolar disorder, depression and many other conditions.



Did You Know....?

Mercury fillings are not safe. Studies at the University of Calgary have found that mercury vapor from dental fillings enters the body and may cause brain cell degeneration and immune suppression, among other problems. (2)

Have your dentist use mercury-free fillings and try to have existing amalgams replaced with composite fillings by a “biological dentist.”

Is Alzheimer’s A Dental Problem?

Researchers have linked Alzheimer’s to the buildup of heavy metals in the brain, primarily mercury and aluminum. Major sources of brain mercury are flu shots and “silver” amalgams used in dentistry. (3) There have been some clinical findings showing that chelation, a process whereby heavy metals are removed from the body, has been able to reverse the symptoms of Alzheimer’s (and autism) in certain individuals.

Major Mumps Outbreak: MMR Vaccine Didn’t Work

Researchers investigating a large outbreak of mumps in 2006, when 6,584 cases were reported among college students, discovered that virtually every sufferer had been vaccinated twice against the disease. CDC researchers are explaining that the failure of the MMR vaccine and the resultant outbreak (primarily among 18- to 24-year-olds) was because the college students got the “wrong type of mumps.” (4)

This is one of many reports of vaccine failure. Of course, in addition to ineffectiveness, the MMR shot has been linked to autism, brain injury, encephalitis, allergies, asthma, eczema and many other conditions.

Study Demonstrates Chiropractic Safety

An extensive 7-year study determined that people who visit chiropractors for a neck adjustment are no more likely to suffer a stroke than those visiting an MD.

The research was conducted by the Bone and Joint Decade 2000-2010 Task Force on Neck Pain and Its Associated Disorders with results published in the journal *Spine*. "This type of stroke is extremely rare and has been known to occur spontaneously or after ordinary neck movements such as looking up at the sky or over the shoulder when backing a car," said lead author David Cassidy, MD, professor of epidemiology at the University of Toronto. (5)



It's Better Than You Think

Are we getting overcrowded? "Total fertility (the number of children a woman has over the course of her lifetime) has been dropping nearly everywhere on the planet since 1970. In fact, it has dropped from around 6 children per woman in the 1960s to around 2.8 today – and shows no signs of stopping. Total fertility rates for 79 countries, including the United States, are below the replacement level of 2.1 children per woman. If present trends continue, it looks like the world population will likely peak at around 8 billion in 2040 and will then begin to decline. (6)

Nutrition Myths From The Weston Price Foundation

For complete references and more information go to

www.westonaprice.org **Myth:** Americans do not consume enough essential fatty acids.

Truth: Americans consume far too much of one kind of EFA (omega-6 EFAs found in most polyunsaturated vegetable oils) but not enough of another kind of EFA (omega-3 EFAs found in fish, fish oils, eggs from properly fed chickens, dark green vegetables and herbs, and oils from certain seeds such as flax and chia, nuts such as walnuts and in small amounts in all whole grains). (7)

Myth: A vegetarian diet will protect you against atherosclerosis.

Truth: The International Atherosclerosis Project found that vegetarians had just as much atherosclerosis as meat eaters. (8)

Myth: Low-fat diets prevent breast cancer.

Truth: A recent study found that women on very low-fat diets (less than 20%) had the same rate of breast cancer as women who consumed large amounts of fat. (9)



Humor

A successful diet is the triumph of mind over platter.

Energizer Bunny arrested - charged with battery.

I fired my masseuse today. She just rubbed me the wrong way.

See you next month. Remember, a chiropractic adjustment today can make a big difference for you and your family. Come visit us and bring your family. Remember: friends don't let friends stay subluxated.



References

References can be viewed at www.myECchiro.com on the Newsletter page.