

SMITH & PRISSEL CHIROPRACTIC

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HEALTH AT YOUR FINGERTIPS

January 2011

Have a Happy HEALTHY New Year!

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Are chiropractors back doctors?

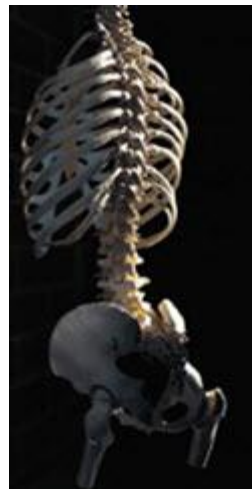


Some people think chiropractors are back doctors or chiropractic is for back problems because chiropractors work on the spine. But that is incorrect.

It's as incorrect as saying MDs are skin doctors because they give injections through the skin, cut your skin open (surgery) or apply creams and lotions to your skin. It's also like saying MDs are mouth doctors because they give you pills to swallow.

MDs give injections, drugs, ointments and perform surgery on the skin to affect other parts of the body.

In a similar manner chiropractors work on your structural system, spinal column and other areas to release stress on your nervous system and affect overall body health.



Chiropractors are not "back" doctors even though people with back pain, neck pain, sciatica, whiplash and other spine problems often see chiropractors. In fact, the article below on children and chiropractic care is a perfect example of some of chiropractic's potential.

Kids & chiropractic – perfect together

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.

What is Chiropractic?



Chiropractic is a natural, non-invasive form of healthcare that respects the body's innate ability to heal itself. Your chiropractor's goal is to assist the body to regain optimal functioning by removing blockages and releasing stress so that balance and harmony among your body's systems can be restored.

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 or disharmony, which can lead to lowered resistance to disease, organ malfunction, poor posture, pain, and physical and emotional illness. (1)

The Earliest Years

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)

Toddlerhood Through Childhood

Toddlerhood through childhood is a very physical time. Those first hesitant steps soon evolve into jumping and running, with falls and accidents accompanying each new skill. Even a small fall can cause damage with potential long-term consequences. (5)

Ear infections, asthma and allergies have responded to chiropractic care. (6-7)

In addition there are reports of chiropractic care helping children suffering from autism. Some children were later re-diagnosed as normal after chiropractic care. (8-9)



Improved Academic Performance



Chiropractic care has been a blessing to many children (and their parents) who were experiencing learning problems.

Both clinical reports and research validate chiropractic's success with dyslexia, attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD), lack of energy or "low mental stamina", anxiety, behavioral problems and other learning disabilities. Researchers as

well as parents have reported improvements in both grades and IQ as a result of chiropractic care. (10 -11)

Chiropractic Checkups Are Vital

All children, especially if they are ill, need bodies free of blockages to the flow of energy and information in his/her nervous systems. It might make the difference between a life of strength and health and a life of weakness and illness.

Prayer and pregnancy

It was a finding that shocked researchers at Columbia University: women at an in-vitro fertilization clinic in Korea had a higher pregnancy rate when, unknown to the patients, total strangers were asked to pray for their success. Prayed-for women became pregnant twice as often as those who were not prayed for. The lead author of the report, Dr. Rogerio A. Lobo, Columbia's chairman of obstetrics and gynecology, said he and his colleagues had thought long and hard about whether to publish their findings, since they seemed so improbable. In the end, the differing pregnancy rates between the two groups of women proved too significant to ignore. "It was not even something that was borderline significant," Dr. Lobo said. "It was highly significant." (12)



Did you know?

Cashews are not sold in their shells because the oil that surrounds the shell is highly irritating to the skin, and peeling the nuts by hand can cause blisters.

Researching chiropractic

Chiropractors are often sought out if a person has back, neck, sciatica, arm, leg, headache and other kinds of pain. But chiropractic is not for conditions – chiropractic is for people! (By the way, pregnant women and babies especially need chiropractic care.)



Chiropractic Versus Disc Surgery Outcomes

Forty patients with lumbar (lower back) disc herniation and radiating pain were referred to neurosurgical spine surgeons. After three months of no response to painkillers, lifestyle modification, physiotherapy, massage and/or acupuncture they were referred to have either disc surgery (microdiscectomy) or chiropractic.

Both groups showed significant improvements and at a 1-year follow-up, chiropractic care was as successful as surgery, at a fraction of the cost.

In the US, 200,000 microdiscectomy procedures a year cost \$25,000 each (\$5 billion) plus additional hospital expenses. If at least 60% of these surgeries can be avoided with chiropractic care the savings would be at least \$2.58 billion per year! (15)

Cystic Fibrosis And Chiropractic

An 8-year-old male presented for care with complaints of recurring infections, inability to sleep and inability to participate in age-appropriate sports. He had been diagnosed with cystic fibrosis at birth.

The course of care involved chiropractic spinal adjustments, Network Spinal Analysis care and trigger point therapy. Improvements were observed in the patient's resistance to recurrent infection, activity level, sleep ability and overall quality of life. (16)

Antibiotics have little impact on children's ear infections

Acute otitis media (AOM) is the most common condition for which antibiotics are prescribed for US children. The researchers reviewed 135 studies in a meta-analysis.

Their findings should shock any pediatrician: "Antibiotics are modestly more effective than no treatment but cause adverse effects in 4% to 10% of children." (17)

Most children recover in just a few days without antibiotics. While antibiotics may

slightly improve recovery speed in some children they have many side effects including diarrhea, skin rashes and altered bacterial flora in the gut because antibiotics kill the “good” bacteria there. Antibiotics can create antibiotic resistant bacteria as well.

The frequent use of antibiotics for common ear infections raises risks that children will harbor drug resistant bacteria during subsequent illness ... children whose previous ear infections were treated with antibiotics have a rate of amoxicillin-resistant bacteria that is three times higher during subsequent otitis media. (18)



It has been observed that children given antibiotics for ear infections get more ear infections! Who wants their child to have a weakened immune system?

In fact even the American Academy of Pediatrics and the American Academy of Family Physicians have recommended a wait-and-see approach (since 2004) for children with ear infections.

We have a better idea – how about chiropractic care during the “wait and see” period? Chiropractic’s natural, drug-free approach has helped many children recover from ear infections quickly and safely. (19)

Swine flu shot and increased miscarriage

Nearly 50% of all pregnant women were vaccinated with the H1N1 vaccine and according to a report from the Centers for Disease Control’s (CDC) Advisory Committee on Children's Vaccines the rate of miscarriage among pregnant women during that period was 700% higher compared to previous years.

The CDC denies the increase in miscarriages had anything to do with the flu shot. In response, Eileen Dannemann, Director of the National Coalition of Organized Women (NCOW) stated:

"This upcoming 2010/11 flu vaccine contains the same elements that are implicated in the killing of these fetuses, the H1N1 viral component and the neurotoxin mercury (thimerosal)."

Even worse, the number of vaccine-related "fetal demise" reports increased by 2,440% in 2009 compared to previous years.

In a related story NCOW presented data from two different sources demonstrating that the 2009/10 H1N1 vaccines contributed to 3,587 miscarriages and stillbirths. Read the report at <http://thepopulist.net/?p=6630>.

Humor

These really work! Amazing simple home remedies:

1. Avoid arguments with females about lifting the toilet seat by using the sink.
2. A mousetrap placed on top of your alarm clock will prevent you from rolling over and going back to sleep after you hit the snooze button.
3. You only need two tools in life ~ wd-40 and duct tape. If it doesn't move and should, use the wd-40. If it shouldn't move and does, use the duct tape.



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