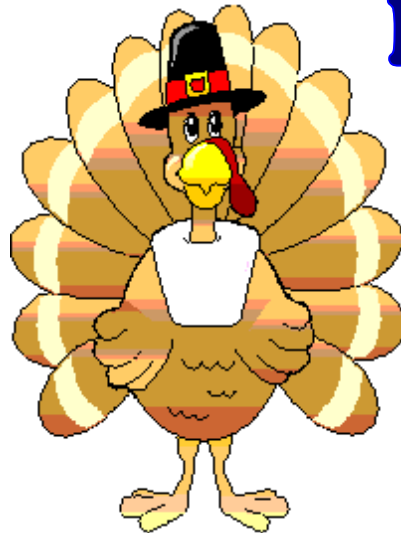


SMITH & PRISSEL CHIROPRACTIC

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HEALTH AT YOUR FINGERTIPS November 2008



Happy Thanksgiving!

This is the season for celebration and giving thanks. So come help us celebrate and let us say thank you during our One Year Anniversary Celebration, the week of November 17th-21st. Please see our website for more details.



TABLE OF CONTENTS

- PREGNANCY AND CHIROPRACTIC
- BREASTFED BABIES ARE MORE INTELLIGENT
- BACK SURGERY—JUST SAY NO
- CANOLA OIL—TOXIC FRANKENSTEIN FOOD
- CHIROPRACTIC RESEARCH
- HUMOR

PREGNANCY AND CHIROPRACTIC

If you are pregnant one of the best things you can do for yourself and your baby is to see a doctor of chiropractic. Chiropractic care provides so many things a pregnant body needs: a flexible and balanced spine, hips, pelvis; and body structure; internal organs without postural stress and freedom from subluxations – all essential for a healthy pregnancy and delivery.

In short – along with a nutrient dense diet; exercise; and avoiding drugs, vaccines, alcohol and cigarettes – chiropractic care is an essential part of a pregnant woman's healthcare regimen.



Drug-free healthcare

One of the best reasons for chiropractic care during pregnancy is that it is a drugless healthcare system. Drugs, whether prescription or over-the-counter, can harm a growing fetus. Almost all types of drugs and medications have been linked to fetal damage or malformations. (1- 2) As Robert Mendelsohn, MD, the famed pediatrician, stated, pregnant women should "stay away from X-rays, diagnostic ultrasound, doctor-prescribed medication, and every other form of dangerous obstetrical intervention." (3)

Can chiropractic help?

Many professionals have observed that chiropractic may help maintain pregnancy, control vomiting during pregnancy, help deliver full-term infants with ease and produce healthier infants. (4) Chiropractic has demonstrated success with back pain, (5) premature contractions (6) and back labor. (7)

BREASTFED BABIES ARE MORE INTELLIGENT

In the largest study of its kind, researchers at Montreal's McGill University followed 14,000 children over a six-year-period. They found that those breastfed at least three months and exclusively breastfed would have different mental qualities later in life.

The children were tested when they were six. The breastfeeding group had IQ scores three to eight points higher and scored better in reading and writing. Researchers say that the unique mix of nutrients and mother-



baby bonding may be the reason for the improved brain development. According to the American Academy of Pediatrics babies should be breastfed for a minimum of six months and weaned when the child is ready. (14)

We have more information now than we can use, and less knowledge and understanding than we need. Indeed, we seem to collect information because we have the ability to do so, but we are so busy collecting it that we haven't devised a means of using it. The true measure of any society is not what it knows but what it does with what it knows.

- Warren Bennis

BACK SURGERY—JUST SAY NO

Know anyone contemplating back surgery? Send them this little quote from one of the world's top orthopedic journals, and then send them to a chiropractor.

"There is no acceptable evidence of the efficacy of any form of fusion for degenerative lumbar spondylosis, back pain, or instability." (8)

This is not new information. Although back surgery has an incredibly high failure rate and is less effective long-term than doing nothing, orthopedic surgeons still tell patients they need it.

CANOLA OIL—TOXIC FRANKENSTEIN FOOD

Olive oil comes from olives, coconut oil comes from coconuts, peanut oil comes from peanuts so where does canola oil come from? There's no canola plant – it's short for Canadian oil low acid. It's an artificially modified form of rapeseed. (I guess calling it rape oil wasn't good advertising.) Rapeseed oil is used by machinists as an engine lubricant, as an insect repellent and as a component of synthetic rubbers, ink, even soap.

Some people think canola is a healthy alternative to butter. It's as healthy as margarine. It has been linked to the following:

- Heart attack
- Stroke
- Heart lesions
- High blood pressure
- Vitamin deficiencies
- Hemorrhaging
- Free radical damage
- Retarded growth

Canola is pressed under high temperature in metal vats; blasted with chemical solvents, bleached, soaked in acid and deodorized due to its foul odor.

Canola has been shown to retard growth and cause heart lesions in rats (10) while newborn piglets fed canola oil developed a vitamin E deficiency and suffered from sustained bleeding due to lowered platelet count. (11) In another study canola worsened high blood pressure and stroke in rats genetically prone to these health conditions. (12)

Although canola has omega-3 fatty acids, most of the omega-3s in canola oil are transformed into *trans* fats during the deodorization process. (13)

Avoid Frankenstein foods and stick to coconut oil, olive oil, butter and similar traditional oils and fats (goose grease, chicken fat, lard, etc.).

CHIROPRACTIC RESEARCH

Parkinson's Disease, Meniere's Syndrome, Trigeminal Neuralgia and Bell's Palsy. The author found a subluxation putting pressure on the brain and spinal cord in



individuals suffering from Meniere's syndrome (16 people), Parkinson's disease (2 people), trigeminal neuralgia (2 people) and Bell's Palsy (2 people). Each had experienced a trauma before their condition appeared. The author writes: "All 22 patients improved dramatically after one or two [chiropractic] adjustments." (15)

Tourette Syndrome, Attention Deficit Hyperactivity Disorder, Depression, Asthma, Insomnia, and Headaches. A nine-year old boy with Tourette Syndrome (TS), attention deficit hyperactivity disorder (ADHD), depression, asthma, insomnia, and headaches since age 6 began chiropractic care. Forceps were used during his delivery. He was vaccinated. His medications included Albuterol™, Depakote™, Wellbutrin™, and Adderall™. After 6 weeks of chiropractic care to correct his subluxations all 6 conditions were no longer present and all medications were discontinued with the exception of a half-dose of Wellbutrin™. At the conclusion of his case at 5 months, all symptoms remained absent. (16)

Congenital muscular torticollis. This is the case of a 7-month-old male infant with significant head tilt from birth, severe muscle spasm, ear infections, facial asymmetry (flattening of left side of face), regurgitation (15 times per day) and projectile vomiting (about once each week). The child cried frequently and rarely laughed.

After 5 months of chiropractic care head tilt and muscle spasm were absent along with dramatic improvement in child's general demeanor. Regurgitation became much less frequent with some residual facial asymmetry remaining. (17)

HUMOR

Santa Claus has the right idea. Visit people only once a year. – Victor Borge

I was married by a judge. I should have asked for a jury. – Groucho Marx

My wife has a slight impediment in her speech. Every now and then she stops to breathe. – Jimmy Durante

I have never hated a man enough to give his diamonds back. – Zsa Zsa Gabor

Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat. – Alex Levine

See you next month!

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