

SMITH & PRISSEL CHIROPRACTIC

829 W. CLAIREMONT AVE
715-833-3505

HEALTH AT YOUR FINGERTIPS

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Do your little ghost's and goblin's need a chiropractic care check up?
Make sure they are happy and healthy for school and trick-or-treating fun!



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THE IMPORTANCE OF PARENTS

A 36-year study that followed approximately 1,000 individuals revealed:

Having a warm and affectionate father or mother was significantly associated with adult social accomplishment: having a long, happy marriage, children, and relationships with close friends at midlife... more socially accomplished...work accomplishment, psychological well-being....(6)

As parents we have tremendous power over our children. I know we know that, but it's important to be reminded of it often (very often). Life distractions should never distract us from that understanding

CHIROPRACTIC CARE FOR THE ENTIRE FAMILY

How do infants benefit from chiropractic care?

Chiropractic for infants? They have low back pain? Hardly – yet infants need chiropractic care to ensure that the stress of labor and delivery hasn't damaged their spine and delicate structural system. Other stresses can involve falls – statistics tell us that nearly half of all babies have had a fall from a height (off the changing table, off the bed, etc.). Chiropractic care will help ensure a healthy baby. Also, correcting subluxations may help a baby who is ill return to health quicker and more comfortably.

How do children benefit from chiropractic care?

Childhood is a rough time, full of falls, trips and stumbles. Chiropractic helps keep children naturally healthy. Just like babies and infants every child needs periodic chiropractic checkups.



How do students benefit from chiropractic care?



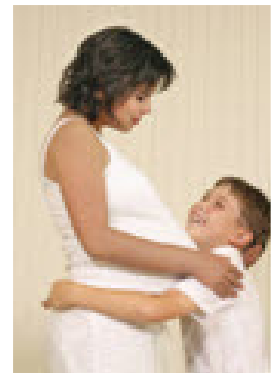
Chiropractic care, by releasing stress from the brain and nervous system, may improve concentration, attention span, grades and interpersonal behavior. Chiropractic has been shown to increase IQ, to help coordination and self-esteem and to improve body function. No matter what health problem a child may have, chiropractic will help improve their chances of healing naturally.

How do adults benefit from chiropractic care?

Physical, emotional and chemical stresses accumulate as we age. For more energy and for improved function of the immune system, digestive system, eliminative system, cardiovascular system and other systems your body needs unobstructed communications. Chiropractic care removes obstructions caused by subluxations - structural distortions that interfere with internal (nerve) communication.

How does chiropractic help women?

The pelvic area receives an intense amount of nerve communications. The ovaries, uterus, tubes, kidneys, adrenal glands and other internal organs all need a healthy nerve supply to function properly. Clinical studies show chiropractic helps women with menstrual pain and discomfort, menstrual irregularities, sexual function and fertility.



How does chiropractic help pregnancy and post-pregnancy?

If there's any class of patients that need chiropractic care the most it's pregnant women. Pregnancy changes a woman's balance and can make distortions more severe which can cause pain and exhaustion. Chiropractic can help ensure that body structure is balanced and that the pelvis is relaxed and open so the developing baby has the maximum amount of room in which to develop. Clinical research reveals that breech presentations have been corrected with the fetus turning into a healthy position as a result of chiropractic pelvic-balancing procedures. Clinical reports show chiropractic helping with breastfeeding and the return to a pre-pregnancy figure.

Any change, any loss, does not make us victims. Others can shake you, surprise you, disappoint you, but they can't prevent you from acting, from taking the situation you're presented with and moving on. No matter where you are in life, no matter what your situation, you can always do something. You always have a choice and the choice can be power. -Blaine Lee, *The Power Principle*

CHOLESTEROL IS GOOD FOR YOU

Let's ignore the hype and TV commercials and look at the facts. It has been known for decades that cholesterol is good for you and lower cholesterol levels put you at greater risk for cancer, major depression, chronic illness, fatigue, low sex drive, broken bones, weakened muscles and brain disorders. Cholesterol also:



- 1 protects you from heart attack
- 2 wards off infectious disease and helps destroy life-threatening microbial invaders
- 3 boosts mood and brainpower
- 4 maintains optimal functioning of your nervous system
- 5 strengthens muscles
- 6 prevents cancer
- 7 helps your body to absorb vital nutrients
- 8 regulates proper hormone production, including the sex hormones testosterone and estrogen, and optimizes reproductive health and fertility
- 9 shortens your body's recovery time from injury
- 10 optimizes metabolism

FLU SHOT, ALZHEIMER'S AND DEMENTIA



Since flu shot season is approaching, we thought it appropriate to remind everyone that according to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has had five consecutive flu shots their chance of getting Alzheimer's disease or dementia is ten times higher than if they had one, two or no shots. (1)

Dr. Fudenberg reports that this is due to the mercury in flu shots (and many childhood and RhoGam shots); these toxins build up in the brain causing cognitive dysfunction. Is this why Alzheimer's is expected to quadruple? (2)

By the way, to disprove the Alzheimer's/flu shots connection, some Toronto MDs went to nursing homes and asked people with Alzheimer's if they remember getting a flu shot. Most said they didn't remember getting one. Not surprising since Alzheimer's victims may not remember the names of their spouse. Anyway, based on this "research" they concluded the flu shots were safe but the disclaimer at the bottom of the abstract negated its value: "Because of the self-reported nature of the risk factor questionnaire we cannot exclude the possibility of recall bias." (3)

Can you believe that the media reported this as "proof" the flu shot was safe? They didn't mention the disclaimer.



CHIROPRACTIC RESEARCH

Scoliosis. A nine-year-old boy with juvenile idiopathic scoliosis (and intermittent back pain) began chiropractic care. His posture began to balance immediately after the first adjustment. He had an 88% overall reduction in the scoliosis after five months of chiropractic care. (7)

Autism. A 2½-year-old girl was diagnosed with autism (reduced social interaction and language skills and learning difficulties). One year later she was brought in for chiropractic care. Both the chiropractor and the parents noticed improvements in social interactions, language skills and increased symmetry in surface EMG and thermal scanning over the 10 weeks of care. (8)

HUMOR

QUESTIONS TO PONDER

1. Do you need a silencer if you are going to shoot a mime?
2. If nothing ever sticks to TEFLON, how do they make TEFLON stick to the frying pan?
3. Why are there flotation devices under plane seats, instead of parachutes?
4. Why do they put Braille dots on the keypad of the drive up ATM?
5. Why do we drive on parkways and park on driveways?
6. Why do you need a driver's license to buy liquor when you can't drink and drive?
7. Have you ever imagined a world with no hypothetical situations?
8. How does the guy who drives the snowplow get to work in the mornings?
9. You know that little indestructible black box that is used on planes – why can't they make the whole plane out of the same substance?
10. Why is it that when you're driving and looking for an address, you turn down the volume of the radio? Is it going to make you see better?

See you next month!

References

References can be viewed online at www.myECchiro.com.

References

1. Dr. Fudenberg at the NVIC International Vaccine Conference, Arlington, VA September, 1997. Quoted with permission.
2. *John's Hopkins Newsletter*. November 1998.
3. Verreault R et al. Past exposure to vaccines and subsequent risk of Alzheimer's disease. *CMAJ*. 2001;165(11):1495-1498.

Note: Dr. Fudenberg's web site is: <http://members.aol.com/nitr/>. I recommend you visit it. Fascinating stuff there.



4. Krumholz HM et al. Lack of association between cholesterol and coronary artery disease mortality and morbidity and all-cause mortality in persons older than 70 years. *Journal of the American Medical Association*. 1990;272:1335-1340.
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8. Hoffman N, Russell D. Improvement in a 3½-year-old autistic child following chiropractic intervention to reduce vertebral subluxation. *JVSR*. March 24, 2008;1-4.