

# SMITH & PRISSEL CHIROPRACTIC

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### CHIROPRACTIC IS SIMPLE

The chiropractic approach is simple – remove a distortion in your body that interferes with your proper function. This is called a subluxation. It is a distortion that blocks your energies and interferes with your internal communications.

Chiropractors use the chiropractic adjustment to remove or adjust your subluxations. That gets rid of interference to the communication between your inner healer, your nervous system and your body parts – so you may function closer to your potential. This is something everyone needs.

That is why chiropractic continues to grow in popularity.

### SCIATICA AND LEG PAIN



Your sciatic nerve is the longest and largest nerve in your body. When such a large nerve becomes inflamed the condition is called sciatica (pronounced si'ad-a'ka) and the pain can be intense! The pain may follow the path of your nerve – down the back of your legs and thighs, down to your ankle, foot and toes – but it can also radiate to your back with burning, pins and needles or tingling. Ugh!

Causes of sciatica can include an unhealthy spine with a protruded or ruptured disc which can irritate the sciatic nerve. Sciatica has been reported following accidents, injuries and childbirth. (1)

The medical approach to sciatica is usually to treat the symptoms with painkillers, muscle relaxers, traction and physical therapy. Relief may be obtained by injecting painkillers directly into the nerve roots! In extreme cases orthopedic

surgery may be resorted to.

The chiropractic approach has been a blessing to sciatica and leg pain sufferers for over a hundred years (2-3) often saving them from surgery. (4-6)

All sciatica sufferers should see a doctor of chiropractic to ensure they have a body free from subluxations. A subluxation causes structural distortions, disc and nerve pressure and may stress the entire body and brain! Chiropractors correct or adjust subluxations to relieve stress on the structure, nerves, joints and discs.

If you do have sciatica, from whatever cause, a chiropractic adjustment is needed to remove pressure on your nerves, rebalance your spine and body structure, release stress from your discs and permit your body's muscles, glands and tissues to function in a more balanced manner.

Every sciatica sufferer should visit their neighborhood doctor of chiropractic for a checkup. It could save them from needless drugs, injections and surgery.

## DON'T AVOID THE SUN



It looks like there's a big "oops" coming from cancer researchers. Why oops? Because people who have been scared out of being in the sun are becoming deficient in vitamin D, one of the most powerful health promoting chemicals in existence. Vitamin D is linked to preventing 14 types of cancer, dementia and Alzheimer's,

Parkinson's disease, heart disease and type II diabetes.

According to *The Independent*, the organization Cancer Research UK may soon suggest that people should get some exposure to the midday sun. The body gets vitamin D from the sun when the skin reddens without getting burned, and this can usually be achieved within 15 to 30 minutes outdoors without sunscreen on a hot sunny day.

## ANOTHER REASON TO SUNBATHE

The recommended daily intake of vitamin D in the United States is 200 international units (IU) for people up to 50 years old, 400 IU for people 51 to 70 years old and 600 IU for people over 70 years old. Today there is a wide consensus among scientists that the relative daily intake of vitamin D should be increased to 2,000 to 4,000 IU for most adults. (8)

## FLU VACCINE BATCH CAUSED SEIZURES IN CHILDREN



Health reporter Mike Adams (July 31, 2010) points out that the upcoming flu vaccine has caused concern among US officials. The labels need to be changed because it appears to have caused a "higher than usual rate of seizures in children." The odd thing is that no one was told what the "usual" rate of seizures in children is. We've been told

these shots are safe. If they can cause seizures, what else can they cause? Why

haven't all these complications of vaccination been identified and reported?

"The labeling for one vaccine, CSL Limited's Afluria, has undergone changes this season to inform health care providers about an increased incidence of fever and febrile seizure.... The FDA said it was asking CSL to conduct a study of its vaccine in children."

Our comments: so the choice is between having a miserable kid for a few days or possible brain damage. We think kids can handle a few days of flu much easier than a lifetime of brain damage. And we know the MDs, pharmaceutical companies and the government run the other way when it comes to paying for this "side effect." (9)

## RESEARCHING CHIROPRACTIC

Lots of people call their chiropractor if they have back, neck, sciatica, arm, leg, headache and other kinds of pain. But chiropractic care can do so much more! Here are a couple of examples of why babies and children need chiropractic care. (Don't leave them home when you come in for your visit.)

### **Attention deficit hyperactivity disorder (ADHD) and chiropractic.**

Attention deficit hyperactivity disorder (ADHD) affects 2.6% to 11.4% of children. More parents are looking for non-drug approaches to help their children. Can chiropractic help?

In this study four male children were evaluated before and after chiropractic care. All the children showed improvement in ADHD symptoms such as hyperactivity, impulsivity and inattentiveness, as well as behavioral, social or emotional difficulties, under chiropractic care. (10)

**Colic, constipation and sleep problems.** A two-week-old male baby had excessive crying, abdominal distension, constipation, gas and disrupted sleep. Vertebral subluxations were identified and chiropractic care was applied to reduce vertebral subluxations in the pelvis and lumbar and cervical spine. The child experienced a bowel movement immediately following the first adjustment. Continued care led to regular bowel movements, a decrease in crying and improved sleep. (11)

## MORE REASONS FOR BREASTFEEDING

Moms return to pre-pregnancy weight faster. Breastfeeding women lose weight faster than those who do not. This is because producing milk and breastfeeding requires about 500 calories per day, the equivalent of jogging about five miles! Breastfeeding also stimulates contractions in the uterus that help it to shrink back to its normal, pre-pregnancy size faster.

### **"NO VACCINATIONS, NO AUTISM"**

Hear this incredible interview of Mayer Eisenstein, MD who discusses why his office no longer offers vaccines even if patients ask for them. Listen now to this incredible podcast.

[http://www.metrofarm.com/assets/podcasts/2010-08-14\\_694dautism.mp3](http://www.metrofarm.com/assets/podcasts/2010-08-14_694dautism.mp3) =



## MORE DOCTORS SMOKE CAMELS



This is a real ad from a popular magazine from the 1950s. See how professional the “doctor” looks? He has white hair at his temples to show he’s distinguished. He has a serious expression probably because he has hemorrhoids.

Maybe it’s because he’s thinking about lung cancer or heart disease.

## WORDS OF WISDOM

Birthdays are good for you; the more you have, the longer you live.

A truly happy person is one who can enjoy the scenery on a detour.

## HUMOR

- Living on Earth is expensive, but it does include a free trip around the sun every year.
- How long a minute is depends on what side of the bathroom door you’re on.
- Happiness comes through doors that you didn't even know you had left open.
- Ever notice that the people who are late are often much jollier than the people who have to wait for them?
- Most of us go to our grave with our music still inside of us.
- If WalMart is lowering prices every day, how come nothing is free yet?
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to make only once.
- Don't cry because it's over; smile because it happened.



## Bye!!!



Please write or stop by and give us your feedback. Are there any subjects you’d like to hear about? Anything you dislike? Feedback is always important to us. And, of course, if you’d like hard copies of this newsletter stop by the office and we’ll give you some for your friends and relatives. If they have email, have them write to us and we’ll add them to our subscriber list.

## References

For references please visit our website at [www.myecchiro.com](http://www.myecchiro.com)