

SMITH & PRISSEL CHIROPRACTIC

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HEALTH AT YOUR FINGERTIPS September 2008



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TABLE OF CONTENTS

- Your Nerves Go Everywhere
- Your Hips And Chiropractic-A Natural Alignment
- Stay Healthy-Avoid The Flu Shot
- Having The Flu Is Good For You
- Breast Feeding Builds Babies Immune System
- Fluoride Doesn't Prevent Cavities
- Modern Sensorship
- Chiropractic And Spinal Research
- Humor

Your Nerves Go Everywhere!

Your nerves help regulate and coordinate the function of your entire body. As you can see in the illustration to the left, nerves start in your brain and branch out down your spine and go, well, everywhere! If there is an imbalance in your spine or body structure causing nerve stress (a subluxation) any organ, gland, muscle, joint, disc or blood vessel may be affected. Even your brain can be affected in varying degrees. Pressure caused by nerve stress (a subluxation) can affect the health of your entire being.

Chiropractors are trained to locate and correct nerve stress, permitting you to function closer to your natural, healthful state – adding years to your life and life to your years.

Your Hips And Chiropractic – A Natural Alignment

You need them for a good golf swing, dancing, a healthy pregnancy and to support your spine (and head). They anchor your legs so you can walk and you sit on them too. It's your hips!

Your hips are really two large bones (each made up of three fused bones) that are attached to your sacrum – the base of your spine. They are strapped to your sacrum with lots of ligaments. Around your hips are lots of tendons that attach to many muscles.

If your spine is out of alignment (it's subluxated), your hips may “do the twist” causing one leg to appear shorter than the other.

One leg isn't *really* shorter than the other. It just seems that way because your legs attach to your hips. If one hip is a little higher than the other then one leg appears longer and one appears shorter. This is most obvious when you lie down. That's why chiropractors sometimes have patients lie down (usually face down) to measure their leg length difference. This is one sign your body structure is off-balance.



Apart from causing problems with your tailor, uneven hips can cause unnatural wear and tear on your spine, arthritis or lumbar (lower back) disc bulging, which can lead to leg and sciatica pain. If your pubic bones (the front of your hips) are not aligned it may cause sacroiliac pain and pain during pregnancy and childbirth.

Unhappy hips also can cause fatigue and exhaustion because you will be out of alignment with gravity.

Signs of hip problems include a bad golf swing, difficulty standing or sitting for long periods, leg problems, knee pain and foot problems such as bunions. Hip problems can also cause shoulder problems – your hips and shoulders work together – if one is moving improperly the other's motion will be affected.

What to do? A chiropractic checkup will help ensure a healthy hip and pelvis – and ensure that your spine has a good, balanced pedestal from which to work.

This is especially important during childhood – that's why infants, babies and children of all ages should get a chiropractic checkup. It can help ensure a healthier body for life.



Stay Healthy: Avoid The Flu Shot

We are approaching flu shot season. The pharmaceutical companies and radio and TV stations (where drug companies spend millions on advertising) will soon start scaring people into getting injected with toxic chemicals that are useless and dangerous.

Heed the words of J. Anthony Morris, Ph.D. former Chief Vaccine Control Officer, US Food and Drug Administration:



There is no evidence that any influenza vaccine thus far developed is effective in preventing or mitigating any attack of influenza. The producers of these vaccines know that they are worthless, but they go on selling them anyway. (1)

Having The Flu Is Good For You

For thousands of years healers have viewed the cold, flu and fevers as some of the most powerful weapons your body has for cleansing and healing itself. Getting a cold or the flu, while a very uncomfortable experience, is not only a powerful way your body detoxifies you but also provides another significant benefit. Studies report that the cold and flu may protect you from getting cancer:

Those with carcinomas of the stomach, colon, rectum, breast, and ovary...and controls (with no history of cancer) were interviewed. A history of common colds or influenza prior to the interview was found to be associated with a decreased cancer risk. (2)

Subjects who reported a history of infectious diseases (e.g., colds, flu) showed a 30% reduction in risk [of brain tumor]. (3)

If you have a bad cold or the flu do not suppress your fever or other symptoms with drugs. Instead respect what your body is telling you; work with your body to cleanse and detoxify your system. If you don't, you can stay sick longer. As researchers have reported:

Taking aspirin or Tylenol™ for the flu could prolong your illness by up to 3½ days. (4)

Breastfeeding Builds Baby's Immune System



Newborns are still developing and do not have a mature immune system to protect them from illness. Antibodies, or immune molecules, in a mother's breast milk are transferred to the baby, giving immunity to illnesses that the mother is immune to. The converse is also true – if a newborn is exposed to a germ, she will transfer it back to her mother while nursing. The mother's body will then produce antibodies to that particular germ and transfer them back to the baby.

Babies who are breastfed exclusively have better functioning immune systems

Fluoride Doesn't Prevent Cavities

Research reveals that not only doesn't fluoride prevent cavities but that it is also highly toxic. There is enough fluoride in an average-sized tube of toothpaste to kill two children. Young children swallow as much as one third of their toothpaste. Kids have been consuming so much excess fluoride that the US Public Health Service has urged parents to see that kids brush with only a "pea-sized portion" of fluoride toothpaste...and rinse carefully afterwards. (5)

Everything can be taken away from a man but one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way. – Victor Frankl, Holocaust survivor and author

Modern Censorship

Earlier this year, ABC premiered the show "Eli Stone." In one episode, a mother sued a drug maker for producing a vaccine she believed caused her son's autism. A few days before the show was scheduled to air, the American Academy of Pediatrics (AAP) wrote

an open letter that encouraged ABC executives to cancel the "Eli Stone" segment: "If parents watch this program and choose to deny their children immunizations, ABC will share in the responsibility for the suffering and deaths that occur as a result."

For decades reporters have been told not to write articles critical of vaccination saying the same thing – and it seems to be working. Articles critical of vaccination that appear in European and American research may make the headlines in England, but won't even be mentioned in the US.

The AAP represents pediatricians who generate much of their income from "well baby visits" which are little more than vaccination visits. The AAP's website shows where their money comes from: Merck, AstraZeneca, Sanofi Aventis, Abbott Laboratories, and other drug makers plus MacDonald's and PepsiCo.

Chiropractic And Spinal Research

Infertility. A 23-year-old woman with a history of infertility, amenorrhea (no menstrual cycle), low back pain and six weeks of progressively worsening numbness and tingling in both of her legs and feet began chiropractic care. She had a six-year history of birth control use. She was unable to conceive.

Under chiropractic care her low back pain and leg and feet numbness completely resolved. She had her first natural menstrual cycle 3 ½ months after beginning care and discovered she was pregnant one month later.

(6)

ADD/ADHD. A seven-year-old girl with ADD/ADHD (hyperactivity and attention deficit disorder) and focusing problems, sleep disturbances and aggressive, negative behavior toward her sister was brought in for chiropractic care. Improvements were noted on the daughter's weekly

behavioral assessments. The mother noticed an overall change in her attitude as well as improvement with specific tasks. (7)

Whiplash. Forty-one patients with whiplash injuries (age 17-67) received chiropractic care. After 20 visits over a 10 week period the patients went from a pain level of 7.1 to a pain level of 0.6. (8)

Humor

A doctor was addressing a large audience.

"Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. No one knows the long-term effect of germs in our drinking water," said the doctor. "But one food is the most dangerous of all and I bet every one of you has eaten it at least once. Can anyone tell me which food causes the most grief for years after you eat it?"

An old man in the front row raised his hand and softly asked, "Wedding cake?"

Welcome back to school students and teachers! Start the school year off right by stopping by for an adjustment to keep your mind and body working well. If you would like to share this newsletter with a friend or family member visit our website www.myECchiro.com.



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