



Email Practice Member Newsletter

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Welcome to our office newsletter. Please feel free to forward it to friends and relatives.



*Life is like a ten-speed bike.
Most of us have gears we never use.*
Charles M. Schulz

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God grant me the senility to forget the people I never liked anyway, the good fortune to run

into the ones I do...and the eyesight to tell the difference.

Can animals get chiropractic adjustments?

Just as Pierre, in the picture (the dog, not the doctor), is getting his spine checked,



any creature with a spine can receive chiropractic care. Many chiropractors adjust dogs, cats, horses, and farm

animals. There is even a chiropractic-veterinary association where chiropractors (and many veterinarians) learn how to adjust animal spines. Why do animals need chiropractic care? Any spine can lose its alignment, develop nerve pressure (subluxations) and affect its owner's health. Not long ago *Life* magazine had an article on a chiropractor who works for a zoo and adjusts lizards, tigers and other exotic creatures.(1) Dr. Daniel Kamen, an author on veterinary chiropractic, doesn't back off from adjusting the spines of dogs, cats, and other nonhuman vertebrates. 'As long as it has a spine, I can adjust it,' he said. He has adjusted giraffes, llamas, and a lion – 'Sedated,' Kamen added: 'so was the lion.'(2)

Cough Medicine? – Save Your Money

The authors of a study in the Feb 9th, 2002 *British Medical Journal* had a simple goal: "To determine whether over-the-counter cough medicines are effective for acute cough in adults." So they reviewed all the controlled trials they could find – 328 studies – but only 15 were set up with a control group, were of adults, aged 16 or older who didn't have asthma, tuberculosis or cancer.



Their review showed that **"there is no good evidence" that over-the-counter cough medicines worked. On top of that antihistamines and**

antihistamine-congestant combinations were found to work no better than a placebo. (3)

Words of Wisdom

The souls are all one. Only the bodies divide us. Therefore, one who places the body before the spirit can never experience true love or friendship. Lubavitcher Rebbe

The greatest derangement of the mind is to believe in something because one wishes it. Louis Pasteur

Life without love is like a tree without blossoms or fruit. Kahlil Gibran

Chiropractic and Spinal Research

Did you know there are thousands of journal papers on the wonders of chiropractic and spinal care in health and disease? Anyone who has any kind of health problem needs chiropractic care.



A 38-year-old male with hypertension After 14 years of high blood pressure and the side effects of medication which included bloating sensations, depression, fatigue, and impotency, a 38-year-old male began chiropractic care. Chiropractic analysis revealed vertebral subluxation complex at levels C6-7, T3-4, and T7-8. All medications were stopped after seven adjustments and blood pressure remained at normal levels.(4)

A 63-year-old man with leg numbness and lower back pain A 63-year-old man had a 36-month history of right leg numbness and recurrent lower back pain. Complete resolution of right anterior leg numbness followed a series of chiropractic adjustments for subluxations.(5)

Children raised under chiropractic are healthier than children raised under medicine 200 chiropractors and 200 pediatricians were surveyed regarding the health of their children. The survey revealed that the "chiropractic" children had dramatically lower antibiotic use and disease in general, especially ear infections compared to the "medical" children. If the "chiropractic" children did get measles, rubella or mumps, etc. it was reported that the diseases were quite mild compared to those exhibited by their classmates.(6)

Real slogans found on T-shirts

A hangover is the wrath of grapes

A journey of a thousand miles begins with a cash advance

STUPIDITY IS NOT A HANDICAP. Park elsewhere!

POOR SPELLERS OF THE WORLD- UNTIE! Frankly, Scallop, I Don't Give a Clam (seen on Cape Cod)

That's It! I'm Calling Grandma! (seen on an 8-year-old)

Wrinkled Was Not One of the Things I Wanted to Be When I Grew Up

Procrastinate Now

Rehab Is for Quitters

My Dog Can Lick Anyone

Party - My Crib - Two A.M. (on an infant t-shirt)

Finally 21, and Legally Able to Do Everything I've

Been Doing Since 15

ALL MEN ARE IDIOTS, AND I MARRIED THEIR KING
West Virginia: One Million People, and 15 last
names

FAILURE IS NOT AN OPTION. It comes bundled
with the software

I'M OUT OF ESTROGEN AND I'VE GOT A GUN

Thank you for reading. Please write and let us
know what you think of our
newsletter. Stop by the office to
keep yourself free from
subluxations and remember to bring
your friends and loved ones –
everyone needs a spinal checkup.



BYE! We hope to see you soon.

References

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5. Flatt DW. Resolution of a double-crush syndrome. *JMPT*. July/August 1994;17(6):395-397.
6. Van Breda WM, Van Breda JM. A comparative study of the health status of children raised under the health care models of chiropractic and allopathic medicine. *Journal of Chiropractic Research*. Summer 1989.