



## Healthy Living Chiropractic Email Newsletter

*This newsletter is provided courtesy of  
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**Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).**



*Figure out what your purpose is in life, what you really and truly want to do with your time and your life then be willing to sacrifice everything and then some to achieve it. If you are not willing to make the sacrifice, then keep searching.*

– Quintina Ragnacci

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## Chiropractic For A Happier, Healthier Child



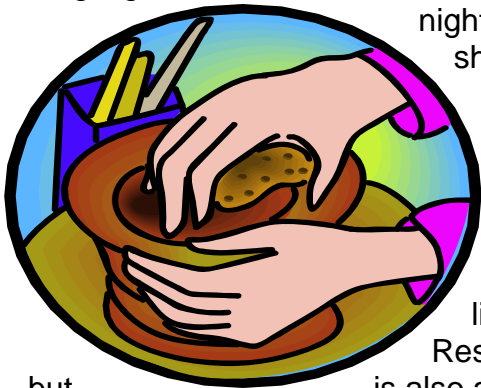
Want a happier, healthier child? Bring them in for a chiropractic spinal checkup. Chiropractors locate and correct vertebral subluxations in children's spines, reducing posture, nerve and spinal stresses. For over a hundred years parents, clinicians and researchers have noticed improvements in physical health, behavior and emotional states of children following chiropractic care. Among the observed effects

of subluxation correction are improvements in emotional, behavioral and neurological problems such as asthma, anxiety, inability to concentrate, hyperactivity, dyslexia, learning disabilities, attention deficit disorders, discipline problems and even low grades. (1-4)



## Carpal Tunnel Syndrome (CTS) and Chiropractic

Tingling and numbness in the hands, fingers and wrists and pain so intense that it awakens you at night with the possibility of similar symptoms in the upper arm, elbow, shoulder or neck are some of the symptoms of CTS.



The drug-free chiropractic approach of releasing nerve and spine stress by freeing your body of vertebral subluxations has been a blessing to millions afflicted with this condition.

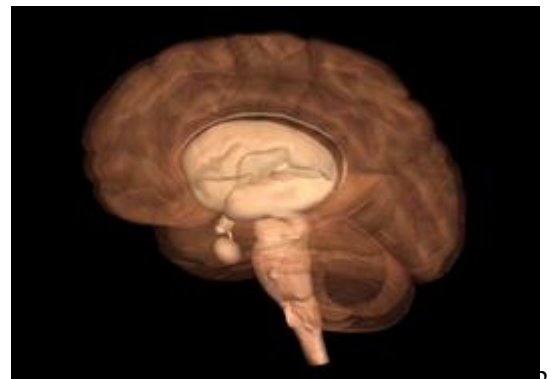
Years ago telegraph operators, seamstresses, carpenters and meat cutters were the chief sufferers from this condition. Today it's office workers, computer operators, musicians and assembly line workers who are more prone to it.

Research is revealing that CTS is not only a hand and wrist problem but is also a spinal problem. For example, when 1,000 cases of carpal tunnel syndrome were investigated it was found that a large number of them also had neck arthritis. (5) That is one reason why clinicians, researchers and patients have reported relief of classic carpal tunnel symptoms and improvement in overall body function after chiropractic spinal adjustments. (6-8)

Anyone suffering from CTS should see a chiropractor to ensure that their spine is free of spinal nerve stress. A chiropractic spinal adjustment may make the difference between a pain-free wrist and hand surgery!

## Chronic Back Pain Causes Brain Shrinkage

The *Journal of Neuroscience* brings sobering news to chronic back pain sufferers. Scientists found that even one year of chronic back pain can age the brain 10 to 20 years. 26 people with chronic, continuous pain of more than a year were compared with 26 healthy people. The researchers theorize that the stress of chronic pain causes "burnout shrinkage." But that may not be a life sentence. Shrinkage doesn't always equal loss of brain cells and shrinkage may reverse once the chronic pain ends. (9)



Can chiropractic reverse the damage? Chiropractic success with chronic conditions is well known. Apparently “learning to live with it” may cause serious long-term problems. If you know anyone with a chronic condition please advise them to explore chiropractic – their pain and their brain will thank them.

## Vaccinations Not Required to Enter School

In most states Part A of the law says, “No shots, no school,” but most parents don’t know that Part B of the law says “if you don’t want them you don’t have to have them” (because they aren’t told). Every state has exemptions. To find exemptions for your state go to [www.thinktwice.com](http://www.thinktwice.com) and click on “immunization laws.” Here in Michigan you can go to Michigan Opposing Mandatory Vaccines (MOM) website at [http://www.momvaccines.org/html/vaccine\\_waiver.html](http://www.momvaccines.org/html/vaccine_waiver.html) and print out the immunization waiver form and the exemption form. Or you can stop by and pick them up at our office in our Children’s Health and Information Center. Talk to Diane or Terri for copies of these forms. Vaccines are not mandatory in our great state of Michigan!

## What’s in a Vaccine?

More and more parents are saying “No” when it comes to vaccinations for their children. One reason is because children are injected with some of the most lethal poisons known: formaldehyde, mercury, aluminum, phenol (carbolic acid), borax (ant killer), antifreeze, disinfectant, dye, acetone (nail polish remover), latex, MSG, glycerol, polysorbate 80/20 plus blood or cells from monkey, cow, chick embryo, pig, sheep and dog. Vaccines are linked to:

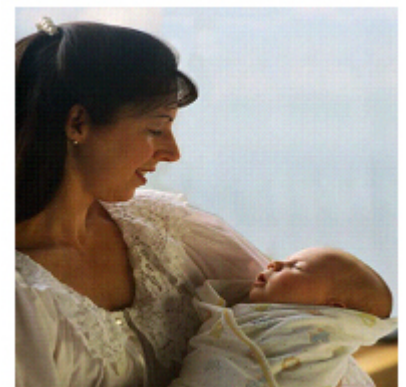


- Ear infections, allergies, asthma, eczema, hay fever
- Irritability, screaming, sleepiness, convulsions
- Bowel problems, blindness, deafness
- Autism, ADD, ADHD, Asperger’s, dyslexia, learning difficulties
- Epilepsy, paralysis
- Lupus, diabetes, arthritis, multiple sclerosis
- Anorexia
- Cancers such as leukemia, lung, brain and bone tumors
- Crib death (the biggest single cause of infant mortality)
- Infertility

## Nursing Moms Should Sleep With Baby

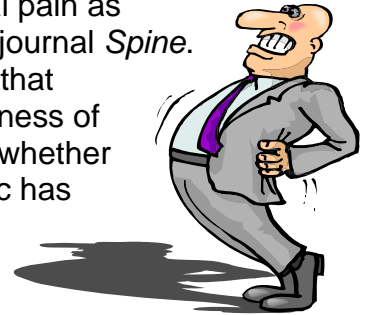
Nursing babies should sleep right next to their parents' bed, advises the American Academy of Pediatrics (AAPA). The AAPA also advises that mothers should feed babies only breast milk for six months and continue breastfeeding for at least one year and ideally stop when the baby wants to quit.

Human milk is far superior to any formula for a child’s physical and mental health. Breastfeeding benefits to mother include a faster return to pre-pregnancy figure and weight, increased child spacing, decreased risk of breast and ovarian cancer, protection from hip fractures and osteoporosis later in life. For babies the advantages include better brain development and protection against meningitis, bacteremia, diarrhea, otitis media, diabetes, cancer, obesity, asthma, urinary tract infection and crib death. (10)



## Pain Worse After Back Surgery

Months following spinal surgery for back pain, patients remember their initial pain as worse than they rated it at the time of surgery, reports a recent study in the journal *Spine*. The researchers reviewed patients' before-and-after ratings and concluded that studies relying on such after-the-fact ratings may overestimate the effectiveness of spinal surgery in relieving chronic back pain. In other words, no one knows whether the patient is truly feeling better or it's just a placebo effect. (11) Chiropractic has been a blessing to countless disc surgery patients, often saving them from an often unnecessary operation.



## Chickenpox Shot Not Working?

From 1987 to 1997, although the reported national incidence of chickenpox decreased 58%, that may not be because there's less chickenpox but because doctors are no longer required to report it. "The decrease from 1987 to 1997 corresponded with decreases in the number of states reporting," admits the CDC. In the 14 states that maintained continuous reporting of varicella, the incidence remained completely unchanged, at 107.0 cases per 100,000 population. (12)

## Americans are Medicating Themselves to Death



According to the U.S. Centers for Disease Control 130 million Americans swallow, inject, inhale, infuse, spray, and pat on prescribed medication every month – more per person than any other country. So many Americans die from drug reactions and mistakes each year that pharmaceuticals are the fourth-leading cause of death after heart disease, cancer and stroke.

"We are taking way too many drugs for dubious or exaggerated ailments," says Dr. Marcia Angell, former editor of the *New England Journal of Medicine* and author of *The Truth About the Drug Companies*. "What the drug companies are doing now is promoting drugs for long-term use to essentially healthy people. Why? Because it's the biggest market." (13)

## Benefits of an Organic Diet

Organic food *is really* better for you. Rats fed conventional or organic food experienced quite different health. The "organic" rats had improved immune system status compared to rats that ate conventional diets: they slept better, were slimmer than rats that fed on other diets and had higher vitamin E content in their blood. (14)



## Humor

**Thank God for church ladies with typewriters. These sentences actually appeared in church bulletins or were announced in church services:**

Bertha Belch, a missionary from Africa, will be speaking tonight at Calvary Methodist. Come hear Bertha Belch all the way from Africa.



The Fasting & Prayer Conference includes meals.

The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching for Jesus."

Our youth basketball team is back in action Wednesday at 8 PM in the recreation hall. Come out and watch us kill Christ the King.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands.

The peacemaking meeting scheduled for today has been canceled due to a conflict.

Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say "Hell" to someone who doesn't care much about you.

Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.

Barbara remains in the hospital and needs blood donors for more transfusions. She is also having trouble sleeping and requests tapes of Pastor Jack's sermons.

The Rector will preach his farewell message after which the choir will sing: "Break Forth Into Joy."

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be "What Is Hell?" Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

Please place your donation in the envelope along with the deceased person you want remembered.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Potluck supper Sunday at 5:00 PM - prayer and medication to follow.

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Ladies Bible Study will be held Thursday morning at 10 AM. All ladies are invited to lunch in the Fellowship Hall after the B. S. is done.

The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday.

Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.



**Bye – see you next month.** Want copies of this newsletter for your friends? Please feel free to forward this to them. Especially share it with your friends who are taking drugs or contemplating surgery; let them know there's a drug-free alternative.

Please remember that everyone needs to be free from subluxations, so bring your friends and loved ones for a spinal checkup.

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  13. Associated Press, April 18, 2005  
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- Organic diet enhanced the health of rats by [Charlotte Lauridsen](#), [Henry Jørgensen](#), [Ulrich Halekoh](#), [Lars Porskjær Christensen](#), Danish Institute of Agricultural Sciences, and [Kirsten Brandt](#), School of Agriculture, Univ. of Newcastle.

## NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH

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In The Interest of Safeguarding Your Health

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### Home Birth Safety

A report in the *British Medical Journal*<sup>1</sup> concludes that, for low-risk women in the United States and Canada, home births (using certified professional midwives) are as safe as hospital deliveries. More than 5,000 home births were analyzed in this study, which found a 0.17% mortality rate, comparable to hospital births. About 13% involved a transfer to a hospital, but for some reason (maybe this will pique someone's curiosity), medical interventions such as forceps (1%), Caesarean sections (<4%) and epidurals (<5%) were required less than half the time than would be expected in a hospital setting.

1. *BMJ*, June 18, 2005.
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### Calcium for PMS

A study in the *Archives of Internal Medicine*<sup>2</sup> suggests diets high in calcium and vitamin D may be helpful in warding off premenstrual syndrome. The study of 3,000 women spanned 10 years; researchers saw a significant decrease in PMS episodes (not merely the lessening of symptom severity) in women who averaged four servings a day of foods rich in calcium and vitamin D. Typical symptoms of PMS include anxiety, depression, headaches, and abdominal cramps.

2. *AIM*, June 2005.
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### Beta Blockers During Surgery

An analysis of the records of more than 650,000 cardiac patients questions the wisdom of the general practice of giving certain patients beta-blocker medication before non-cardiac-related surgery.<sup>3</sup> Some studies suggest the medications reduce mortality for high-risk patients, so of course, it is now a common practice to dispense them to all patients with any kind of cardiac history. The study suggests this practice may be killing

patients. Although many high-risk patients may still benefit, say the researchers, for milder conditions, the drugs increased mortality by 43 percent. Beta-blockers decrease the strength of the heartbeat, so presumably, the practice is meant to keep the heart from getting overworked during a stressful procedure; apparently, other factors are involved. Currently, two randomized trials are underway to try to clarify the situation; in the meantime, medical leaders say the practice should continue until more scientific evidence is collected.<sup>4</sup>

3. *NEJM*, July 28, 2005.

4. *Ibid* (accompanying editorial).

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### **Contraceptive Drugs and Cancer**

A literature review from the World Health Organization concludes that oral contraceptives appear to have different implications for varying types of cancer. On the one hand, ovarian endometrial cancer rates appear to be lessened by the chemicals, but liver, cervical, and breast cancer risks increased. As a result of this work, the International Agency for Research on Cancer (part of the WHO) has elevated its hormonal menopausal therapy classification from "possibly carcinogenic" to "carcinogenic."<sup>5</sup> The study found that the overall lifetime risk of cancer among women who used HRT increased about 17 percent.<sup>6</sup>

5. Reuters, July 29, 2005.

6. Associated Press, July 29, 2005.

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### **Weight Control With Yoga**

According to a study of more than 15,000 middle-aged individuals, those who practice yoga were trimmer than their peers. Average-weight individuals didn't really lose much weight with the gentle exercises over a 10-year period, but they didn't gain the pounds members of the other group did, either. Overweight yoga practitioners however, did lose about 5 pounds, while their nonparticipating peers gained more than 13 pounds during the course of the study. The weight differences probably had less to do with calories burned than with emotional well-being, a healthier lifestyle and attunement to the body, according to those involved.<sup>7</sup> Apparently, it also is difficult to do some of the exercises when you've just gulped down half a pizza.

7. *Alternative Therapies in Health and Medicine*, July/August 2005.

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### **Super Bacteria Are Great Survivors**

An investigation into the survivability of hospital germs reports many have adapted well to surviving on surfaces for a very long time. Methicillin-resistant *Staph aureus* (one of the "flesh-eating" varieties) was dabbed onto common surfaces, with researchers checking back periodically to see how the bacteria was doing. They found the bacteria survived five days on bed linens, six weeks on computer keyboard covers, and eight weeks on acrylic fingernails.<sup>8</sup> To make matters worse, other studies have suggested health care professionals often do not follow sanitation procedures diligently.



8. *Reuters*, June 6, 2005, reporting on the work of Kris Owens of Minnesota-based Ecolab, a sanitation-services company.
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### **Alcohol for the Lymphatics**

An analysis of studies involving 15,000 people suggests alcoholic beverages may have a protective effect against lymphatic cancers. The study found a significant decrease in about 20 types of non-Hodgkins lymphomas (NHL) in this analysis of nine different studies. The overall effect was a 27-percent decreased risk, and did not seem to be related to the type of alcohol. The incidence of Burkitt's lymphoma was affected the most, with approximately a 50 percent decrease in risk among imbibers.<sup>9</sup>

9. *The Lancet Oncology*, June 2005.
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### **Infected Hearts**

Italian researchers report a link between the bacteria *Helicobacter pylori* (implicated in gastric ulcers) and irregular heartbeats. In a study of just over 100 people, researchers discovered that the patient was 20 times more likely to be infected with the bacteria if he or she suffered from atrial fibrillation.<sup>10</sup>

10. *Heart*, June 16, 2005.
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### **Hydraulic Instruments**

Over a period of about two months late last year, medical technicians at Duke University complained the surgical tools felt too slippery. A number of patients also reported unusual symptoms after their surgeries, such as gastrointestinal disturbances, unexplained weight loss, and other autoimmune-like symptoms. It turns out that prior to sterilization, the hospital had been washing the instruments not with soap, but with hydraulic fluid. Elevator maintenance workers had drained the fluid into an empty soap container that somehow never got relabeled. The hospital subsequently commissioned a study on the procedure; apparently, hydraulic fluid does not impair the sterilization process, according to a letter sent to the affected patients.<sup>11</sup>

11. *Associated Press*, June 21, 2005.
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### **Calcium-Resistant Brittleness**

Scottish researchers studying the effect of calcium and vitamin D<sub>3</sub> supplementation for elderly osteoporotic patients say the practice does not appear to help. They divided 5,300 patients who had fractured a bone during the previous 10 years into four groups and administered vitamin D, calcium, both, or a placebo. After five years, there was no statistical difference in the number of fractures in any of the groups.<sup>12</sup> Osteoporosis is the loss of bone support tissue, leading to gaps in the bone structure and an increase in fragility. Loss of the calcium (only) from that support tissue is known as osteomalacia, a malady that softens the bone and may lead to bowing.

12. *The Lancet*, May 7, 2005.

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### **Iron Bonds**

A new study from Penn State suggests mothers risk losing some of the mother-child bond by skimping on their prenatal vitamins. The researchers say a mild iron deficiency increases the chance of postpartum depression and a resulting lessening of attentiveness to their child. The work involved videotaping 85 mother-child interactions 10 weeks and 9 months after birth, and then correlating behaviors to the mothers' iron levels. After the initial 10 weeks, iron supplements were given to some of the mothers to confirm the effect.<sup>13</sup>

13. *Reuters*, April 5, 2005, reporting on the work of Dr. Laura Murray-Kolb.

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### **Gas Stations and Leukemia**

French researchers report that living near a service station may increase the risk of leukemia in children. This study found the incidence of the disease quadrupled in children in such a situation, and the frequency appears to correlate to the length of time the children lived in close proximity to the fuel station. The risk was greatest for acute non-lymphoblastic leukemia (sevenfold increase in risk).<sup>14</sup>

14. *Occupational and Environmental Medicine*, August 2004.

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