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eNews to Enhance Your Health

Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).



If we do not do the impossible, we shall be faced with the unthinkable.
– Murray Bookchin

So many people walk around with a meaningless life. They seem half-asleep, even when they're busy doing things they think are important. This is because they're chasing the wrong things. The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning. – Morrie Schwartz, in Tuesdays with Morrie by Mitch Albom

TABLE OF CONTENTS

- New Years Special Message
- You are much healthier than you think....
- It's really a chiropractic perspective....
- How healthy are you?
- Want to discover the latest on Cancer and Natural Remedies?
- What do most asthmatics die from? Asthma drugs.
- Back surgery or waiting? No difference in outcome.
- Anti-bacterial soaps
- Ear and eye infections in kids don't need antibiotics, say researchers.
- Read this before saying yes to a bypass, angioplasty or stents
- Did you know....?
- Chiropractic Case Studies
- Humor
- References
- Office Hours

New Years Special Message

Thank you. We really value knowing you and working with you. Our relationship is dynamic – we learn from you as you learn from us. We really do. Every person we see is a wonderful mystery and our relationship gives us each a unique opportunity to learn, grow and appreciate the infinite variety of life.

At this time of the year we're rededicating ourselves to better healing, better teaching and better helping others – including you and your family.

Thank you.

You are much healthier than you think....



Most people are physically, mentally and spiritually healthier than they think they are.

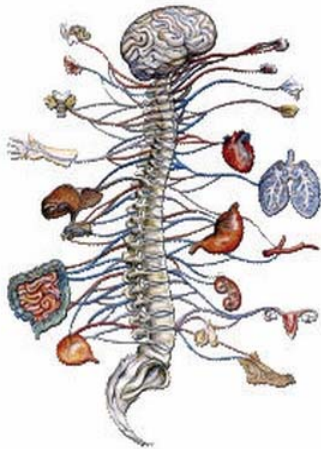
For so much of their day-to-day existence, many people dwell on little concerns, stress themselves over trifles and ignore the world of immense beauty and potential in which they live.

Perhaps one of the most mystifying things is that while we are surrounded by beauty, divinity, happiness, energy, excitement and growth our worries blind us to it all.

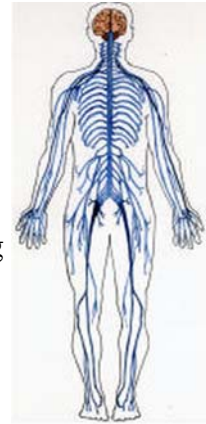
But that doesn't mean we're immune to all this wonderfulness. Step back a minute. If we look at our lives from childhood to today we must admit that we always had problems, challenges and disappointments. Few things seem to go as planned. And yet all the while there was a silent hand guiding us, watching over us, directing us in ways that turned temporary adversity into necessary lessons. Momentary upset often clouds the deeper, more

significant benefits.

It's really a chiropractic perspective....



One of chiropractic's premises is that we are born with a wonderful healing potential. It is always with us. We must learn to respect it and work with it so it may permeate our beings and fill us with healing, strength, hope, growth and life.



We are never without this potential. Even cancer patients, for example, still have a healing ability. Cut a cancer patient and they will heal. The question is, if they can heal a cut, why can't they heal their cancer?

They can! There are numerous case histories of people with all kinds of terminal illnesses who undergo spontaneous remission – they heal. Somehow they were able to tap into their innate or inborn healing ability and defy all the doctors' grim predictions. Years later they may attend their doctors' funerals.

Chiropractic helps us tap into our potential by freeing us of subluxations – blockages to our flow of energy and information. Free of subluxations, your body and mind function more efficiently – in communication with your natural perfection.



Chiropractors are specially trained in the location and correction of subluxations – permitting you to function in tune with your natural state of perfection.

How healthy are you?

The short answer to the above question is: a lot healthier than you think. Sometimes the best thing we can do for healing is to get out of our own way. Ancient Vedantic philosophy teaches that infinity and eternity lie between your thoughts. In deep meditation and prayer, the spaces between our thoughts broaden and we can glimpse the overpowering universal potential for healing, love, growth, and perfection we are always so close to.

The goal of natural or wholistic healthcare systems is to cure the entire person, not merely to fight the “disease” they have. Often the disease symptoms are the body's way of fighting unnatural, toxic imbalances within us. Let's work with our body and learn to heal deeply, profoundly and completely.

Want to discover the latest on Cancer and Natural Remedies?

Subscribe to CancerWire. It's free and has wonderful information. Go to www.cancerwire.com and ask for their latest issue. It might save a life.

What do most asthmatics die from? Asthma drugs.



The cause of most disease is in the poisonous drugs physicians superstitiously give in order to affect a cure.

– Charles E. Page, M.D.

Researchers from Stanford and Cornell Universities reviewed 19 studies involving nearly 34,000 patients and found that people using popular drug inhalers for asthma (Serevent™, Advair™, Foradil™) were 2.5 times more likely to be hospitalized for severe asthma attacks and 3.5 times more likely to die. Five thousand people die each year from asthma (US) and about 4,000 of those deaths are caused by these drugs – 80%! (1)

Back surgery or waiting? No difference in outcome.

For the first time ever (and it's about time!), large scale studies were done asking whether it's better to rush into back surgery for ruptured lumbar disks and sciatica or...just wait. The results found that surgery was no better than doing nothing. Patients in both the surgery and non-surgery groups improved substantially over a 2-year period.



Tell that to the 300,000 Americans that have spinal surgery each year.

Actually these findings are nothing new – other studies have demonstrated the same thing: people with ruptured disks in their lower backs or with sciatica usually recover without surgery and (very important) there is no harm in waiting. No one in either study developed cauda equina syndrome that can cause nerve damage, weakened leg or loss of bowel or bladder control.

Many surgeons were against doing the studies because they said that they knew that the operations worked and it was unethical for their patients to participate in the study. The study mentioned that a percentage of those who had back surgery needed repeat operations within the year. (2-3)

Anti-bacterial soaps

In 2004, Americans spent more than \$540 million on anti-bacterial hand cleaners, soaps and detergents that contain chemicals such as triclosan to kill germs, even though a Food and Drug Administration panel found that they are no better than soap and water.



Triclosan mimics thyroid hormone, is commonly added to soaps, toothpaste, deodorant, dog shampoo, cutting boards, clothing, toys and other anti-bacterial products, and is turning up in fish, breast milk and wastewater. A recent study has shown it's enough to disrupt thyroid function in frogs. Equivalent data on humans isn't yet available.

By the way, anti-bacterial soaps don't prevent colds or flu, which are associated with viruses, not bacteria. (4)

Ear and eye infections in kids don't need antibiotics, say researchers.
<http://www.abc.net.au/health/thepulse/s1748158.htm>

Read this before saying yes to a bypass, angioplasty or stents



There's no evidence that heart bypass surgery, angioplasty or stent procedures prolong life or prevent future heart attacks in the majority of patients.

The three-year survival rate for most patients who have had bypass surgery is almost exactly the same as it is for patients with heart disease who don't have surgery. Plus add a 3%-5% death rate from the surgery itself.

In fact, all these expensive and risky procedures can be replaced by natural foods, avoiding poisons in our diet and lifestyle changes. For wonderful heart healthy advice go to <http://www.westonaprice.org/index.html>.

Most heart attacks are caused by tiny blockages in small arteries – these arteries are not replaced during surgery.

Finally, the majority of bypass patients may suffer brain injury: cognitive difficulties, and memory problems. Bypass surgery patients are also nearly four times more likely to suffer a subsequent stroke. All this from a procedure that doesn't prolong life or make a patient healthier.

Did you know....?



Your body contains nine pints of blood that travel along 62,000 miles of blood vessels (they could go around the equator 2.5 times). The nerves from your spine control the size of many of the blood vessels that go to your internal organs. A subluxation that irritates your nerves can affect your blood vessels and cause internal organ malfunction – another reason to see your chiropractor.

Your body has 650 muscles. Subluxations may cause pain, muscle spasm, contraction, muscle weakness and muscular in-coordination (as in you just can't seem to get a good golf swing). Remember, it takes 17 muscles to smile and 42 to frown (and only three to extend your arm and smack the person on the head who was bothering you in the first place).



Chiropractic Case Studies

Infertility and Chiropractic

(From The Monterey County Herald)

Did you hear the one about the woman who went to the chiropractor and got pregnant?

Really, all Karen Bulch wanted was a little neck-and-shoulders adjustment.

But a month after wandering into chiropractor Mark Kimes' Salina office, the 44-year-old Monterey woman was with child, something she had unsuccessfully been trying to accomplish for 4½ years.

Kimes told her it might happen. And if it did, he said it would be within the first few months.

Kimes noticed a subluxation – essentially, that's chiropractic for blockage – in Bulch's lower back. He wasn't sure, but Kimes thought he just might be able to tweak the subluxation to the point of reproduction. "I've been in practice for 12 years and I've seen it happen with many women," he said. (5)

Deafness, hearing loss and chiropractic

Patient: 68-year-old woman native of the Dutch East Indies. At age 7, she was struck in the head by a Japanese military officer after she spilled tea on him while serving him. This caused her left ear to bleed. At age 9, a grenade exploded about 30 feet from her and she lost all hearing in her left ear and most of the hearing in her right ear. She had been wearing a hearing aid in her left ear since she was a young lady.

At her daughter's urging she came in for chiropractic care. By her third visit she was able to hear sounds for the first time since she was 9. On her fourth visit she was able to hear sounds (phone ringing, etc.) without having her hearing aid in her ear. On her fifth visit she was able to hear more subtle sounds without her hearing aid. [From the records of Joseph A. La Barbera, DC]

Humor

Let me tell you the one thing I have against Moses. He took us forty years into the desert in order to bring us to the one place in the Middle East that has no oil! – Golda Meir

The Divorce

A man in Phoenix calls his son in New York a couple of days before Christmas and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough."

"Pop, what are you talking about?" the son screams.

"We can't stand the sight of each other any longer," the father says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her."

Frantic, the son calls his sister, who explodes on the phone. "No way they're getting divorced!" she shouts, "I'll take care of this." She calls Phoenix immediately and screams at her father, "You are not getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up.

The old man hangs up his phone and turns to his wife. "Okay," he says, "they're coming for

Christmas and paying their own way."

Ed Was In Trouble

He forgot his wedding anniversary. His wife was really angry. She told him, "Tomorrow morning, I expect to find a gift in the driveway that goes from 0 to 200 in 5 seconds AND IT BETTER BE THERE!!"

The next morning Ed got up early and left for work. When his wife woke up, she looked out the window and sure enough there was a box gift-wrapped in the middle of the driveway. Confused, the wife put on her robe and ran out to the driveway, brought the box back in the house. She opened it and found a brand new bathroom scale.

Ed has been missing since Friday.



See you next month. Have a wonderful holiday season and never stop seeing yourself, your children, family and loved ones as full of health, healing and perfection – even though it might not seem that way at times. Beauty is always there, we just have to learn to see better.

Come by for a holiday adjustment too. All the stresses of this season can be a bit much.

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5. A spine-tingling affair. *The Monterey County Herald*. March 1998;D:1.

Office Hours

Weekday	Hours
Sunday	Closed
Monday	Open 8:45 AM to 7:00 PM
Tuesday	Open 3:00 PM to 6:00 PM
Wednesday	Open 8:45 AM to 7:00 PM

Thursday	Closed
Friday	Open 8:45 AM to 7:00 PM
Saturday	Open 8:00 AM to 11:00 AM



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