



## Healthy Living Chiropractic Email Newsletter

*This newsletter is provided courtesy of  
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**Happy Spring issue!**

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



*We choose our joys and sorrows long before we experience them.*

– Kahlil Gibran

*You can complain because roses have thorns or you can rejoice because thorns have roses.*

– Ziggy



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### Your Body Structure and Health – are all of your parts in the proper place?

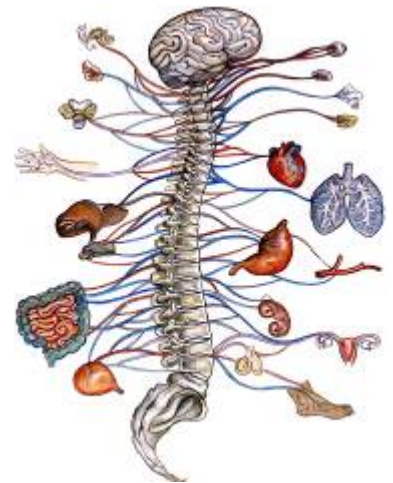


For you to be healthy your body must be balanced, aligned and free of structural stress. Unfortunately many people are unbalanced, misaligned and full of structural stress. The result is a lack of energy, chronic fatigue, dis-ease, physical and mental illness and a reduced ability to grow and enjoy life.

Chiropractors have a special name for structural stress: subluxation. A subluxation is a structural distortion in your body that, among other things, results in a weakened spine, body imbalance and a poor relationship with gravity. Your muscles, discs, ligaments, organs, bones and joints will prematurely age and deteriorate as a consequence.



But there's more. Imbalance causes lack of energy and vitality, chronic fatigue, and irritation to your brain, spinal cord and nerves. It also causes dis-ease or lack of wholeness resulting in overall weakened physical and mental functioning. Dis-ease sets the stage for disease.



#### Chiropractic care releases deep stress



Chiropractic spinal care balances your body structure, relieves deep stress from your spine and nervous system, and gives your body greater harmony, resistance to disease and improved function.

That's why so many millions of people visit chiropractors each year. Nearly every disease and condition responds to a healthier body – a body functioning with a stronger immune system, a body with less stress, a body with more energy.

No matter what the disease, everyone needs to be free from subluxations.

### Why wait?

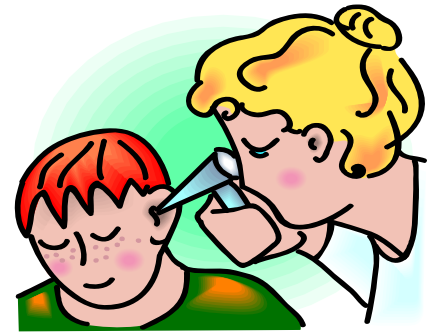
Chiropractors are trained to locate subluxations years before serious symptoms appear. Remember, there wouldn't be any major health problems if we paid attention to minor ones. Why wait until you have a health problem to see a chiropractor? Why not practice preventive health maintenance by having your spinal column checked for spinal nerve stress before you get sick?

Please bring your family in for a chiropractic checkup. Make sure you enjoy the spring and summer in good health.

### Antibiotics not effective for acute otitis media (middle ear infection)

Stop with all the antibiotics already! Ear infections usually clear up spontaneously without drugs and they respond faster under chiropractic care. Scientific studies repeatedly show that antibiotics are not indicated for otitis media with effusion (middle ear infection). In fact, two-thirds of children with middle ear infection recover from pain and fever within 24 hours of diagnosis without antibiotics, and over 80% recover within 1-7 days.

Antibiotics actually slow healing. This analysis was sponsored by the Agency for Healthcare Research and Quality (AHRQ). (1)



### How Many Americans Did Vioxx Kill?

Let's face it – drugs are dangerous and should only be used rarely, after safer, more conservative methods have been tried. Thousands of people die from properly prescribed medication. Medicine can be a dangerous healing art. That's one of the reasons millions of people visit chiropractors. It's safer. See special report on death by Vioxx at:

<http://www.lewrockwell.com/sardi/sardi53.html>



### Chiropractic and Spinal Research



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

**Hot Flashes:** This is a report of a 55-year-old woman with a four year history of hot flashes related to natural menopause. A distinct downward trend in the frequency of hot flashes is noted

following intervention with cervical and upper thoracic adjusting. The patient's improvement was based on entries from the patient's diary and clinical records. (2)

**Ear Infection:** An upset father brought his 9-year-old son to a chiropractor. He had been having chronic ear infections since he was 3 that had been getting 'progressively worse' and he had been on and off antibiotics at least every six weeks for the past six years. Five years prior, tubes were put in his ears. The child was scheduled for another ear surgery and to have his swollen tonsils and adenoids removed. After the first chiropractic adjustment, the boy stopped complaining about his ears. At a six-week evaluation, there was no ear effusion in either ear and his tonsils and adenoids were normal size. The ENT doctor cancelled surgery. After 5 months the child had no ear infections, no sore throats, no colds, no flu and has been on no medications. (3)

**Headache:** 28 of a group of 53 headache sufferers received spinal care twice a week for three weeks. The remaining 25 served as controls. The use of analgesics decreased by 36% in the spinal care group, but was unchanged in the control group. The number of headache hours per day decreased by 69% and the headache intensity per episode decreased by 36%. (4)

## Sunlight prevents cancer

### Insufficient sunlight may increase your chances of getting cancer.

Natural sunlight is necessary for good health. It contains ultraviolet rays that our body needs to create the vitamin D we need. Milk and most supplements contain synthetic vitamin D2 (ergocalciferol) that is not nearly as good as natural vitamin D from sunlight or cod liver oil.

Because darker skinned people require 10 to 20 times the sun exposure than lighter skinned people to build up the same amount of vitamin D, African Americans have a much higher rate of cancer than other ethnic groups. More and more research reveals that *insufficient* exposure to ultraviolet radiation may be an important risk factor for cancer.



There are 13 cancers that appear related to sunlight. These include breast, colon and ovarian cancer and tumors of the bladder, uterus, esophagus, rectum and stomach. A moderate amount of sunlight is very good for you – avoid the UV- blocking sunscreen but be judicious so you don't burn. (5)

## Vitamin K shots – dangerous and unnecessary



Hospitals like to administer a synthetic, fat-soluble vitamin K injection to all newborns that is 100 times the daily requirement! If a mother is not malnourished, however, there is no proof that there is a vitamin K deficiency.

The vitamin K shot includes chemicals such as phenol (carbolic acid—a poisonous substance distilled from coal tar), propylene glycol (derived from petroleum and used as an antifreeze and in

hydraulic brake fluid) and acetic acid (an astringent antimicrobial agent that may drastically reduce the amount of natural vitamin K that would have otherwise been produced in the digestive tract), formaldehyde (a cancer-causing agent used to embalm bodies), mercury (the most poisonous naturally occurring element) and benzyl alcohol.

Large doses of vitamin K are linked to childhood cancers, leukemia, jaundice and other severe reactions, including death. Animal studies link vitamin K to liver damage, kidney damage and death. Additionally, synthetic vitamin K has never been studied to see if it causes cancer or impairment of fertility.

A *Lancet* study reports, "We conclude that healthy babies, contrary to current beliefs, are not likely to have a vitamin K deficiency...the administration of vitamin K is not supported by our findings..." (6)

## Another reason to avoid statin drugs

Contrary to initial reports, statins do not lower cancer risk. In fact there is research indicating that lower cholesterol levels increase cancer, suicide and death from all causes. There is also no research showing that statins such as Lipitor™, Zocor™, Mevacor™, Crestor™, Pravachol™ and Lescol™ have any effect on mortality from heart disease. (7)



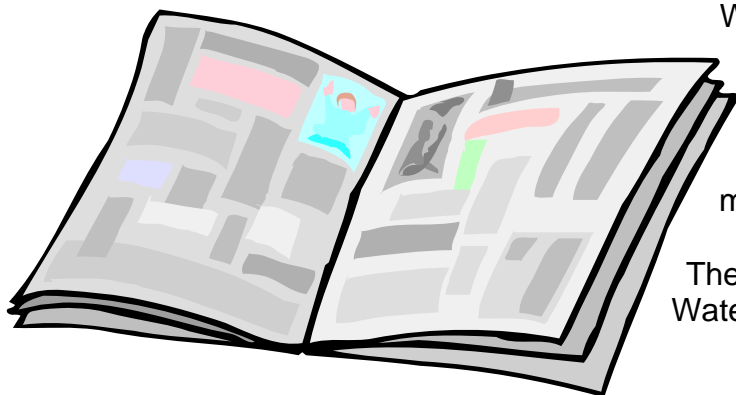
## Unnecessary surgery



Charles Inlander, president of People's Medical Society, writes: "Every year millions of Americans have operations they do not need. In fact, the Congressional Committee on Energy and Commerce reports that 20% of all surgeries performed in the US are unnecessary. These include prostate removal, cataract removal, gallbladder removal and wisdom tooth extraction (the granddaddy of all unnecessary surgeries, as about half of all wisdom tooth extractions are unnecessary)." (8)

## Humor

### Actual announcements seen in church newsletters:



Weight Watchers will meet at 7 PM at the St. Martin's Church. Please use large double door at the side entrance.

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 cancelled 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. Don't let worry kill you off - let the Church help.

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

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

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

The Priest 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.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

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.

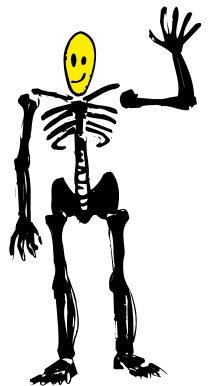
Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.

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.

The Priest unveiled the church's new tithing campaign slogan last Sunday: "I Upped My Pledge - Up Yours"



See you next month. Would you like hard copies of this newsletter to give to your friends, co-workers and relatives? Perhaps you'd like us to include other e-mail addresses. Call us or stop by the office. 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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8. *Bottomline Health*. Boardroom, Inc. January 2006.

## NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH

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### In The Interest of Safeguarding Your Health

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#### **If It Ain't Broke...**

Doctors from the Cleveland Clinic, investigating how well a combination of aspirin and the blood thinner Plavix would work to prevent deaths in relatively healthy individuals, were a bit surprised by their study. The two drugs are often recommended to patients under the assumption that their complementary actions would exert an extra beneficial effect on the cardiovascular system. However, for those with worrisome high blood pressure or high cholesterol reading, but no overt arterial clogging, this study found that the combination produced a near-doubling of the death rate from cardiac problems over two years.<sup>1</sup> Experts conclude that the \$4 per-pill Plavix is not useful for prevention.<sup>2</sup>

1. *NEJM*, April 20, 2006.
2. Associated Press, March 12, 2006.

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#### **Fat From Soda**

A 10-year study of 2,400 girls concludes that an increase in soft-drink consumption leads to corresponding weight gain. The study was able to correlate a higher BMI with dietary trends that replaced milk and fruit juices with a two-to-threefold increased consumption of soda pop.<sup>3</sup> The study followed the girls from age 9 to age 19.

3. *Journal of Pediatrics*, February 2006.
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## **Diversified Cholesterol Diets**

Researchers from the University of Toronto report that a diet that combines a variety of healthy foods can decrease LDL cholesterol levels up to 20 percent, rivaling results reported by many popular cholesterol-lowering drugs. The key to the diet was combining a number of different foods such as plant sterols, soy protein, viscous fibers (found in oats, barley and eggplant) and almonds<sup>4</sup> instead of concentrating on just one type of food. Cholesterol levels, measured at three months and 12 months, showed an average reduction of about 13 percent<sup>5</sup> attributable to the diet.

4. Reuters, March 23, 2006.

5. *American Journal of Clinical Nutrition*, March 2006.

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## **Capsaicin Kills Cancer**

A study of prostate cancer in mice concludes that the ingredient that puts the "hot" in hot peppers causes tumor cells to self-destruct. Tumors in mice that were fed the compound grew to only one-fifth the size of the control group.<sup>6</sup> The mice consumed the equivalent of what would be between three and eight fresh habañero peppers for humans, three times per week. ¡Ay, caramba!

6. *Cancer Research*, March 15, 2006; Dr. Soren Lehmann of the Cedars-Sinai Medical Center and the University of California Los Angeles School of Medicine.

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## **Psychotic Children Abound**

An analysis of annual health surveys of children averaging approximately 13 years of age has found that the use of antipsychotic drugs on children has quintupled between 1995 and 2002. This means that about 2.5 million kids are taking the medications, or about 40 out of every 1,000. Researchers are a bit concerned because of indications that they (the drugs) are being used in large part to treat conditions for which they have not been proven effective.<sup>7</sup>

7. Associated Press, March 16, 2006, reporting on the work of Dr. William Cooper, a pediatrician at Vanderbilt Children's Hospital.

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## **Steroids, Rheumatoid Arthritis, and Pneumonia**

A study on the effect of low doses of Prednisone (a steroid drug) for the treatment of rheumatoid arthritis concludes that the regimen leads to an increased mortality from pneumonia. The study looked at 16,788 elderly patients over a three-and-a-half-year period. When compared to nonsteroid treatments, the Prednisone patients showed a 70 percent greater chance of contracting pneumonia.<sup>8</sup> One of the known actions of steroid drugs is suppression of the immune system. Pneumonia is one of the leading causes of death among those suffering from rheumatoid arthritis.

8. *Arthritis & Rheumatism*, February 2006.

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## **Veggie Eaters Can Breathe Easier**

A report published in the journal *Thorax*<sup>9</sup> concludes that a higher intake of certain vegetables has a protective effect against asthma. This study analyzed data from 69,000 French women and correlated their diets with the incidence of asthma. They found that women consuming the highest amounts of leafy greens (such as spinach and lettuce), carrots and tomatoes reported a 20 percent lower incidence of asthma than those who rarely included such items in their meals. There is some question, however, as to whether these vegetables themselves are responsible for the health benefits, or if their consumption is just a sign of an overall healthier lifestyle.

9. *Thorax* 2006;61:209-215.

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## **The Idiot Box Concept**

Research from Brooklyn College of the City University of New York seems to validate what many of us have instinctively suspected: A steady routine of viewing certain types of television shows may be harmful to your intellect. Researchers analyzed the viewing habits of 289 women and compared the results with standardized tests on memory, attention and cognitive skills. Those women who named soap operas or daytime talk shows as their viewing preference were seven and 13 times more likely, respectively, to show signs of clinical mental impairment compared to those who favored news programs and similar shows. While it is still unclear from the study if the shows promote a mental decline, or if persons of such mental capacities gravitate toward such shows (I suspect varying degrees of both), the researchers say the relationship is strong enough to justify a physician asking about television preferences to help decide whether further mental evaluation should be pursued.<sup>10</sup>

10. *Southern Medical Journal*, March 2006.

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## **Folic Acid for the Pancreas**

A study published in the *Journal of the National Cancer Institute*<sup>11</sup> suggests that an increased dietary intake of folate offers a protective effect against pancreatic cancer. The research involved more than 80,000 men and women over a period of seven years. Researchers found that those with the highest intake of folate (350 micrograms per day) were 75 percent less likely to develop pancreatic cancer than those with the lowest intake (less than 200 micrograms). The benefits were only seen when the folacin occurred naturally in the diet, however; dietary supplements produced no benefit.

11. *Journal of the National Cancer Institute*, March 15, 2006.

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## **Ignorance Is Ecstasy**

Researchers from the University of Toronto at Scarborough report that not only does the recreational drug Ecstasy cause learning and memory impairments, but that the damage also is most likely

permanent. This small study of 15 people was completed over a two-year period. A number of the individuals had stopped using the drug after the first year; thus, the team was able to test for any recovery of mental faculties. They used the Rivermead Behavioral Memory Test to measure everyday memory function. Some of those who had stopped using the drug improved their scores somewhat, but others stayed the same. Those still using the drug continued their mental decline.<sup>12</sup>

12. *Neurology* 2006;66:740-741.

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### **Lymphomas From Antibiotics**

Researchers investigating the increased incidence of non-Hodgkin's lymphoma (NHL) in recent years were able to find a marginal relationship to the popular medications they tested, and only for NSAIDs. However, after analyzing data from the Scandinavian Lymphoma Etiology Study of more than 6,000 subjects, they discovered a striking correlation between antibiotic use and all subtypes of NHL.<sup>13</sup> Further research is likely to be commissioned to clarify whether antibiotics are indeed a causative agent, or merely incidentally present along with a more subtle underlying condition.

13. *American Journal of Epidemiology*, Nov. 15, 2005.

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### **Complex Calcium Consumption**

Researches studying the bones of pubescent girls in Finland<sup>14</sup> report that better bones are built if the calcium in the diet comes from natural sources such as cheese, rather than from a dietary supplement. The study involved 195 healthy 10-to-12-year-old girls. They were divided into groups and given either calcium tablets, calcium tablets with vitamin D, cheese, or placebos for the duration of the study. Bone mass and body composition measurements were taken, and the researchers concluded that the best bone development was seen in the cheese group. It should be noted that in this study, few (if any) of the girls began with severe calcium deficiency.

14. *American Journal of Clinical Nutrition*, November 2005.

Research reviews written by Brian Sutton, DC of Colorado Springs, Colorado as seen in *Dynamic Chiropractic*; May 22, 2006, Volume 24, Issue 11