



Email Practice Member Newsletter

This newsletter is provided courtesy of Karl R.O.S. Johnson, D.C., L.C.P., (hon.)

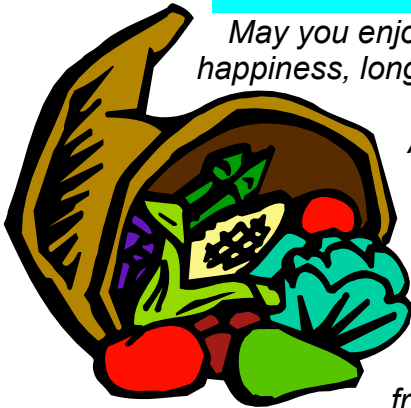
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Happy Thanksgiving

May you enjoy abundance, prosperity, gratitude, health, healing, happiness, long life, love, security, joy and peace.



Admire the man who is diligent in his work, for he shall stand before kings. – Prov. 22:29

Where there is no love, put love – and you will find love. – St. John of the Cross

He that would make his own liberty secure must guard even his enemy from oppression; for if he violates this duty he establishes a precedent that will reach to himself. – Thomas Paine



What Exactly Do Chiropractors Do?



We chiropractors are specially trained to locate and correct a severe form of stress called a vertebral subluxation. Subluxations can damage your health weeks, month or years before you notice symptoms. What does a subluxation do to your body?

A vertebral subluxation causes:

1. Joint problems - Your spinal vertebrae are jammed, or “noisy”. You can’t turn, bend or twist your neck, hips or back equally in every direction.

2. **Nerve damage** - The impulses traveling through the nerves are altered and important chemicals that flow over your nerves may be blocked. Pain may or may not be felt.
3. **Muscle damage** - Your muscles may be tight, weak, overly sensitive and/or sore.
4. **Tissue damage** - You may have swelling, tenderness, "trigger points," and painful spots.
5. **Dis-ease** - Your muscles, joints, ligaments and organs show signs of wear and tear and premature aging. There is fatigue, lowered resistance to disease, and symptoms of disease or organ malfunction.

A healthy spine is as important for your overall healing as proper nutrition. No matter what disease or condition you have, you can benefit from a healthy spine. Are you and your family carrying the vertebral subluxation complex in your spines? Only a chiropractic spinal checkup can tell.

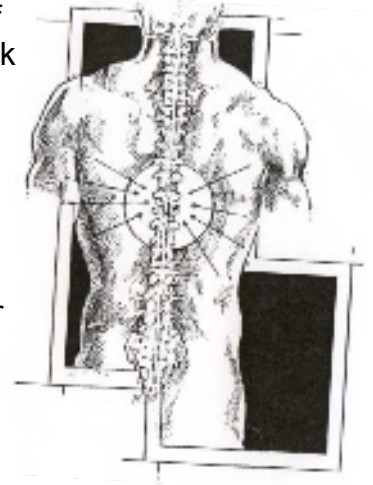


Childhood Diseases Are Good For You?



"Contracting and overcoming [childhood] diseases are part of a developmental process that actually helps develop a healthy, robust, adult immune system able to meet the challenges that inevitable encounters with viruses and bacteria will present later on." (Coulter H. Vaccination, social violence and criminality. Berkeley, CA: North Atlantic Books; 1990.)

Many parents notice that after a fever children experience a physical and/or emotional growth spurt. Fevers and various symptoms have long been considered a part of normal development and how the body cleanses, purifies and heals itself in young and old alike. Make sure you and your children are "healthy" sick so they can quickly recover and benefit from their symptoms in a constructive manner by keeping their spines healthy through chiropractic care. There is no need to fear fevers as they are almost always benign. According to Robert Mendelsohn, M.D., "Unless there are additional symptoms [accompanying a fever] such as extreme listlessness, abnormal behavior, respiratory difficulty, and others that could indicate the presence of serious diseases such as diphtheria and meningitis, your doctor should tell you there is nothing to worry about and send you and your child home."



Words of Wisdom



The greatest threat of childhood diseases lies in the dangerous and ineffectual efforts made to prevent them through mass immunization. – Robert S. Mendelsohn, M.D.

Everything should be made as simple as possible, but not simpler. – Albert

Einstein

Never go to a doctor whose office plants have died. – Erma Bombeck

All happiness depends on a leisurely breakfast. – John Gunther

Ultrasound Can Cause Brain Damage?



Routine ultrasound during pregnancy is becoming more controversial. New research reveals that ultrasound may cause nerve and DNA damage. Information can be found at

<http://www.aimsusa.org/ultrasnd.htm> or

<http://www.alternamoms.com/ultrasound.html>

Do an internet search on "ultrasound+cavitation" or "ultrasound+Ellisman" and look for yourself.

Laughter Is Good For You

Not into exercise? Well then at least have a good laugh. Half of a group of 48 heart attack survivors watched a comedy of their choice for 30 minutes a day for one year. The other half did not watch anything funny.

Only two of the comedy watchers had repeat heart attacks within 12 months, compared with 10 who did not watch comedy.

Possible reason: Laughter lowers levels of stress hormones, epinephrine and norepinephrine and may help restore the brain chemicals that help with stress.

(Stanley Tan, MD, Ph.D, director of clinical research, Center for Neuroimmunology, Loma Linda University, School of Medicine, California. In Bottom Line Personal Nov. 15, 2000).

People crave laughter as if it were an essential amino acid... A water-squirting rose always looks good on your business suit. – Patch Adams, MD

A happy heart is good medicine and a cheerful mind works healthy, but a broken spirit dries up the bones. – Proverbs 17:22

Humor

One thing they never tell you about child raising is that for the rest of your life, at the drop of a hat, you are expected to know your child's name and how old he or she is. – Erma Bombeck

We are given children to test us and to make us more spiritual. – George Will

A child is a curly, dimpled lunatic. – Ralph Waldo Emerson

A loud noise at one end and no sense of responsibility at the other. – Ronald Knox

Insanity is hereditary; you get it from your children. – Sam Levinson

Children should neither be seen nor heard from – ever again. – W.C. Fields

Children are the most desirable opponents in Scrabble as they are both easy to beat and fun to cheat. – Fran Lebowitz

I like children. If they're properly cooked. – W.C. Fields

What is more enchanting than the voices of young people when you can't hear what they say? – Logan Pearsall Smith

By the time the youngest children have learned to keep the house tidy, the oldest grandchildren are on hand to tear it to pieces. – Christopher Morley

Want copies of this newsletter for your friends? Stop by the office and we'll give you some hard copies or write to us and we'll add them to our mailing list. Please remember that everyone needs to be free from subluxations so bring your friends and loved ones for a spinal checkup.

