



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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Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you and even inspire you a little. We'd love to hear from you; feel free to write to us with any questions or comments.



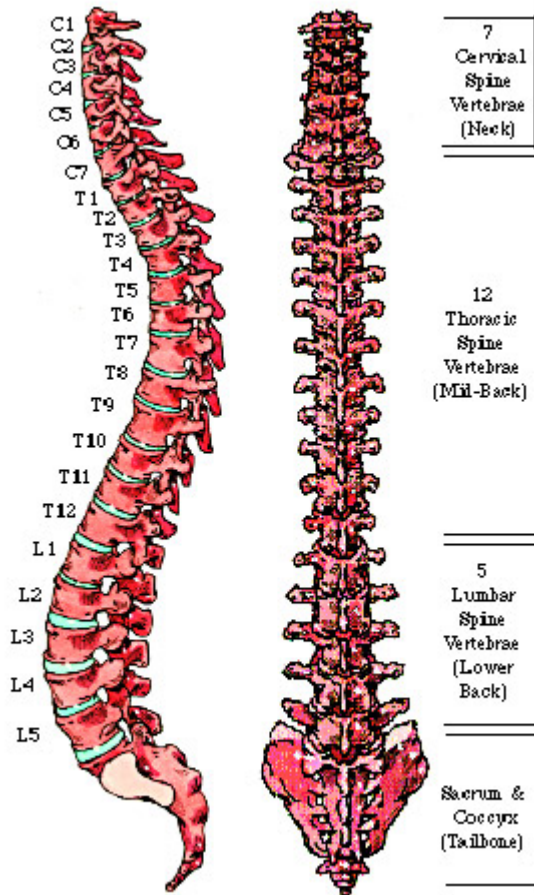
Summer is just about over for those of us in the Northern Hemisphere but we can't resist taking one last look at it. This photo is our way of saying goodbye to the summer of 2002.

If we all did the things we are capable of doing we would literally astound ourselves.
-Thomas Edison

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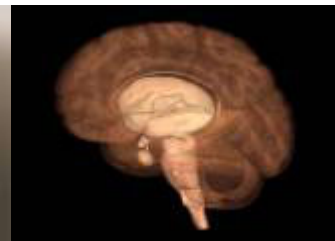
Your Spine



Inside your body sits a marvel of engineering - your spine. The top of your spine holds your head and the bottom holds your tail (really). Your spinal column is made up of bones called vertebrae. There are 7 in your neck (cervical spine), 12 in your mid-back (thoracic spine) and 5 in your lower back (lumbar spine). Under that is your sacrum, made up of 5 fused bones (in adults). Your coccyx or tail bone (4 or 5 small fused vertebrae) hangs from the bottom.

Your spine holds your head, ribs, sternum (breastbones), shoulders (and arms and hands), hips and legs, plus muscles, ligaments and all kinds of body tissues. But one of the most important things your spine does is protects your nerves.

Your Nerves



Your brain is made up of billions of nerves

, white matter, grey matter, little "brains" and other structures. The billions of nerves from your brain join together at the base to form a brainstem that continues down your back as your spinal cord, a tight bundle of billions of nerves. Your brain sends energy and information down your spinal cord to the rest of your body. This is how you control, regulate and coordinate all your many organs, glands, muscles, tendons, chemicals, pressures, fluids, hormones and other parts so you function at your best, with high resistance to disease, energy, vitality and health!

Subluxations In Your Spine

However, if you have a subluxation in your spine, your nerves are stressed, energy and information may not be sent in the right amount at the right time, your body may have lower resistance to disease, may not function as well and may not be able to heal you as quickly.

What is a subluxation? A subluxation is a slight misalignment in your spine. You may not know you have it, it may be painless, and yet your health may deteriorate. Some signs of subluxation damage are loss of height, poor posture, premature aging, fatigue, and ill health.



We chiropractors spend thousands of hours mastering techniques to locate subluxations in your spine and correct them, restoring your body communications and permitting your inner healer - your natural healing ability - to function without nerve interference. The result is a healthier, happier you.

Please remember that subluxations are common in children so bring in your family for a spinal checkup.

Words of Wisdom

That the birds of worry and care fly over your head, this you cannot change, but that they build nests in your hair, this you can prevent. - Chinese Proverb

Everyone should carefully observe which way his heart draws him and then choose that way with all his strength. - Hasidic saying

A time will come when our descendants will be amazed that we had no knowledge of such obvious things. - Linius Annaeus Seneca

Elderly Need Chiropractic



Want to be healthy your whole life? If you answered "Yes!," visit your chiropractor. In one study of men and women 75 years and older it was revealed that those visiting chiropractors had better overall health and a higher quality of life. Chiropractic patients reported better overall health, fewer chronic conditions and fewer days spent in nursing homes and hospitals. They were also more mobile in their communities and were less likely to use prescription drugs than non-chiropractic patients. In fact, 87% of chiropractic patients described their health as excellent compared to just 67.8% of non-chiropractic patients. "Study associates chiropractic with better health in the elderly." (1)

**A Simple Request That Might Save Your Life:
Ask Your Allopathic Doctor (MD) to Take You Off Any Unnecessary**

Medications

This might sound terribly obvious but it works. It is especially important that older patients do this since the elderly are often on many different drugs and often suffering from drug reactions. Tell your MD you'd like to be taken off all unnecessary medications. One patient, for example, who was on 14 different medications told this to their MD and was taken off all but one. The effects on his health were immediate and beneficial; he said he hadn't felt as well in years.

Religious People are Healthier

For a long time it's been known that religious people are healthier and live longer. In yet another study confirming this observation, patients aged 60 years or older who attended church weekly or more often were significantly less likely in the previous year to have been admitted to the hospital, had fewer acute-hospital admissions, and spent fewer days in the hospital than those attending less often. (2)

Humor

I used to work in a blanket factory, but it folded.
A hangover is the wrath of grapes.
Is a book on voyeurism a peeping tome?
Does the name Pavlov ring a bell?
Without geometry, life is pointless.

Definitions:

Crick: The sound that a Japanese camera makes.
Dockyard: A chiropractor's garden.
Incongruous: Where bills are passed.
Khakis: What you need to start the car in Boston.
Oboe: An English tramp.
Pasteurize: Too far to see.
Propaganda: A gentlemanly goose.
Toboggan: Why we go to a flea market.



Feel free to send us the addresses of any friends or relatives you think would enjoy getting our newsletter. Oh, and one more thing - thanks for being our patient. You are in the forefront of the quickly growing world of natural health care and we admire you for it. If, in the hustle and bustle of day-to-day life we don't tell you, let us tell you now: we really do appreciate your letting us be your chiropractor.

References

1. Today's Chiropractic. November/December 1996.
2. Southern Medical Journal. 1998;91:925-932.