

Healthy Living Newsletter

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There are natural ways of seeking wellness and natural ways to get healthy. When Chiropractic was discovered in 1895 it challenged the world of drugs and surgery. It was a long, lonely battle but now chiropractic is the largest natural, drug-free healthcare system in the world. More and more people are turning away from symptom treatment and choosing natural ways of becoming and staying healthy.



**Looking for more than a drug approach?
Welcome to the world of chiropractic.**

Prayer to the soul is what food is to the body. – Judah Halevi, 11th century poet

No man's life, liberty or property are safe while the legislature is in session.
– Mark Twain

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You're on fire

"I'm on fire with desire", "I burn with excitement" and other phrases refer to extreme emotional states. But you don't need to go to extremes – you're on fire all the time, awake and asleep.

Put your hand in front of your mouth or nose and exhale. What do you feel? Heat! Warm air! Where is the heat coming from? From your fire, of course. You're burning right now as you read these words.

You're burning up. Your fuel – food mixing with the oxygen you breathe – is creating fire and the result is heat and lots of other energy as well.

You're on fire. Every cell in your body is on fire.

So why don't you burn up? Well, you are. Don't replenish your fuel stores with food and stop breathing and you'd shrivel up and die out, just like any other fire.

But we don't have flames coming out of us, do we? We aren't really on fire, are we?

We are. But, irrespective of what romance novelists may have us believe, our fire is quiet and slow. We burn ever so carefully so we won't damage our insides and get, well, burnt. Our energy is released in little bits, in controlled amounts and steadily, as needed, not explosively as when we burn paper or wood.

All living creatures are on a slow fire. A very slow, low-temperature fire. How do they do this? They use special chemicals, proteins, called enzymes to keep the fire under control.

That's why paper may burn at Fahrenheit 242 degrees but you burn at 98.6 degrees (on average).

Since you are always burning food you lose weight with every breath. You lose water too! What an odd fire – a wet burning one.

When did your fire begin?

You were born on fire. Your brain cells were dividing, your heart was racing, your blood was streaming even in utero – you were hot even then. But where did your fire come from? You didn't start the fire. You received the fire from your parents. They received their fire from their parents, and they from theirs going back and back and back to the beginning.



Life is a struggle to keep your fire burning bright. Nurture your fire, let it burn pure and true, let your light shine as a blessing to all. Don't let it get extinguished.



Make sure you eat nutrient dense foods that have not been denatured by refining and by added chemicals. Eat organic fresh food. As a general rule eat foods that can go bad, before they go bad.

Force your fire to burn hot by exercising so that sweat and extra heat can expel and burn away wastes. Go for nice walks – in the woods or a park if possible.

Drink plenty of good water so your slow fire can burn evenly.

And get a chiropractic checkup. Chiropractors help keep your energy pathways from being blocked or obstructed so that your "fire" may flow properly to all your nooks and crannies, to every cell, tissue, organ you may function at your optimum.

Every person should get a chiropractic checkup to ensure that their body is functioning at its peak burning – see your chiropractor.

Chiropractic during pregnancy

For many decades chiropractic care has been a blessing to pregnant women. Chiropractic has become the drug-free, natural, safe and effective approach to the fatigue, stress, exhaustion and pain (especially in the back, hip and pubic area) that sometimes occur in the



later months of pregnancy. (1-4)

In addition to making pregnancy much more comfortable, chiropractic adjustments help pregnant women have easier births.

Further, chiropractic may prevent a breech presentation. Why? Spinal distortions (subluxations) can cause the pelvis to constrict a little and make it difficult or impossible for the unborn child to turn into proper position.

When the chiropractor corrects subluxations the entire structural system, including the pelvis, relaxes. Labor and birth are easier and a breech baby may turn into the proper position so a Caesarian section would not be needed.

To ensure a more relaxing pregnancy, labor and delivery, a balanced, stress-free spinal column and body structure is essential. Every pregnant woman should get a chiropractic checkup.

Chiropractic in the news

ABC News highlights a Manhattan chiropractor taking care of infants and babies.

This is a great little ABC news story. Send this to anyone whose children may need chiropractic care. That means anyone who has a child. After all, all children benefit from chiropractic care, as many of our patients well know.

Go to:

<http://abcnews.go.com/Video/playerIndex?id=6994288>



Words of wisdom

You can't depend on your eyes when your imagination is out of focus. – Mark Twain

Anger is never without a reason, but seldom a good one.

– Benjamin Franklin

Breast-fed children are healthier and smarter

Instead of living breast milk designed over million of years to fulfill all your child developing needs, scientists developed a dead chemical substitute called formula. The physical and neurological differences between formula-fed and breast-fed babies is shocking. Simply stated, a synthetic or formula-fed child is far more liable to be obese, stressed and will be physically and emotionally sicker than a breastfed child.

Breast-fed infants score higher on developmental and visual tests than formula-fed babies (5) and mothers who breast-feed have a lower risk of getting breast and ovarian cancer. (6-7)

One interesting observation has to do with length of breastfeeding. Researchers found that the longer a baby is breastfed, the more intelligent the child. (8)

In addition, formula-fed babies have higher rates of: middle ear infections, pneumonia, gastroenteritis (stomach flu), urinary tract infections and necrotizing enterocolitis, a digestive tract disorder that is a leading killer of premature infants.

Breast-fed infants, on the other hand, have added protection against: heart disease, immune system cancers such as lymphoma, bowel diseases such as Crohn's disease, juvenile rheumatoid arthritis, asthma and allergies, respiratory infections, eczema and Type 1 and Type 2 diabetes.



Less than 2% of children's drug studies verified by independent safety checks

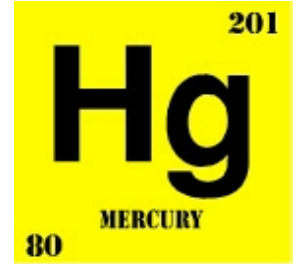
Less than 2% of the 739 international drug trials published between 1996 and 2002 had independent experts. Among the 2%, six had to be stopped early because of toxic effects on the child patients. Deaths were highest in trials involving premature babies. (9) What about the other 98% of the trials that had no independent oversight? We won't know until the drugs are in use whether the trials were truly safely done.

Aren't you glad you and your children go to a chiropractor?

Mercury found in high fructose corn syrup

Much of the high fructose corn syrup (HFCS) in processed foods is tainted with the toxic metal mercury. Mercury was found in nearly 50% of tested samples of commercial HFCS. (10) According to David Wallinga, M.D., co-author of the study, "We are calling for immediate changes by industry and the FDA to help stop this avoidable mercury contamination of the food supply." Another study by the Institute for Agriculture and Trade Policy detected mercury in nearly one-third of 55 popular brand-name food and beverage products including:

- Quaker Oatmeal to Go bars
- Jack Daniel's Barbecue Sauce
- Hershey's Chocolate Syrup
- Kraft Original Barbecue Sauce
- Nutri-Grain Strawberry Cereal Bars
- Manwich Gold Sloppy Joe
- Market Pantry Grape Jelly
- Smucker's Strawberry Jelly
- Pop-Tarts Frosted Blueberry
- Hunt's Tomato Ketchup
- Coca-Cola Classic: no mercury found on a second test
- Yoplait Strawberry Yogurt
- Minute Maid Berry Punch
- Yoo-hoo Chocolate Drink
- Nesquik Chocolate Milk
- Kemps Fat Free Chocolate Milk



Chiropractic and Research



Irritable Bowel Syndrome. Irritable bowel syndrome (also called mucous colitis and nervous bowel) affects millions. It is an uncomfortable condition with cramping, abdominal pain, diarrhea or constipation, heartburn or upper abdominal indigestion. In this study a 25-year-old woman with chronic irritable bowel syndrome for the past five years visited a chiropractor. Her symptoms began to disappear that day and two years later she remained symptom free. (11)

Disc Herniation. Twenty-seven patients with painful disc herniations of the neck and low back (lumbar) spine received chiropractic care. MRIs revealed that in 63% of the patients the herniations had completely disappeared or been reduced. (12)

Chronic ear infections. A child with chronic ear infections since birth received a chiropractic adjustment at 11 months of age. After 8 weeks of care the child no longer experienced ear infections nor had any drugs or antibiotics. Improvements in personality and behavior were noted by mother, babysitters and chiropractor. (13)

Did you know

North America and Africa

Percentage of Africa that is wilderness: 28

Percentage of North America that is wilderness: 38

Ohio

There are no natural lakes in the state of Ohio; every one is manmade.

Pitcairn Island

The smallest island with country status is Pitcairn in Polynesia, at just 1.75 sq. miles/4.53 sq. km

Rome

The first city to reach a population of 1 million people was Rome, Italy in 133 B.C.

There is a city called Rome on every continent.

Siberia

Siberia contains more than 25% of the world's forests.

S.M.O.M.

The actual smallest sovereign entity in the world is the Sovereign Military Order of Malta (S.M.O.M.). It is located in the city of Rome, Italy; has an area of two tennis courts; and as of 2001 had a population of 80, 20 less people than the Vatican. It is a sovereign entity under international law, just as the Vatican is.

Humor

Importance of Walking and Exercise



1. Walking 20 minutes can add years to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.
2. My grandpa started walking five miles a day when he was 60.... Now he's 97 years old ... and we haven't a clue where he is.
3. I like long walks, especially when they are taken by people who annoy me.
4. The only reason I would take up walking is so that I could hear heavy breathing again.
5. I have to walk early in the morning, before my brain figures out what I'm doing.
6. I joined a health club last year, spent about 400 bucks. I haven't lost a pound. Apparently

you have to actually go there.

7. Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

8. The advantage of exercising every day is so when you die, they'll say, "Well, he looks good, doesn't he."

9. If you are going to try cross-country skiing, start with a small country.

10. I know I got a lot of exercise the last few years ... just getting over the hill was enough.

11. We all get heavier as we get older, because there's a lot more information in our skulls. That's my story and I'm sticking to it.

12. Every time I start thinking too much about how I look, just find a Happy Hour and by the time I leave, I look just fine.

You could run this over to your friends, but just e-mail it to them.

Thoughts for the sane

Now that food has replaced sex in my life, I can't even get into my own pants.

Marriage changes passion. Suddenly you're in bed with a relative.

I saw a woman wearing a sweatshirt with "Guess" on it. So I said "Implants?" She hit me.

I don't do drugs. I get the same effect just standing up quickly.

I live in my own little world. But it's OK. They know me here.

If flying is so safe, why do they call the airport the terminal?

I don't approve of political jokes. I've seen too many of them get elected.

I am a nobody, and nobody is perfect; therefore, I am perfect.

Everyday I beat my own previous record for number of consecutive days I've stayed alive.

How come we choose from just two people to run for president and 50 for Miss America?

Isn't having a smoking section in a restaurant like having a peeing section in a swimming pool?

Why is it that most nudists are people you don't want to see naked?

Snowmen fall from Heaven unassembled.

Every time I walk into a singles bar I can hear Mom's wise words: "Don't pick that up, you don't know where it's been!"



See you next month.

We work very hard every month to bring you information you may never see anywhere else. We sincerely hope you are enjoying this newsletter. Please write or stop by and give us your feedback. Any subjects you'd like us to write about? Anything you dislike? Feedback is always important to us. And of course if you'd like hard copies of this newsletter stop by the office and we'll give you some for your friends and relatives. If they have e-mail, have them write to us and we'll add them to our subscriber list.

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