

## Healthy Living Chiropractic Newsletter

Mix Family Chiropractic

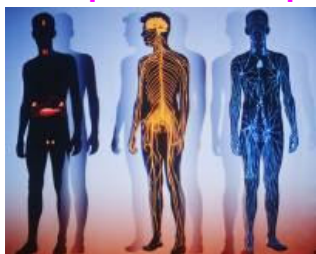
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### Chiropractic and spinal research



**Infertility.** A 32-year-old woman attempted to become pregnant for two years with no success. Artificial insemination, a fertility drug and in-vitro fertilization failed. She suffered from

endometriosis, low back pain, and frequent headaches. After 6 weeks chiropractic care her low back pain and headaches improved dramatically. The patient's fertility specialists noted that her estrogen levels, endometrial thickness, and cervical mucus levels were all at more favorable levels. A second in vitro fertilization was successful. (1)

**Vision improvement.** A 25-year-old woman who was nearly blind from terminal glaucomatous retinal damage sought chiropractic care for spinal pain, headache, and classic migraine. Immediately after the first chiropractic adjustment significant visual field improvement was recorded. After 4 adjustments visual field and acuity improved dramatically. From the abstract: "Recovery of vision in this patient was an unexpected and remarkable outcome, raising the question of whether chiropractic spinal manipulative therapy may be of value in the management of glaucomatous visual field loss." (2)

**Vertigo.** Fifteen individuals suffering from cervical vertigo had spinal care with various other interventions. After five sessions over 41 days 60% of patients reported complete remission of vertigo. (3)

### Breastfeeding improves baby's brain function

Breastfed infants tend to have higher intelligence than formula-fed infants because the nutritional properties of breast milk are not only good for the newborn's immune system, they are also good for the baby's

brain. Some chemicals in breast milk seem to be especially nourishing to the infant's brain such as [omega-3 fatty acids](#).

One study found that the verbal IQ of 7- and 8-year-old children who had been breastfed was about 10 points higher than those who were not. Another 18-year study of over 1,000 children found that those who were breastfed had higher intelligence and greater academic achievement than children who were formula-fed as babies. Breastfed babies also spend more time in a "quiet alert" state, which is the state most conducive to the newborn's learning (parents appreciate it too). (4)



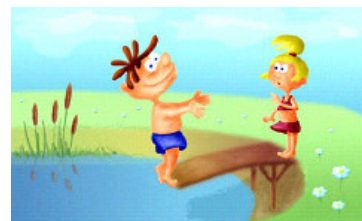
### Antibiotics may lead to allergies and asthma



Chiropractic helps keep your children away from antibiotics by developing natural immunity. Keeping your child antibiotic-free may also prevent allergies. Researchers have disclosed findings, as confirmed by earlier studies, that children who use antibiotics increase their risk for developing allergies. The mechanism appears to be that antibiotics alter the normal balance of intestinal bacteria and fungi resulting in increased hypersensitivity. (5)

### Make your own vitamin D

It keeps bones strong and healthy, fights cancer, heart disease, high blood pressure, multiple sclerosis, diabetes, Alzheimer's disease, rheumatoid arthritis, and general aches and pains. What is it?



Vitamin D. Research shows that there is a surprising amount of vitamin D deficiency in the population. But don't worry, you can make your own! All you need is about 15-20 minutes of sun exposure on your bare skin and you'll make 10,000 IU of it. You don't need to become a nudist – a bathing suit exposure will do. Remember, the older you are or the darker your skin color the more D you need.

## Humor

- A man's home is his castle, in a manor of speaking.
- Dijon vu - the same mustard as before.
- Practice safe eating - always use condiments
- Shotgun wedding - a case of wife or death
- A man needs a mistress just to break the monogamy.
- A hangover is the wrath of grapes.
- Dancing cheek-to-cheek is really a form of floor play.
- Does the name Pavlov ring a bell?
- Reading while sunbathing makes you well red.
- When two egotists meet, it's an I for an I.
- A bicycle can't stand on its own because it is two tired.
- What's the definition of a will? (It's a dead giveaway.)
- Time flies like an arrow. Fruit flies like a banana.
- In democracy your vote counts. In feudalism your Count votes.
- She was engaged to a boyfriend with a wooden leg but broke it off!
- A chicken crossing the road is poultry in motion.
- If you don't pay your exorcist, you get repossessed.
- With her marriage, she got a new name and a dress.
- When a clock is hungry, it goes back four seconds. The man who fell into an upholstery machine is fully recovered.
- You feel stuck with your debt if you can't budge it.
- Local Area Network in Australia: the LAN down under. He often broke into song because he couldn't find the key.
- Every calendar's days are numbered.
- A lot of money is tainted - it taint yours and it taint mine.
- A boiled egg in the morning is hard to beat.
- He had a photographic memory that was never developed.
- A plateau is a high form of flattery.
- A midget fortune-teller who escapes from prison is a small medium at large.
- Those who get too big for their britches will be exposed in the end.
- Once you've seen one shopping center, you've seen a mall.
- Acupuncture is a jab well done.



## Backpack Safety

The Backpack Safety Seminar is going to take place at The Crossroads on Thursday, August 19, 2004 at 7:00 pm. We are inviting everyone to this seminar. You and your family can learn how to pack, carry and choose a backpack correctly. There will be snacks for everyone who attends this seminar. Please let all your friends and family members know. This seminar is designed for children and parents to help make better decisions for the health of your family. To call and reserve your a space for you and your family please call Mix Family Chiropractic and speak with Lindsay at (504) 393-8675.



## School Supply Drive

We will be holding a school supply drive here at the office. The supply drive is for Belle Chasse Primary School. Please help the young and needy children here in Belle Chasse. The drive will be held until Friday, August 20, 2004. We and the parents who can not afford all the supplies for their children deeply appreciate all your help.

**See you next month – make an appointment to get your spine check for subluxations. Stay healthy so you'll have a healthier and happier summer.**

## References

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3. Bracher ESB, Almieda CIR, Almieda RR, et al. A combined approach for the treatment of cervical vertigo. *JMPT*. 2000;23(2):96-100.
4. Horwood LJ, Darlow BA & Mogridge N. Breast milk feeding and cognitive ability at 7-8 years., *Arch. Dis. Child. Fetal Neonatal Ed*. 2001;84:F23-F27.
5. Presentation from the 104th General Meeting of the American Society for Microbiology, May 23-27, 2004 in New Orleans, LA.
6. Calvo MS, Whiting SJ. Prevalence of vitamin D insufficiency in Canada and the United States: importance to health status and efficacy of current food fortification and dietary supplement use. *Nutrition Review*. 2003;61(3):107-113.

