

# Healthy Living Chiropractic Newsletter

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## Safety of over-the-counter drugs questioned

At the April 18, 2005 conference of the American Association for Cancer Research, a study was reported that found that people who took over-the-counter pain relievers such as Advil™, Motrin™ and Aleve™ for at least six months had twice the risk of dying of a heart attack or stroke if they smoked as well.



The study adds to the growing body of information that shows heart problems can develop from use of the whole family of non-steroidal anti-inflammatory drugs known collectively as NSAIDs. The recently banned cox-2 inhibitors Vioxx™ and Bextra™ belong to the same family of drugs and doctors have been switching patients over to the over-the-counter drugs in the belief that they were safer alternatives.

Why must patients go from drug to drug? Why don't MDs refer more patients to chiropractors for natural, drug-free healthcare? Chiropractic has no side effects.

## What kind of American English do you speak?

Do you speak Yankee, Dixie, Midwest, General American, Midwestern, upper Midwestern or a mixture? Find out at: <http://www.blogthings.com/amenglishdialectest/>

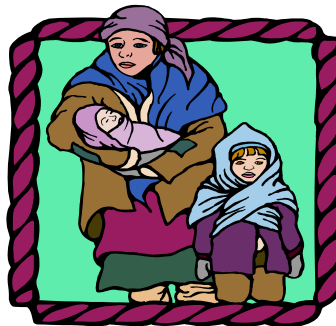
## Chiropractic and spinal research

Do you know anyone living on drugs? They may have years of uncorrected subluxations in their body. Please tell them about chiropractic.

## Chiropractic care improves quality of life in homeless

Homeless people often have severe physical and emotional stresses, are chronically ill with a multitude of conditions, take numerous medications and make life choices based on survival rather than optimizing health.

In a study reported in the April 15, 2005 *Journal of Vertebral Subluxation Research*, homeless patients from a women's shelter underwent a short course of chiropractic care. They were examined and tested before and after their care. (1)



The results: higher quality of life. Subjects reported improved physical function, less pain, improved

general health, greater vitality and more emotional and mental health.

Chiropractic can help all people realize better physical and emotional health because our care helps your entire body, including your brain, function better. Don't wait until you have serious problems – get your spine, and those you care about, adjusted today.

## Humor

Sign over a  
Gynecologist's  
Office: "Dr. Jones,  
at your cervix."  
At a Proctologist's  
door: "To expedite  
your visit please  
back in."  
On a Plumber's  
truck: "We repair  
what your  
husband fixed."



On a Plumber's truck: "Don't sleep with a  
drip. Call your plumber."  
Pizza Shop Slogan: "7 days without pizza  
makes one weak."  
At a Tire Shop in Milwaukee! "Invite us to  
your next blowout."  
At a Towing company: "We don't charge an  
arm and a leg. We want tows."  
On an Electrician's truck: "Let us remove  
your shorts."  
In a Nonsmoking Area: "If we see smoke,  
we will assume you are on fire and take  
appropriate action."  
On a Maternity Room door: "Push. Push.  
Push"  
At an Optometrist's Office: "If you don't see  
what you're looking for, you've come to the  
right place."

On a Taxidermist's window: "We really  
know our stuff."  
In a Podiatrist's office: "Time wounds all  
heels."  
On a Fence: "Salesmen welcome! Dog  
food is expensive."  
At a Car Dealership: "The best way to get  
back on your feet -- miss a car payment."  
Outside a Muffler Shop: "No appointment  
necessary. We hear you coming."  
In a Veterinarian's waiting room: "Be back  
in 5 minutes. Sit! Stay!"  
At the Electric Company: "We would be  
delighted if you send in your payment.  
However, if you don't, you will be."  
In a Restaurant window: "Don't stand there  
and be hungry, Come on in and get fed  
up."  
In the front yard of a Funeral Home: "Drive  
carefully. We'll wait."  
At a Propane Filling Station, "Thank

heaven for little grills."  
And don't forget the sign at a Chicago  
Radiator Shop: "Best place in town to take  
a leak."

See you next month.  
Don't forget to stop by for  
a spinal checkup and an  
adjustment (if needed).  
And bring in the family  
too – kids do better at  
school when they aren't  
subluxated (really!)



**Want hard copies of this newsletter?  
Click on the send button. Oh, they  
don't have e-mail? Well then stop  
by the office and we'll give you  
some for your friends and relatives.  
Better yet, have them write us and  
we'll add them to our mailing list.**

## References

1. [Quality of Life Changes in a Disadvantaged, Underserved Chiropractic Patient Population: A Retrospective Case Series Report](#) Kirk R, Hoiriis K., Mirtschink S. *Journal of Vertebral Subluxation Research*. April 15, 2005;1-3.