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### Football and chiropractic

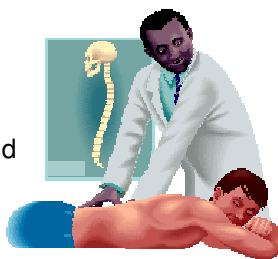
With football teams clashing it out on the field chiropractors are not far behind. There is significant chiropractic participation in US professional football.

In a survey, 77% of

National Football League (NFL) trainers reported referring a player to a chiropractor, with 45% of the NFL trainers reporting that they themselves had seen a chiropractor. In addition 31% of NFL teams have a chiropractor officially on staff, and an additional 12% of teams refer players to chiropractors. (1)

If you play football or any sport, you'll find that chiropractic spinal care will help your speed, coordination and reaction time. In one study athletes under chiropractic care had an 18% faster reaction time than controls.

Sometimes the difference between winning and losing can be *hundredths* of a second. With that in mind, chiropractic might make the difference between first places and everything else. Get the winning edge – get a chiropractic check-up, especially before any competition. (2)



### Most ear infections clear up without antibiotics

A newly released report from the [Agency for Healthcare Research and Quality \(AHRQ\)](http://www.aahrq.gov)

found that two-thirds of children with uncomplicated ear infections recover from pain and fever within



24 hours without antibiotics and over 80% recover within 1 to 7 days. In other countries otitis media is not always treated with drugs at the first sign of infection. Rather, in children over the age of 2 years, the norm is to watch and see how the infection progresses over the course of a few days. The report notes that in the Netherlands the rate of bacterial resistance is about 1%, compared with the US average of around 25%. (3)

### Words of Wisdom

*Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom.* Victor Frankl



*There is surely nothing other than the single purpose of the present moment. A man's whole life is a succession of moment after moment. If one fully understands the present moment, there will be nothing else to do, and nothing else to pursue.* – Hagakure  
*The most important thing in life is to learn how to give out love, and to let it come in. His voice dropped to a whisper. Let it come in. We think we don't deserve love, we think if we let it in we'll become too soft. But a wise man named Levine said it right. He said, 'Love is the only rational act'.* Morrie Schwartz, quoted by Mitch Albom, "Tuesdays with Morrie"

## Breastfeeding Reduces Obesity



Breastfeeding is the best thing your can do for your baby to give them the best start in life. Breastfed babies are shown to be physically and neurologically healthier than artificial (formula) fed babies.

The longer a child is breast-fed, the greater the benefits.

In a recent study it was found that breast milk contains a protein, adiponectin, that could reduce the risk of obesity later in life. Researchers found that the longer a child is breast-fed, the lower their risk of obesity. Adiponectin is secreted by fat cells and affects how the body processes sugars and fatty substances in the blood. (4)

## Chiropractic and spinal research



Remember, everyone benefits from chiropractic care no matter what condition they may have. If you have any specific

questions please feel free to contact us.

**Multiple Sclerosis (MS) and Parkinson's disease (PD) and chiropractic.** For some time clinicians have been observing the symptoms of MS and PD surfacing months, years or even decades following a whiplash or some other head and neck trauma. A recent study of 44 MS patients and 37 PD patients who received chiropractic care over a five-year period found that 91% of MS patients and 92% of PD patients showed improvement. These findings led researchers to believe the correction of neck injuries could activate a reversal of MS and PD symptoms. Note: upper cervical (neck) subluxations were found in all 81 cases. (5)

## Infertility of a 34-year-old woman. A

34-year-old woman with a history of infertility was only able to conceive through in vitro fertilization. Her clinical history revealed a number of gymnastic injuries over a twelve-

year period and several "minor" car accidents. She suffered from chronic back pain and spasms for years, occasional neck pain, and painful hands and feet, esp. in the morning. After six weeks care her low back and neck pain, as well as the pain and stiffness in her hands and feet, resolved. Also, for the first time in the patient's life, conception occurred naturally and she gave birth to a daughter. (6)

## Walk and Run

Join us for the 2004 Counting Calories Cook Off and the 2 Mile Run/Walk on Saturday, October 30<sup>th</sup> at 9:30am-1:30pm. For more information call us @ 393-8675 or stop by @ 7942 Hwy 23 Ste B Belle Chasse.

**Remember, if you or anyone you know or care about is involved in sports have them come in for a spinal check-up so we can locate and correct any subluxations in their spine. It may make the difference between disease, quickly healing or remaining sick. If you haven't been in for a check-up make an appointment. Spinal adjustments help raise your resistance to disease. You'll have a healthier and happier autumn.**



## References

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3. Management of Acute Otitis Media Summary, Evidence Report/Technology Assessment 15, <http://www.ahcpr.gov/>
4. Atul Singhal et al, *Lancet* 2004; 363: 1571-78 <http://news.bbc.co.uk/2/hi/health/3673149.stm>
5. Elster EL, Eighty-One Patients with Multiple Sclerosis and Parkinson's Disease Undergoing Upper Cervical Chiropractic Care to Correct Vertebral Subluxation: A Retrospective Analysis *JVSR* August 2, 2004, 1-9.
6. Rosen MG. Sacro Occipital Technique Management of a Thirty Four Year Old Woman with Infertility. *JVSR* December 17, 2003, pp 1-4.