

## TABLE OF CONTENTS

- **Q and A: Can I see a chiropractor if I'm seeing an MD?**
- **Chiropractic and spinal research**
- **Measure Twice – Cut Once? Or Not At All?**
- **Toys for Tots**
- **Humor**
- **References**

### Chiropractic Questions and Answers

**Question:** Can I see an MD or another healer while I'm seeing a chiropractor? Can I see a chiropractor if I'm under medical care?

**Answer:** Keeping your spine healthy is a prerequisite for health no matter what other healthcare you are using. There is no conflict. Chiropractic is always a good thing to do. Think of chiropractic as you would good nutrition – a necessary part of taking care of oneself but especially needed if you have symptoms or are ill.

### Chiropractic and Spinal Research



Chiropractic is not for diseases but for people. By that we mean that no matter what disease or symptoms your body may be expressing, you always need to have a healthy spine. In fact, everyone with

any health problem needs a spine free from subluxations. It might make all the difference. Feel free to forward these studies to others.

**Ear infections and chiropractic.** 20%-30% of children suffer from middle ear infections (acute otitis media). In many cases antibiotic therapy leads to repeated episodes of the condition. In this study 21 children (9 months to 9 years) with acute otitis media were placed under chiropractic care. After adjustments the red and bulging eardrums returned to normal in 95% (with a drop in temperature). (1)

**Chiropractic and Infertility, Migraines.** A 28-year-old woman visited a chiropractor because

of severe migraine headaches since she was a teenager, irregular menstrual cycles and inability to conceive. After two months care she reported no headaches during the preceding month. A regular menstrual cycle began 7 weeks into care and within 6 months she became pregnant. (2)

### Reduction of a confirmed C5-C6 disc herniation.

A 39-year-old male cable technician complained of right neck and arm pain. He had a football injury 20 years prior with similar pain at that time. He now had an aching, deep pain running from the base of his neck to the right elbow and sharply down his arm.

Magnetic resonance imaging (MRI), thermography and muscle testing apparatus revealed a C5-C6 (neck) disc herniation. Under chiropractic care he became symptom free; a later MRI revealed a reduction in the herniation. (3)



### Measure Twice, Cut Once – or Not at All?

650,000 hysterectomies are performed each year in the U.S. According to researchers most should never be done. Gynecologist Michael Broder, M.D., reviewed 500 operations and found that 70% of the surgeries had been done without first conducting adequate diagnostic tests to ensure the surgery was appropriate in the first place! About 14% of the women shouldn't have gotten a hysterectomy under any circumstances and 21% of the 340 patients with fibroids had surgery without first trying chiropractic, acupuncture, nutrition, herbs or drugs that might have corrected their problems. (4)



### Toys for Tots

We are asking everyone to bring joy to the New Orleans' children during Toys for Tots week on December 13<sup>th</sup>-17<sup>th</sup>. If you bring an unwrapped new toy, you will receive a complimentary initial visit (\$75.00 value), and chiropractic care for your entire family. All donations are welcomed

whether you wish to receive chiropractic services or not. For more information please call Mix Family Chiropractic @ (504) 393-8675 or visit our website @ [www.mixfamilychiropractic.com](http://www.mixfamilychiropractic.com).

**Humor: So you think you know everything? Did you know...?**

- A cat has 32 muscles in each ear.
- A dragonfly has a life span of 24 hours.
- A goldfish has a memory span of three seconds.
- A "jiffy" is an actual unit of time for 1/100th of a second.
- A shark is the only fish that can blink with both eyes.
- A snail can sleep for three years.
- Al Capone's business card said he was a used furniture dealer.
- Almonds are a member of the peach family.
- An ostrich's eye is bigger than its brain.
- Babies are born without kneecaps. They don't appear until the child reaches 2 - 6 years of age.
- Butterflies taste with their feet.
- Cats have over one hundred vocal sounds. Dogs only have about 10.
- "Dreamt" is the only English word that ends in the letters "mt".
- February 1865 is the only month in recorded history, not to have a full moon.
- In the last 4,000 years, no new animals have been domesticated.
- If the population of China walked past you, in single file, the line would never end because of the rate of reproduction.
- It's impossible to sneeze with your eyes open.
- Leonardo DaVinci invented the scissors.
- Maine is the only state whose name is just one syllable.
- No word in the English language rhymes with month, orange, silver, or purple.
- On a Canadian two dollar bill, the flag flying over the Parliament building is an American flag.
- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- Peanuts are one of the ingredients of dynamite.
- Rubber bands last longer when refrigerated.



- "Stewardesses" is the longest word, typed with only the left hand and "lollipop" with your right.
- The average person's left hand does 56% of the typing.
- The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.
- The microwave was invented after a researcher walked by a radar tube & a chocolate bar melted in his pocket.
- The sentence, "The quick brown fox jumps over the lazy white dog" uses every letter of the alphabet.
- The winter of 1932 was so cold, that Niagara Falls froze completely solid.
- The words 'racecar,' 'kayak' & 'level' are the same left to right or right to left (palindromes).
- There are more chickens than people in the world.
- Only 4 words in the English language end in "dous": tremendous, horrendous, stupendous, & hazardous.
- There are 2 words in the English language that have all five vowels in order: "abstemious" & "facetious."
- There's no Betty Rubble in Flintstones Chewables Vitamins.
- Tigers have striped skin, not just striped fur.
- TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.
- Winston Churchill was born in a ladies' room during a dance.
- Women blink nearly twice as much as men.
- Your stomach has to produce a new layer of mucus every two weeks; otherwise it will digest itself.

**Now you know everything!**

**References**

1. Zhang JQ & Snyder BJ. Effect of the Toftness chiropractic adjustments for children with acute otitis media. *JVSR*. March 29, 2004:1-2.
2. Vilan R. The role of chiropractic care in the resolution of migraine headaches and infertility. *Journal of Clinical Chiropractic Pediatrics*. 2004;6(1):338-341.
3. Siciliano MA, Bernard TA & Bentley, NJ. Reduction of a confirmed C5-C6 disc herniation following specific chiropractic spinal manipulation: a case study. *Chiropractic: The Journal of Chiropractic Research and Clinical Investigation*. April 1992;8(1).
4. Broder et al. The appropriateness of recommendations for hysterectomy. *Obstet Gynecol*. 2000;95:199-205.

