

## Healthy Living Chiropractic Newsletter

Mix Family Chiropractic

7942 Hwy 23 Ste. B

Belle Chasse 504.393.8675

[www.mixfamilychiropractic.com](http://www.mixfamilychiropractic.com)

### TABLE OF CONTENTS

- **Chiropractic Questions and Answers**
- **Your Lower Back (lumbar spine)**
- **Chiropractic and ear infections**
- **Humor**
- **Mix Family Chiropractic's Referral Program**
- **References**

### Chiropractic Questions and Answers



#### Who goes to the chiropractor?

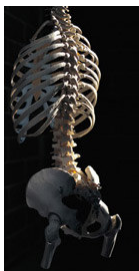
With more patients going to holistic, non-medical healthcare providers than ever before (with chiropractors among the most popular) the question arises: what kind of person is leading this healthcare revolution?

Researchers find that those who go to chiropractors and other non-medical healthcare practitioners tend to be better educated, better informed and usually economically better off. (1)

We'd like to add that in our opinion our patients are better looking, tell funnier jokes and sing great too!



### Your lower back (lumbar spine)



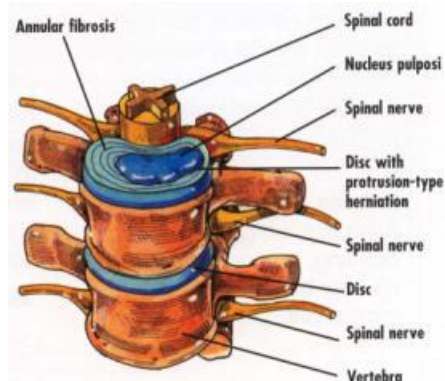
Between your hips and your ribs is your lumbar spine. These spinal bones (lumbar vertebrae) are your largest, thickest and strongest of all. They better be – they have to support everything above them.

Between the vertebrae sit your discs. They function like

shock absorbers between your vertebrae, separate them, connect them and give your lower back curve and height. They swell up when you sleep and thin a bit during the day. That's why you're tallest after you wake up and the shortest just before bedtime. If the lumbar vertebrae are misaligned, it can cause disc, nerve and joint pressure—and the result can be lack of energy, and hip, knee, leg and other pains. But more than pain may be involved – the nerves in your lower back can affect the function of your internal organs: intestines, sexual organs and organs of elimination and others. A healthy spine ensures they function properly.

A good way to keep your spine aligned is to see your chiropractor.

An extra good way to keep discs healthy is making sure you drink enough water. Lack of water causes the discs to dry up a bit and form little fissures (cracks). If the fissures become severe then the inside of the disc can bulge (protrude) and put pressure on your spinal nerves or spinal cord – a very painful condition. Anyone with a disc problem should see a chiropractor; spinal adjustments may result in a disc "bulge" lessening or disappearing. Clearly chiropractic should be investigated before back surgery is ever considered. (2)



### Chiropractic and ear infections

More and more parents are bringing their children with ear infections to chiropractors. Studies such as this one show they are doing the right thing: 21 children (9 months to 9 years of age) with acute otitis media, red and



bulging eardrums and a temperature of 100°F had a short course of chiropractic care. The children were re-examined and 95% of the eardrums had returned to normal along with a decrease in average temperature to 98.6°F. Before receiving the adjustments, the severity of the symptoms in the children was rated at an average of 7.524 on a 0-10 point scale. After receiving the adjustments, the severity of the symptoms had subsided to a mere 0.470 on the same 0-10 point scale. (3)

## Humor



**Explanation of Life**  
On the first day God created the dog. God said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. I will

give you a life span of twenty years."

The dog said, "That's too long to be barking. Give me ten years and I'll give you back the other ten." So God agreed.

On the second day God created the monkey. God said, "Entertain people, do monkey tricks, make them laugh. I'll give you a twenty-year life span."

The monkey said, "How boring, monkey tricks for twenty years? I don't think so. Dog gave you back ten, so that's what I'll do too, okay?" And God agreed.

On the third day God created the cow. God said, "You must go to the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer. I will give you a life span of sixty years."

The cow said, "That's kind of a tough life you want me to live for sixty years. Let me have twenty and I'll give back the other forty." And God agreed again.

On the fourth day God created man. God said, "Eat, sleep, play, marry and enjoy your life. I'll give you twenty years."

Man said, "What? Only twenty years! Tell you what, I'll take my twenty, and the forty the cow gave back and the ten the monkey gave back and the ten the dog gave back, that makes eighty, okay?" "Okay," said God, "You've got a deal."

So that is why the first twenty years we eat, sleep, play, and enjoy ourselves; for the next forty years we slave in the sun to support our family; for the next ten years we do monkey

tricks to entertain the grandchildren; and for the last ten years we sit on the front porch and bark at everyone.

Life has now been explained to you.

## Mix Family Chiropractic's Referral Program

Refer six people who participate in an Active Life Plan during the next twelve months and you will receive 50% off your Wellness Plan.

**Want copies of this newsletter for your friends? Stop by the office and we'll give you some hard copies or write to us and we'll add them to our mailing list. Please remember that everyone needs to be free from subluxations so bring your friends and loved ones for a spinal checkup.**



**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!)**

## References

1. Eisenberg D, Davis RB, Ettner SL et al. Trends in alternative medicine use in the United States, 1990-1997. Results of a follow-up national survey. *JAMA*. Nov 11, 1998.
2. Ressel OJ. Disc regeneration: reversibility is possible in spinal osteoarthritis. *ICA Review*. March/April 1989;39-61.
3. Zhang JQ, Snyder BJ. Effect of the Toftness chiropractic adjustments for children with acute otitis media. *JVSR*. March 29, 2004;1-4.