

Healthy Living Chiropractic Newsletter

Mix Family Chiropractic

7942 Hwy 23

Belle Chasse 393-8675



WELCOME

Even in dreams good works are not wasted.

– Pedro Calderon de la Barca

Knowing is not enough; we must apply. Willing is not enough; we must do.

– Bruce Lee

TABLE OF CONTENTS

- What do chiropractors do?
- Firm mattress?
- MMR and Autism
- Chiropractic questions and answers
- Words of Wisdom
- Backpack Safety
- References
- FYI

When chiropractors adjust or release the VSC your “inner healing ability” is awakened and you are better able to return to your natural state of strength, ease, vitality and wholeness.

Spinal health is a little like nutrition: always important when you are well and vital if you are ill. Chiropractic’s safe, drug-free approach attracts many millions of people each year. For many, chiropractic has made the difference between a life of health, ease, and vitality and a life of disease, pain, and disability.

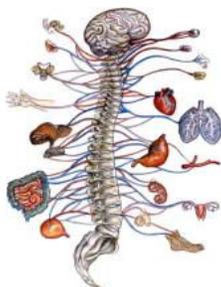
Remember – you cannot be 100% healthy with a VSC in your spine. No matter what disease or condition you have, it is important to ensure that your spine is healthy. A chiropractic adjustment may make the difference for you!

Only a chiropractor can tell if you (or those you care about) have a VSC. Get a chiropractic spinal checkup (and adjustment) to maintain (and regain) health.

Firm or medium-firm mattress?



People with chronic back pain who wonder what kind of mattress is best should find this study from the British journal *Lancet* interesting. British researchers had 313 adults with chronic low back pain sleep



What do chiropractors do? They locate and correct your subluxations

For over a century chiropractic has helped millions of people of all ages suffering from a multitude of health conditions.

How? Chiropractors specialize in locating and correcting a serious, life-damaging condition called the *vertebral subluxation complex* (VSC). The VSC is a slight distortion of your spine and body structure that stresses your nervous system, internal organs, discs, tendons, ligaments and joints; lowers your resistance to disease; and can affect physical and mental function.



on a firm or medium-firm mattress for 90 days. The researchers were surprised to find that the medium-firm users had less pain than the firm users. The researchers theorized that the medium-firm mattresses gave support but also conformed more to the body, resulting in less stress. (1)

Another study reveals link between MMR vaccine and autism

In a recent article in the *Journal of American Physicians and Surgeons*, all the children studied developed autism shortly after vaccination. Measles virus, most likely from the vaccine, was detected in spinal fluid of children with autism, but not controls. This study is the latest in a series that examines the relationship between internal measles virus infection and autism. The US government's Institute of Medicine was made aware of these and similar findings but they chose to ignore them in their latest report which said there was no relationship between vaccination and autism *in the research they reviewed*. (2)



Chiropractic questions and answers

Question: Is chiropractic safe?

Answer: Chiropractic is one of the safest healing professions known. As proof one just has to compare malpractice rates among healthcare professions. Chiropractors pay a fraction of what medical care providers pay.



Question: Can someone who has a disc problem see a chiropractor?

Answer: Absolutely! Studies are revealing that chiropractic care has been able to reduce disc herniation/protrusion. Chiropractic has saved people from spinal surgery.

Words of wisdom

One or more vertebrae of the spine may or may not go out of place very much. They might give

way very little, and, if they do, they are likely to produce serious complications and even death, if not properly adjusted.

– Hippocrates, “Father” of Medicine

I am not the first person to replace subluxated vertebrae, for this art has been practiced for thousands of years. I do claim, however . . . to create a science which is destined to revolutionize the theory and practice of healing art.

– D.D. Palmer, Discoverer of Chiropractic

Backpack Safety

Buying a Backpack that is too big, wearing a backpack improperly or carrying a backpack that is too heavy is detrimental to your child's health. We can teach you how to choose a backpack, pack it correctly and carry it correctly and why it is important for you child's health and wellbeing.

For additional information, please contact Mix Family Chiropractic at (504) 393-8675.

References

1. Kovacs FM, Abaira V, Pena A, et al. Effect of firmness of mattress on chronic non-specific low-back pain: randomised, double-blind, controlled, multicentre trial. *Lancet*. 2003;362:1599-1604.
2. Bradstreet JM, Dahr JE, Anthony A et al. Detection of measles virus genomic RNA in cerebrospinal fluid of children with regressive autism: a report of three cases. *Journal of American Physicians and Surgeons*. 2004;9:2.

FYI

Just to let everyone know Mix Family Chiropractic has a website now! Go to the website and have a peek at what we have. All the information that you can find in our office is just as informative as the website. If you would like to tell your friends about it and they would like to become one of our patients, we have new patient forms on the website as well. Let your friends know that if they want to become one of our patients they have to call in a schedule an appointment. The website address is www.mixfamilychiropractic.com.