

**Healthy Living Chiropractic Newsletter**

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*Great hearts steadily send forth the secret forces that incessantly draw great events.* – Ralph Waldo Emerson

*The smallest act of kindness is worth more than the greatest intention.*  
– Kahlil Gibran

*If we have not found heaven within, it is a certainty we will not find it without.*  
– Henry Miller

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**Why is chiropractic so popular?**

Based on a combination of ancient wisdom and modern scientific awareness chiropractic is only a little more than a century old, and yet it has become the most popular

drug-free, natural healing art in the world today.

Chiropractors respect your body's healing ability and remove obstructions – vertebral subluxations - that block your natural energies and body wisdom from reaching and healing all your parts.

Everyone, from infancy to old age needs a body free of subluxations and chiropractors specialize in locating and correcting this spinal distortion. The result is a more connected you. Read the special article: The Connections of Health at [http://www.mercola.com/2004/aug/18/health\\_connections.htm](http://www.mercola.com/2004/aug/18/health_connections.htm)

**Did you know...**

Your brain uses 20% of your body's energy—generating 25 watts of power during waking hours—but accounts for only 2% of body weight. Amazingly, it uses so much energy and yet there are no muscles there! In addition, the messages within your brain travel at speeds of up to 250 mph!

**U.S. Hospital Medical Errors Kill 195,000 Annually**

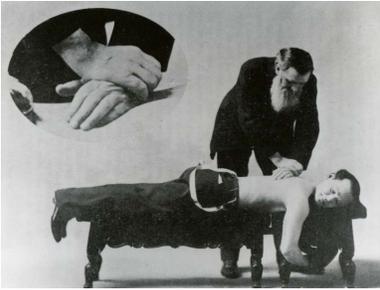
Another reason people are turning to non-medical healthcare is that medical care is dangerous and hospital mistakes can kill.

*HealthDayNews* reported (July 27, 2004) that an estimated 195,000 people in the United



States die each year due to potentially preventable medical errors in hospitals, according to a new study. That's almost twice the number reported by the Institute of Medicine (IOM) in its landmark 1999 report, which cited 98,000 preventable deaths each year. The study found that one in every four Medicare patients who were hospitalized from 2000 to 2002 experienced a patient-safety incident died. (1)

### How was chiropractic discovered?



In America in 1895, Dr. D.D. Palmer, a non-medical healer, in Davenport, Iowa was trying to help his deaf

janitor Harvey Lillard, regain his hearing. Lillard had been involved in a small accident 18 years earlier where he felt something "give" in his back. Shortly after the accident his hearing nearly totally disappeared. Dr. Palmer examined the man's spine and found a misaligned vertebra. He placed the man on a bench, put his hands over the spine and gave a short, quick push. Shortly thereafter, after 18 years of deafness, Lillard could hear again!!

**Cure For Deafness?** Palmer was convinced he had discovered a cure for deafness. The next day, however, he gave a "hand treatment" (as he originally called his spinal adjustments) to a patient with heart trouble and the condition was relieved.

People with all kinds of health problems started visiting Dr. Palmer. The treatments (spinal adjustments) seemed to affect all kinds of conditions! People reported being cured of stomach troubles, asthma, skin conditions, headaches, sciatica . . . D.D. Palmer became known far and wide as the discoverer of a powerful new drugless way of curing people. In time he founded a school – the world's first Chiropractic College.

### 45 Vaccines by Six Months of Age?

By the time children are 6 months old they are to be injected with 45 vaccines; at 18 months 64, and at 4-6 years *at least* 74!! (MMR is counted as 3, DTP as 3 etc.)

More and more parents and professionals are questioning the safety of injecting our children with bacterial and viral toxins and mercury (Yes, it's still in vaccines), formaldehyde (it's

carcinogenic and crosses the blood-brain barrier into the brain), monkey, chicken and human fetal cells and many other bizarre chemicals. (2)

Autism, learning disorders, allergies, asthma, dyslexia, ADD/ADHD, vision and hearing disorders, cancer and other diseases of the immune and neurological system are at record levels. More evidence is showing that childhood immunizations are causing this epidemic of once rare conditions.

**No shots, no school? No way!!!** To find exemptions in your state go to <http://www.vaclib.org/pdf/exemption.htm> or <http://www.909shot.com/Issues/state%20exemptions.htm>

### The Holistic Pediatric Association

The Holistic Pediatric Association, a new organization of chiropractors, medical doctors, naturopaths and other holistically-minded healers, would like to hear feedback from parents. Specifically, what aspects of well-child care are most important to you, especially your concerns that have not been addressed at well-baby visits by your practitioners in the past. Please go to <http://www.hpakids.org/>, click on the Parent Forums button and then the community bulletin boards in the upper left corner. Enter your suggestions in the Preventive Care section. Your responses will help shape HPA policies.

### Words of Wisdom



### New Running/Walking Club

If you are interested in joining others in your community in the interest of exercise and overall fitness, join us for our first meeting on September 2 at 5:30pm. We will meet on the Belle Chasse levy by the Belle Chasse Ferry. Please call our office and tell Lindsay you will be there. All are welcome, no matter what your fitness level.



### References

1. <http://msnbc.msn.com/id/5536730/>
2. Vaccination Schedule at <http://www.cdc.gov/nip/recs/child-schedule.PDF>

