

Healthy Living Chiropractic Newsletter
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Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).

Now is the season to know that everything you do is sacred. – Hafiz



Have a wonderful Holy-day season



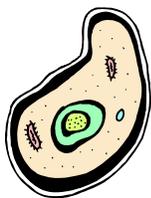
May this be a time for renewal, peace, wisdom and healing. Thank you for joining our practice and letting us introduce you, your friends and family to the wonders of chiropractic and drug-free, natural healthcare. If we haven't seen you in a while please stop by for a checkup (your body will thank you) and share season's greetings with us.

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years. Your healing ability is able to cure even "incurable" diseases, everything from the common cold to cancer.

Working under the direction of your inner healer, your body's wisdom, your immune system patrols your every nook and cranny, searching to keep your body safe and secure. Your immune system needs good weapons and for that reason you have your own private drugstore.



Your own private army

You have, inside of you, a vast army with advanced weaponry on a constant search and destroy operation to find, repel and eat any invader. Eat? Well that's how your immune system kills bacteria, viri,

all kinds of germs – even cancer cells. Your immune system is part of your marvelous healing ability that is designed to keep you perfectly healthy for well over 100

Your own private drugstore



Yes, your marvelous body makes every drug and chemical you need to lead a healthy, happy life. According to David Simon, MD, "The human body has an internal pharmacy...it's more powerful than the outer pharmacy. When we

are healthy our bodies can produce anti-depressant drugs, anti-anxiety drugs, immune-enhancing drugs, digestive system normalizing drugs, sleep-inducing drugs. Most new pharmaceuticals are designed to mimic the body's natural internal pharmacy.” (1) Your brain and many of your internal organs, hormones, glands and tissues work together to keep your internal pharmacy functioning properly. Your army needs healthy, natural, nutrient dense foods (as opposed to refined, artificial “junk” foods) as raw building materials and proper energy and communications to coordinate operations.

The quality of your raw materials (food) comes from your conscious choices about what to eat and drink. How do you ensure the quality of your internal communications? That's the role of your chiropractor. Chiropractic is a powerful way to free your spine and nerves of nerve interference caused by vertebral subluxations. If you have subluxations in your body, you cannot function at your best and your “army” will be held back. To help keep your (and your loved ones) immune system and natural healing ability functioning at their optimum with high resistance to disease – get a chiropractic spinal checkup. It's a great way to celebrate the season.



Words of Wisdom

Seven Days Without An Adjustment Makes One Weak – Bob Rush, DC

No wonder you're tired – In 24 hours as an adult...

- Your heart beats 103,689 times.
- Your blood travels 168,000 miles.
- You breathe 23,040 times.
- You inhale 438 cubic feet of air.
- You eat 3 1/4 pounds of food.
- You drink 2.9 pounds of liquids.
- You lose in weight 7.8 pounds of waste.
- You perspire 1.43 pints.
- You give off 85.6 degrees F.
- You turn in your sleep 25-30 times.



- You speak 48,000 words.
- You move 750 major muscles.
- Your nails grow .000046 inch.
- Your hair grows .01717 inch.
- You exercise 7,000,000 brain cells.

Back surgery or no-surgery = No difference

64 patients with chronic lower-back pain and disc degeneration were given spinal fusion surgery or non-surgical therapy. There was no difference in the outcomes of both groups, except the cost of the non- surgical group was much cheaper, with no complications. “The main outcome measure showed equal improvement in patients with chronic low back pain and disc degeneration,” whether or not the patients had surgery or non-surgical care. The findings suggest that back pain treatment costs could be reduced, but also that many patients may no longer need to undergo surgery.” (2) Imagine what the results could have been if they used chiropractic?



Holiday Schedule

We will be closed from December 23rd- January 2nd. Our regular business hours will resume on Monday, January 3, 2005. We wish everyone a Merry Christmas and Happy New Year.

References

1. Gazella KA. David Simon, MD Practicing mind-body-soul medicine. *Alternative Therapies*. Nov/Dec 2004;10(6).
2. Brox IJ, Sorensen R, Friis A, Nygaard A et al. Randomized clinical trial of lumbar instrumented fusion and cognitive intervention and exercises in patients with chronic low back pain and disc degeneration. *Spine*. 2003;28(17):1913-1921. <http://www.pslgroup.com/dg/2356ca.htm>

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Your name, address, phone etc.

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Thoughts about Vioxx



Too many people rely on the “external” pharmacies rather than cultivate their internal pharmacy. Your internal drug store makes the perfect drugs for you and doesn’t have side effects or cause damage, unlike the artificial drugs so many people take.

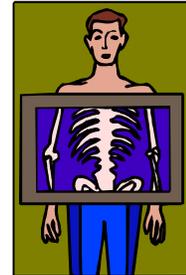
There is no such thing as a safe drug; every pharmaceutical can cause damage. Critics have come forth claiming that many of the drugs presently being taken by millions of people are dangerous.

The recent Vioxx scandal revealed more than the dangers of prescription drugs. It revealed that the Food and Drug Administration (FDA) failed to protect the public when it approved Merck’s Vioxx despite evidence suggesting that the drug caused heart attacks and strokes. (1) David Graham, MD, MPH scientist and “whistleblower” revealed to the U.S. Senate Finance Committee that the number of deaths from heart attacks and stroke from Vioxx is now estimated to be between 88,000 – 138,000.

Vioxx may be the tip of the iceberg, "Graham says he has heard concerns similar to his from counterparts who monitor medical devices and...vaccines, but they're reluctant to come forward." (2)

Chiropractic = less back pain drugs, X-rays, less back surgery, lower costs

Apart from childbirth, back pain is the 2nd leading cause of physician visits, the most prevalent chronic medical condition and the #1 cause of long-term disability.



A study in *The Archives of Internal Medicine* compared 700,000 people with chiropractic coverage in their insurance plan and 1,000,000 without chiropractic coverage. The chiropractic group needed less X-rays, MRIs, surgery and hospitalization. The chiropractic group spent 28% less for back pain, 23% reduction in the use of X-rays, 37% less MRIs, 41% less hospitalizations for back pain, and 32% less back surgeries. The overall per-member, per-year healthcare cost was 12% less for patients with chiropractic coverage resulting in a \$16 million savings. (3)

Chiropractic and Spinal Research



Dizziness. Fifteen individuals who suffered from cervical vertigo began chiropractic care. After five sessions over a 41 day period 60% of

patients reported complete remission of vertigo. 20% of patients reported consistent improvement with rare, mild recurrence of symptoms. Only two patients were still using medication compared to nine originally. (4)

Torticollis. A two-month-old female presented with obstetrical brachial plexus injury (Erb's Palsy) that had been under the care of several medical pediatricians without resolution. The condition showed complete resolution under chiropractic care without any complications or residual impairments. (5)



Have a great New Year.

Make sincere resolutions from your heart. Heal yourself so you can heal others; heal others so you can heal yourself. Love yourself so you can love others; love others so you can love yourself. We are all connected and any good we do will circle the globe many times over.

Let's use this New Year to do more than celebrate the passing of our earth around the sun. Let's make it an opportunity for reflection of what we've accomplished and what is yet to be done. May we rededicate ourselves to personal growth; may we grow in understanding and personal honesty. In our search for wholeness and healing we will awaken painful memories - may we have the courage to look at them without turning away. Pain may be a pathway to growth; it often leads us to the deeper parts of our being so greater love, healing, wisdom and happiness may emerge.



Thank you for letting us be a part of your personal healing journey. It's been an honor to take care of you and be your chiropractor. We look forwards to a New Year of greater healing, growth and peace. See you next year.

Love,

Your chiropractor

PS. We can't forget the humor section can we?

Humor

My Dad Is Better Than Your Dad

Three boys are in the school yard bragging about their fathers.

The first boy says, "My Dad scribbles a few words on a piece of paper, he calls it a poem, they give him \$50."

The second boy says, "That's nothing. My Dad scribbles a few words on a piece of paper, he calls it a song and they give him \$100."



The third boy says, "I got you both beat. My Dad scribbles a few words on a piece of paper, he calls it a sermon...and it takes eight people to collect all the money!"

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