



I'm not afraid of storms, for I'm learning how to sail my ship.
Louisa May Alcott

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What does the word chiropractic mean?



Dr. DD Palmer discovered chiropractic in 1895. He had no special name for his discovery; he referred to it as his

“hand treatments.” One of the first beneficiaries of Palmer’s hand treatments was a Minister and a Greek language scholar, Rev. Samuel Weed. Dr. Palmer asked Rev. Weed to suggest some Greek names for his discovery because it was derived, in part, from ancient Greek healing arts. Rev. Weed took the Greek word for hand, *chiro*, and done by, *praktos* and put them together to form *chiropractic*, meaning done-by-the-hand. In 1897 Palmer founded the first school of chiropractic to teach this old-new drugless healing method. The Palmer School of Chiropractic, first under his leadership and later under that of his son,

Dr. B.J. Palmer, became the largest school of its kind.

Within twenty years the number of doctors of chiropractic would number in the thousands.

Flu shot hurts asthmatics

“Got asthma – better get a flu shot” is what medical doctors have been telling patients. However, more recent research reveals that just the opposite may be true: giving an asthmatic a flu shot doesn’t protect him/her from attacks but instead makes their condition worse.

Researchers took 800 asthmatic children and were placed into two groups of 400 each. One group got the flu shot, the other didn’t. Researchers were surprised to find that the children in the vaccinated group were nearly twice as likely to visit the ER because of their asthma. (1)

It’s a new school year. Make sure your back-packing children have a healthy spine. Bring in your children for a back-pack check-up.

Keys to a happy marriage

Besides loving and trusting your spouse people feel happiest in relationships where they feel the other person helps them



achieve their own personal goals. Individuals who perceived themselves as having high levels of support from their spouses in their personal pursuits reported greater marital satisfaction than their less-supported peers. Working together to achieve shared goals, (buying a home or having children) reported increased marital satisfaction. (2)

Humor

GREAT TRUTHS ABOUT GROWING OLD

- 1) Growing up is mandatory; growing old is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) Its frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.



SUCCESS

At age 4
success is . . .
not peeing in
your pants.
At age 12
success is . . .
having friends.
At age 16
success is . . . having a drivers license.
At age 35 success is . . .having money.
At age 50 success is . . . having money.
At age 70 success is . . . having a drivers license.



At age 75 success is . . . having friends.
At age 80 success is . . . not peeing in
your pants.

This is a really silly joke

A duck walks into a feed store and asks, "Got any duck feed?" The clerk tells him, "No, we don't have a market for it so we don't carry it." The duck says, "Okay," and leaves.

The next day, the duck again walks in to the feed store and asks, "Got any duck feed?" Again the clerk says no and the duck leaves. Next day, the duck once again walks in, and asks, "Got any duck feed?" the clerk says, "I've told you twice, we don't have duck feed, we've never had duck feed and we never will have duck feed. If you ask me again, I'll nail your feet to the floor."

The duck leaves. The next day, the duck walks in and asks, "Got any nails?"

"No."

"Got any duck feed?"

See – I told you.

Join us for a Dinner

Join us Tuesday, October 5, 2004 at 6:00 pm for a free dinner at Adams Catfish House 8523 Highway 23 Belle Chasse.

Dr. Matthew Mix and Grant Myers from Van Kampen Investments will discuss health issues that effect your well being and investment ideas in uncertain times. There is no charge for this program, but seating is limited, so call (504) 393-8675 today for you and your guest. We look forward to seeing you at the seminar.

References

1. Christy C, Aligne CA, Auinger P, Effectiveness of influenza vaccine for the prevention of asthma exacerbations *Archives of Disease in Childhood*, August 2004;89:734-735. <http://adc.bmjournals.com/cgi/content/abstract/89/8/734>
2. *Journal of Social and Clinical Psychology*. June 2002;21:157-164