

# 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).



*Loving people live in a loving world. Hostile people live in a hostile world. But it's the same world. How come? --Wayne Dyer*

*That the birds of worry and care fly over your head, this you cannot change, but that they build nests in your hair, this you can prevent. --Chinese Proverb*

## TABLE OF CONTENTS

- **Healthy knees need chiropractic**
- **Do you love cats? Do you hate cats?**
- **More evidence back surgery does not work**
- **Why does a child need chiropractic?**
- **Because we want you to have less stress in your life**
- **Zephyrs**
- **References**

## Healthy Knees Need Chiropractic

It's between your hips and your feet: where the bottom of your thigh meets the top of your lower leg bones (tibia and fibula). Right there sits an odd shaped joint with a strange little bone (the patella) floating in front of it. Well, not exactly floating - all

those bones are strapped together with lots of ligament so everything stays in place.



It's your knee of course and its main purpose is to be dislocated, jammed, twisted, cause immense pain and ruin your life.

Of course we're just kidding, but for many people knee problems are a constant part of their lives. What causes knee problems? Usually an injury. Let's face it, people were not designed to run into each other (or a wall) chasing a little ball (football, soccer, etc.), get twisted into the shape of a pretzel (wrestling) or run, quick stop, turn, run, quick stop, turn over and over (tennis, squash, etc.).

And how many people were quietly driving their car when a tree or telephone pole suddenly ran into their paths and Mr. Knee met Ms. Dashboard? The numbers are legion.

There are many ways your wonderful knees can be a source of misery. If your knees aren't healthy and balanced your entire body structure, hips, back, neck, head, even feet and toes can be affected. In fact, many spinal problems can be traced to knee injuries even if they occurred in childhood.



Many times the knees feel fine, but they are the cause of a structural imbalance that causes other body areas to suffer.



The reverse may also be true – an unhealthy, unbalanced spinal column can put intense pressure on one or both knees, causing early aging (arthritic changes).

Don't walk around in misery, and before you consider risky knee surgery see your doctor of chiropractic. Your DC is especially trained to keep your body structure balanced and aligned. That includes your knees.

## Do you love cats? Do you hate cats?

Here's a perfect film clip for you:

<http://www.witze-welt.de/videos/showvideo.php?id=21>



## More evidence back surgery does not work



About 125,000 spinal fusions are performed each year. In this kind of operation surgeons take bone (usually from the hip) and use it to fuse together two vertebrae in an attempt to relieve lower-back pain from disc damage. Patient traffic has quadrupled in a decade, and fusion now costs

about \$30,000. Surgeons who perform these operations rake in a median salary of \$545,000 a year, almost double what most specialists earn, says the Medical Group Management Association.

Fusion caught on decades ago as a well-accepted treatment for deformities, fractures and dislocations, but surgeons later expanded it to treat back pain as well.

The evidence that fusion works well for regional back pain is "essentially nonexistent," says University of North Carolina rheumatologist Nortin Halder. "If this were a pill and I used it, I would probably lose my license and go to jail," he says. (1)

## Why does a child need chiropractic?

Because a lot of things can cause spinal damage in a fetal or child's spine: pregnancy, labor, delivery, chemical intervention, ultrasound, epidurals, forceps, C-section, etc.

Many of these procedures can cause vertebral subluxations that can lead to future health problems. For example, if a child has difficulty breast-feeding it may mean that the baby is uncomfortable turning the head to one side. This often indicates the presence of a subluxation.



Remember, many health problems seen in adults have their origins in childhood. And don't forget that childhood is very physical with lots of falls as a part of growing up. Plus, kids sometimes carry funny shaped things like dogs and cats that wiggle a lot.

## Because we want you to have less stress in your life.....



In a few weeks, cell phone numbers are being released to telemarketing companies and you will start to receive sales calls. You will be charged for these calls.

Call this number from your cell phone 888-382-1222. It is the national DO NOT CALL list. It only takes a minute of your time and blocks your number for 5 years.

Please pass this on to everyone you know who doesn't want to be hassled.

<http://g.msn.com/0MNBUS00/2?http://www.msnbc.msn.com/id/7720569&&CM=EmailThis&CE=1>

## Zephyrs

We are having a tailgate party at Zephyrs field on Saturday, June 11<sup>th</sup>. If you would like to join us please contact us no later than Friday, May 27<sup>th</sup>

## References

1. Robert Langreth. Operation! Is elective surgery overdone?

[http://www.forbes.com/forbes/2003/1027/246\\_print.html](http://www.forbes.com/forbes/2003/1027/246_print.html)