

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).

It all depends on how we look at things, and not on how things are in themselves. The least of things with a meaning is worth more in life than the greatest of things without it. – Carl Gustav Jung

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What Does Chiropractic Do For You?



Chiropractic releases a deep stress from your body called a vertebral subluxation.

Subluxations can be caused by a difficult birth, a fall as a child, sports accidents – just about any trauma has the potential to distort your body structure and stress your nerve system. Since nerves from your spine go to all your organs and affect your entire body function, a subluxation can cause dis-ease, overall body function, lowering of resistance and excessive wear and tear to your system (premature aging).



You can have a subluxation for years before you notice any problems and by that time you may have serious health problems.

Chiropractors are the only primary healthcare providers that are able to analyze the body for subluxations and, using the power of the chiropractic adjustment, correct the subluxation, releasing the stress, balancing your structure and improving the function of your body and mind.



Cancer, Alternatives and No Care

Increasing numbers of cancer patients are exploring alternative or natural ways of healing. Many medical critics claim that chemotherapy, radiation and surgery actually damage the immune system, with cancer victims less likely to heal.

Hardin Jones, Ph.D., a professor of medical physics and physiology, writes: "For a typical type of cancer, people who refused treatment live an average of 12 ½ years. Those who accepted surgery and other kinds of treatment lived an average of only 3 years. I attribute this to the traumatic effect of surgery on the body's natural defense mechanism. The body has a natural kind of defense against every type of cancer." (1)
At a San Diego hearing Dr. Jones testified that a woman with breast cancer who had no

treatment lived up to four times longer than one who was treated by conventional methods. (2)

Most People Are Immune to the Flu



Natural immunity is *always* best. Take care of yourself and the flu will be mild or non-existent. Artificial immunity, if it works, is never as good. In fact

deaths associated with the flu continue to rise parallel with increased flu vaccine usage. No large population studies prove the flu vaccine even works.

Every year, 80-90% of the population is naturally immune from all forms of influenza like illnesses (ILI's). In fact, only 10-15% of those with ILI's actually have the flu! Natural immunity protects 96 to 98 people out of every hundred from contracting the flu. The flu vaccine can cause flu-like symptoms, joint and muscle pain (sometimes lasting for years), severe allergic reactions and even death.

Promote natural immunity to all diseases with a lifestyle that includes whole foods, elimination of toxins, chiropractic care, rest and satisfying relationships. (3)

Toys for Tots

We are asking everyone to bring joy to the New Orleans' children during Toys for Tots week on December 13th-17th. If you bring an unwrapped new toy, you will receive a complimentary initial visit (\$75.00 value), and chiropractic care for your entire family. All donations are welcomed whether you wish to receive chiropractic services or not. For more information please call Mix Family Chiropractic @ (504) 393-8675 or visit our website @ www.mixfamilychiropractic.com.

Handling Holiday Stress

When you were born your body was given everything that it needed so that you could be who you are today. This is your blueprint for life. One part of that blueprint is the way

that you adapt to stress. Your body was made to adapt you to your environment. So why is it that some people adapt to stress better than others? The answer is interference to your blueprint. If you have interference, your blueprint will not manifest. This is decreased health.

The goal is not to add something to you, the goal is to subtract something from you.

Chiropractors take away your interference every time you get adjusted. Make sure to continue your adjustments throughout this holiday season to give you the best chance to adapt to stress in a positive way. Your blueprint is already there, it just needs to express itself. So help it express itself this holiday season by taking away the interference that is interfering with your adaptation to stress.

Words of Wisdom

If you are dealing with fears and insecurities from old head programs, have compassion for yourself. Just love your insecurities, fears and resentments. Release and forgive them as they come up. Judging, beating or repressing insecurities just gives them power. Then you have a pattern that never gets resolved. Recognize that your real security is built from your relationship with your own heart. – Sara Paddison

Most people search high and wide for the keys to success. If they only knew, the key to their dreams lies within. – George Washington Carver

Want copies of this newsletter for your friends? Stop by the office and we'll give you some hard copies or write to us and we'll add them to our mailing list. Please remember that everyone needs to be free from subluxations so bring your friends and loved ones for a spinal checkup.



References

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2. Culbert M. *Save Your Life*. Virginia Beach, VA: Dunning Pub.
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4. Smith DS, Frankel S & Yarnell J. Sex and death: are they related? Findings from the Caerphilly cohort study. *British Medical Journal*. 1997;315:1641-1644.