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### Healthy Living Chiropractic Newsletter

Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you and even inspire you a little. And since it's the month of Valentine, let's hug a few more people and learn to love a little bit more.



*One ought, every day at least, to hear a little song,  
read a good poem, see a fine picture, and, if it were  
possible, to speak a few reasonable words.*

– Johann Wolfgang van Goethe



*...and the day came when the risk to remain tight in a bud was more  
painful than the risk it took to blossom. – Anais Nin*

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## The “Chiropractic” Story of Masha and Dasha



This amazing “accident of nature” has revealed a truth about health and disease and the importance of the nervous system. It also helps answer the question: “Do germs really cause disease or do they first need a fertile soil to grow in?”

Our story begins on January 13, 1950 in the former Soviet Union. The young mother enters the hospital to deliver twins but when she awakens from anaesthesia she is told that her baby girls died at birth. They lied. At that moment the girls were being spirited away to an institute near Moscow to be studied.

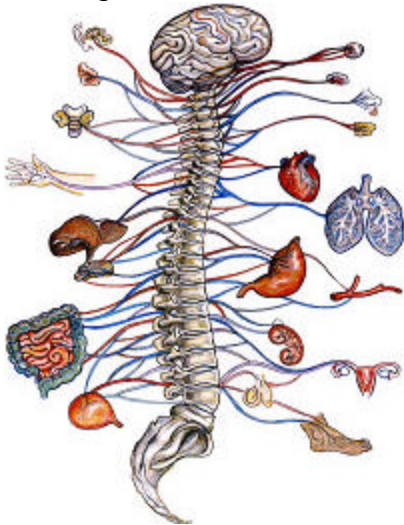
This was the fate of "Masha" & "Dasha," one of the most unusual sets of conjoined twins ever born.

Because their circulatory systems were

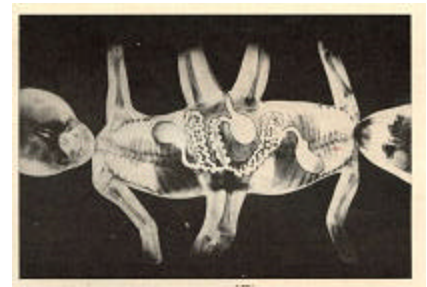
interconnected, they shared blood; germs in one twin's blood would soon be seen in the blood of her sister. Yet surprisingly, illness affected them differently. One would have measles, for example, while the other would not. The measles "bug" was in both of their bodies, in their collective bloodstream; so why didn't both get measles at the same time? This phenomenon was seen over & over again with the girls as flu, colds and other childhood diseases were all experienced separately. Evidently, there is more to getting an infection than having the bug. If germs alone had the power to cause infectious diseases, why would one be disease-free while the other was ill?

What was it in their makeup that differentiated them?

Although Masha & Dasha had common circulatory,



digestive, excretory, lymphatic, hormonal & lymphatic systems (they were joined at the hips), they had separate spinal columns & spinal cords: this was the only significant anatomical



difference between Masha and Dasha. It leads one to conclude that the nervous system is of major importance in resistance to disease.

For over a century chiropractors have observed that the health of your nervous system can determine whether you have high or low resistance to disease and, if you are suffering from disease,

the health of your nervous system will play a decisive role in whether or not (& how rapidly) you will recover. By keeping your spinal column & nervous system free from subluxation stress, chiropractors keep you in a higher state of health, resistance to disease and permit your mind/body energies to flow without interference. (1)

## Did You Know...?



### Fluoride causes cavities

Cavities in children in Kentucky increased after a fluoride law was passed in 1977 according to the July/August 2003 issue of *Pediatric Dentistry*. The goal was to reduce tooth decay by 60% but instead 57% of Kentucky 3<sup>rd</sup> through 6<sup>th</sup> graders developed tooth decay. A 2001 survey showed that the number of Kentucky preschoolers developing cavities increased 47% over

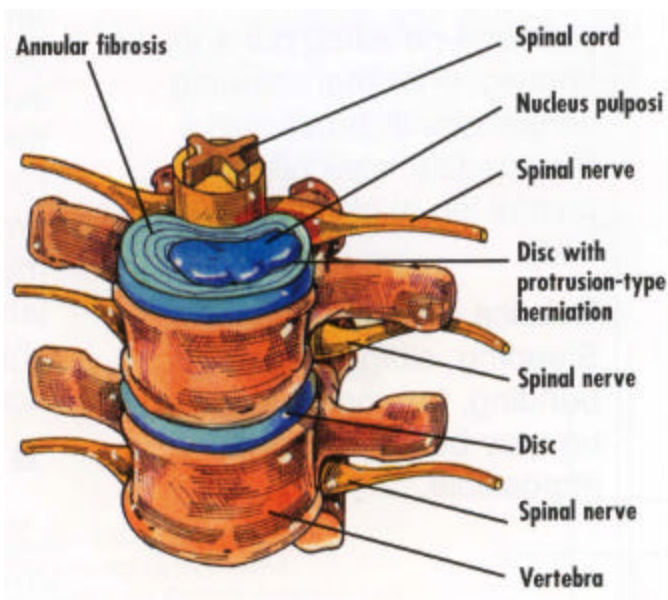
1987. For over half a century the government has been telling the public that fluoride is safe and beneficial and that it reduces cavities; manufacturers add it to toothpaste and municipalities to their water supplies. In fact, tooth decay is caused by poor dental hygiene and high consumption of refined sugar products. Fluoride has a rather pernicious effect; it increases lead in the blood and high blood-lead levels are linked to higher rates of tooth decay. High levels of lead have also been linked to neurological and brain damage. (2) Its best to avoid fluoridate toothpaste and install fluoride removing filters in your home. For more info go to Fluoride Action Network <http://www.fluoridealert.org>

## Words of Wisdom

*For each pain, there is a reason in the depths of consciousness.* – Reinhold Voll

*No snowflake falls in an inappropriate place.* – Zen saying

## Chiropractic Questions and Answers



### Can a person who had back or disc surgery see a Chiropractor?

Yes. Many people who have had various kinds of spinal surgery often discover a return of their pain or problem months or years later and are told they need more surgery. There are so many of these people around that the condition has a special name: "Failed Back Surgery Syndrome." These people can usually receive chiropractic care without undue

worry. The chiropractic care may save them from future operations. It's best to check with your chiropractor on a case-to-case basis.

### **Can Chiropractic Prevent Back Surgery?**

In a majority of cases the answer is a resounding "yes"!

## **Coronary Bypass Operation – Think Twice (While You Can Still Think)**



About 800,000 people each year line up (or rather lie down) for this dangerous, useless and often needless procedure.

They probably don't know that the original statistics showing this surgery was "safe" were wrong. MDs thought that 1% to 5% of patients who had this surgery had neurological complications (like stroke). (3) But many more patients would complain of not being emotionally/intellectually as healthy, with memory loss and other signs of brain dysfunction. Their doctors pooh-poohed it.

Finally some bright guys, using pre-operative and post-operative neuropsychological testing, have "convincingly demonstrated" that measurable cognitive dysfunction is very common with an incidence of up to 80%-90% at hospital discharge. (4) (A suspected cause might be the heart-lung machine they are hooked on to during the surgery.) Isn't it interesting that they found this out only after the operation has been in vogue for 35 years???

## **Chiropractic and Spinal Research**



Remember, all people can benefit from chiropractic care. Feel free to forward these studies to others.

**Asthma, ear infections and antibiotic use.** In a survey of 100 chiropractors' families and 100 pediatricians' families, it was revealed that the children of chiropractors had a lesser incidence of asthma, ear infections and less antibiotic use than the "medical" children. (5)

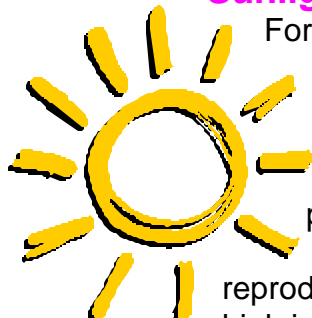
**Panic attacks.** A 52-year-old female diagnosed with long-standing panic attacks

had used prescribed antidepressants and tranquilizers, underwent counseling and relaxation training - all to no benefit. Chiropractic examination revealed areas of upper and mid cervical, upper and mid thoracic and right sacroiliac subluxations. The patient's blood pressure was 182/102, pulse rate 120 beats/minute during an attack, however her BP would drop to 140/80 and her pulse to 76 beats/minute four minutes after an adjustment. After beginning chiropractic care she had been free of panic attacks for more than two months which is the best she had been in years. (6)

**Failure to thrive.** "The child should be examined for vertebral subluxation as a source of physiological dysfunctioning." (7)

**Low back pain and urinary incontinence.** In a medical orthopedic practice 16 patients with low back pain had urinary incontinence. Chiropractors would suggest spinal adjustments however the medical approach in this case was surgery which reduced low back pain in 11 of 12 patients. The MDs noticed that the patients' urgency incontinence was cured or improved. (Note: Most low back pain surgery fails and within a year or two the patient has their pain back and may be told they need a second (or third) surgery. Too bad they didn't first refer their patients to a chiropractor. (8)

**Sunlight may prevent cancer**



For those of us who stay indoors this time of the year, it's a fitting reminder that some of the most important things for our health are obvious: water, fresh air, exercise, good food and sunlight. Too much sun burning has been linked to skin cancer, but proper sunlight – especially ultraviolet light – can prevent cancer. Researchers examined cancer mortality in the United States. Deaths from a range of cancers of the reproductive and digestive systems were approximately twice as high in New England as in the southwest, despite a diet that varies little between regions. An examination of 506 regions found a close inverse correlation between cancer mortality and levels of ultraviolet B light. The likeliest mechanism for a protective effect of sunlight is vitamin D, which is synthesized by the body in the presence of ultraviolet B.

Dr. William Grant says northern parts of the United States may be dark enough in winter that vitamin D synthesis shuts down completely. While the study focused on white Americans, the same geographical trend affects black Americans, whose overall cancer rates are significantly higher. Darker skinned people require more sunlight to synthesize vitamin D.

"There are 13 malignancies that show this inverse correlation, mostly reproductive and digestive cancers," said Dr. Grant. "The strongest inverse correlation is with breast, colon, and ovarian cancer." (9) Other cancers apparently affected by sunlight include tumors of the bladder, uterus, esophagus, rectum and stomach. (10)

What to do? Take walks in the sun, don't wear glasses that filter out UV (there are plastic glasses that permit UV rays to pass), use full-spectrum lighting in your home and office and make sure your diet has plenty of vitamin D.

## Humor

*I can think of no better way of redeeming this tragic world today than love and laughter. Too many of the young have forgotten how to laugh, and too many of the elders have forgotten how to love. Would not our lives be lightened if only we could all learn to laugh more easily at ourselves and to love one another?*

- Theodore Hesburgh

Actual signs

In a restroom: TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW.

In a Laundromat: AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT.

In a London department store: BARGAIN BASEMENT UPSTAIRS

In an office: WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN

In another office: AFTER TEA BREAK STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD

Outside a secondhand shop: WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?

Notice in health food shop window: CLOSED DUE TO ILLNESS

Spotted in a safari park: ELEPHANTS PLEASE STAY IN YOUR CAR

Seen during a conference: FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE 1ST FLOOR

Notice in a farmer's field: THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.

Message on a leaflet: IF YOU CANNOT READ, THIS LEAFLET WILL TELL YOU HOW TO GET LESSONS

On a repair shop door: WE CAN REPAIR ANYTHING. (PLEASE KNOCK HARD ON THE DOOR - THE BELL DOESN'T WORK)



**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.**

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