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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.

*Dwell as near as possible to the channel
in which your life flows. –Henry David
Thoreau*

*When I let go of what I am, I become what
I might be. –Lao Tzu*



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Health From Within

You were born with and have a natural healing ability or “inner healer” that is always working to make you 100% whole, healthy and happy. It's always there.

An Experiment

What would happen if you cut your hand? You'd bleed, of course, but almost immediately afterwards the blood around the cut would begin to clot, sealing off the wound and preventing further blood loss and infection. The act of clotting is made up of at least fifteen different chemical reactions! Your blood, however, will clot even if you haven't studied biology.

Further, any dirt or bacteria and other germs that got in the cut would be hunted down, attacked and gobbled up by a vast, natural, antibiotic army made up of

white blood cells, neutrophils, eosinophils, leukocytes, mast cells, killer cells, antibodies, and others that constantly patrol and protect your nooks and crannies. But you don't have to know their names, what they look like, or even know they exist for them to work.

A Cancer Patient?

If you cut the hand of a cancer patient, they would heal. If they can heal their cut, why can't they heal their cancer? They can! Medical journals contain many stories of recoveries from "incurable" diseases. Something woke up their natural "inner healer" and the cancer began to dissolve. This has been documented with nearly every disease known and is referred to as "spontaneous remission." (1) But must we wait to get a serious disease before we awaken our "inner healer?"

Walking Medicine Cabinets



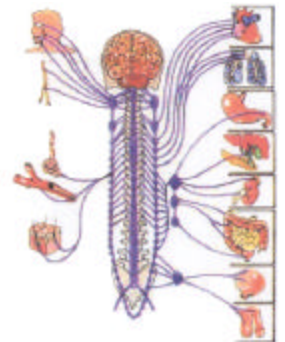
While there is undoubtedly a time and a place for medical care, swallowing drugs while your general health deteriorates is not the way to live one's life. We all know of people who are walking medicine cabinets, who take many drugs but are not healing.

Where Does Healing Come From?

Chiropractic recognizes that all living things have an inborn or innate wisdom constantly working to maintain us in health and heal us if we are injured or diseased.

Spinal Nerve Stress (Vertebral Subluxation)

There is a physical condition which interferes with the expression of our inner wisdom, preventing us from expressing our utmost healing potential. It is called the vertebral subluxation complex or spinal nerve stress. This condition irritates our nervous system, distorts our physical posture, drains our energy, weakens us, blocks up our natural healing energies or vitality, lowers our resistance to disease and our ability to adapt to physical, emotional, and spiritual stress.



The Chiropractic Adjustment



Chiropractors spend years of specialized training learning to locate subluxations and correct or relieve them with a procedure called a spinal adjustment. This begins a process that unlocks your energies, balances your body and awakens your "inner healer."

It doesn't matter what disease or condition you have, when your subluxations are corrected your inner healer is given a boost and your body (and mind) can better experience health and healing and wholeness. Everyone needs a chiropractic spinal checkup. It may make the difference between natural healing and drug use, between a life of ease and a life of dis-ease (disharmony).

Half Full or Half Empty?

People who view aging as a positive experience live an average of 7½ years longer than those who look at it negatively. Pessimists have a risk of death 19% greater than average. The power of optimism is even



greater than that of lower blood pressure or reduced cholesterol – each of which lengthens life by about 4 years, according to some studies. (2)

Flu Shot and Alzheimer's



Since flu shot season is nearly here, let's consider the findings of Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our times (850 papers in biomedical journals). His research revealed that if an individual had five consecutive flu shots his/her chances of getting Alzheimer's Disease was ten times higher than if they had one, two or no shots. (3) Dr. Fudenberg explained that the aluminum and mercury in the flu shot (also in many childhood shots) build up in the brain causing damage (mercury also has an affinity for kidney tissue). Is this why Alzheimer's is expected to quadruple? (4) Note: Ethylene glycol, phenol, formaldehyde and other chemicals are also in the flu shot.

Take Two Aspirin and Prolong the Flu (or nearly any illness)

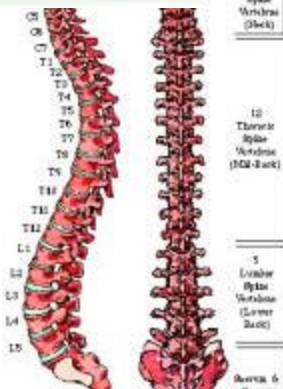
While we're on the subject...taking aspirin, Tylenol™ or other fever reducers could prolong the flu by up to 3½ days according to researchers at the University of Maryland. Fever is the body's natural way of fighting infection and fever fighters interfere with that process.

"You're messing with Mother Nature," says Dr. Leland Rickman, at the University of California, San Diego. An elevated temperature "may actually help the body fight the infection quicker or better than if you don't have a fever."

Researchers found that influenza A sufferers who were treated with aspirin or acetaminophen extended their illness from five days to about 8½ days.

College Football Team Benefits With Chiropractic

Virginia Tech's football team has had an impressive record over the last several years. Some of the credit is attributed to chiropractic care. Junior quarterback Grant Noel feels that chiropractic gives him better flexibility and range of motion. "Just getting my back adjusted and loose helps with my trunk mobility as far as twisting and throwing."



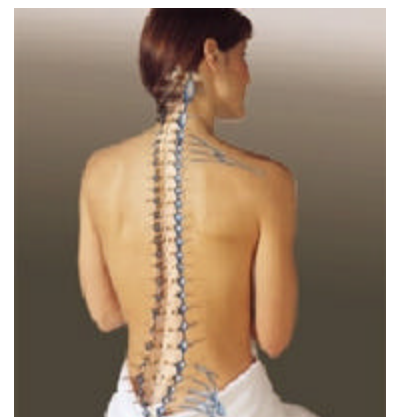
With the success of the football team, athletes from the school's swimming, diving, lacrosse, soccer, and basketball programs have begun regular adjustments.

Mike Gentry, the assistant athletic director, says, "Chiropractic helps our athletes return to competition faster if they have sustained some injuries, and it seems to be preventative, in the sense that it keeps our athletes more mobile and flexible and feeling better."



Does Your Spine Curve?

When you look at a person (or a mirror) face-to-face, the spine should be more-



or-less straight. However, from the side, the spine should have some nice curves going up and down its whole length, from your neck to your tail bone.

Are curves important? They sure are. A curved spine is much stronger and flexible than a straight spine. When we look at an X-ray and see (in side view) less or no curves we are very concerned. Such a spine is a prime candidate for degeneration with ligament and muscle weakness, disc pressure, nerve irritation, poor posture, pain, lack of energy and dis-ease (body malfunction).

When you are first born you have only one curve – the fetal curve. After a few months you begin to raise your head and your neck (cervical) curve appears and after you start to stand you develop your lower back (lumbar) curve. Your fetal curve persists in your mid-back. It's best to sleep on your side, but not in a fetal position as that reverses your neck and lower back curves and puts stress on your spine.

Remember, even after your aches, pains and other symptoms disappear your spine may still be unhealthy, having suffered from years of subluxations. For that reason, it's important to keep all your curves (and entire spine) healthy, see your chiropractor.

Chiropractic and Spinal Research



Did you know there are case studies of people with nearly any physical and mental disease or disorder recovering after a chiropractic spinal adjustment? You never know the power you have within you until it's turned on. Here are a few examples of what chiropractic can do.

Neck and Head Pain. "A young woman was in a car accident 18 months ago and had been in pain with her neck and head ever since. She received months of physical therapy, drugs, etc., and was told to live with it. After her FIRST adjustment, she woke the next morning without a headache for the first time since the accident and has been pain-free since!! She reports that her life

is getting back to normal and she was able to play with her niece and nephew like she used to as well as many things we all take for granted." (5)

Hyperactivity, stuttering, slow learner, retarded growth. A 7-year-old boy was diagnosed with hyperactivity, stuttering, slow learning, retarded growth, and with one leg shorter than the other (walked with a constant limp). The MDs recommended breaking the short leg and inserting metal rods in an attempt to equalize the lengths. The parents brought him to a chiropractor. Chiropractic examination revealed vertebral subluxations of the sacrum, 5th lumbar and atlas (C-1) vertebrae. These were adjusted. By the 8th adjustment his legs balanced for the first time in his life, the stuttering stopped, his grades in school went from non-satisfactory to satisfactory and his hyperactivity had abated. (6)

Chronic Colitis and Increased Fertility. A 32-year-old female with chronic colitis and infertility. The patient had her chronic condition of colitis relieved and relatively simultaneously became pregnant after giving up on allopathic fertility treatments for 7 years. (7)



Bed-wetting, hyperactivity and seizures. An 8-year-old girl with epilepsy (10-12 seizures/day), nightly bed-wetting, attention deficit disorder and mood swings had been to 5 pediatricians, 3 neurologists and 6 psychiatrists and was on many drugs. Her MDs said she'd never ride a bike nor do things like normal children do. She was in special education classes. By the 2nd week of chiropractic care, her bed-wetting began resolving and by 6 months it stopped. After 1 year of care the seizures were much milder at 8-10/week and she was released from psychiatric care as "self-managing." She now rides a bike, roller skates and ice skates like a normal child and will soon be off all medication. She is leaving special education to enter regular school. (8)

Words of Wisdom

It is a miracle that curiosity survives formal education. – Albert Einstein

Blessed are the flexible, for they shall not be bent out of shape. – Anon.

Experience is simply the name we give our mistakes. – Oscar Wilde

Seven Days Without An Adjustment Makes One Weak.

Give us a call to have your spine checked today!

Humor

Seen on a T-Shirt: NyQuil -The stuffy, sneezy, why-the-hell-is-the-room-spinning medicine.

Will Rogers: "I never met a man I didn't like."

Georgie Jessel: "I once had a wife who felt the same way, and she turned out to be no bargain."

Parenthood

I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! As I was reeling from the shock, I heard my 5-year-old shout from the back-seat, "Mom! That lady isn't wearing a seat belt!"

My son Zachary, 4, came screaming out of the bathroom to tell me he'd dropped his toothbrush in the toilet. So I fished it out and threw it in the garbage. Zachary stood there thinking for a moment, then ran to my bathroom and came out with my toothbrush. He held it up and said with a charming little smile, "We better throw this one out too then, 'cause it fell in the toilet a few days ago."

On the first day of school, a first-grader handed his teacher a note from his mother. The note read, "The opinions expressed by this child are not necessarily

those of his parents."

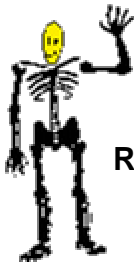
A woman was trying hard to get the ketchup to come out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. "It's the minister, Mommy," the child said to her mother. Then she added, "Mommy can't come to the phone to talk to you right now. She's hitting the bottle."

A little boy got lost at the YMCA and found himself in the women's locker room. When he was spotted, the room burst into shrieks, with ladies grabbing towels and running for cover. The little boy watched in amazement and then asked, "What's the matter? Haven't you ever seen a little boy before?"

It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me.

"Is that a dog you got back there?" he asked. "It sure is," I replied. Puzzled, the boy looked at me and then towards the back of the van. Finally he said, "What'd he do?"

Bye, and thanks for reading this far down. Thanks for being our patient, and letting us care for you. We really do appreciate you. Don't forget to stop by for a spinal adjustment so you can be at your best. And remember, friends don't let friends stay subluxated.



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