

Healthy Living Chiropractic Newsletter

Your name,
Address,
Phone, etc.

I have not failed. I've just found 10,000 ways that won't work.
— Thomas Alva Edison

Looking for a drug-free lifestyle, for health and wholeness for yourself and your family? Interested in disease prevention and health enhancement?

Welcome to a more natural world ~ welcome to the world of chiropractic.



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Common questions and answers regarding chiropractic and pregnancy



Is chiropractic care safe in pregnancy?

Yes. It's very safe and very sensible for both mother and baby. Chiropractors are trained in adjusting the spines of pregnant women.

How late in pregnancy is it possible to get an adjustment?

Patients have received adjustments even during labor. There are reported cases of a chiropractor called in to perform a spinal adjustment when labor had stopped. Immediately after the adjustment, labor resumed normally.

Can spinal care help postpartum depression?

Yes. Chiropractic's beneficial effects on emotional stress and personality have been observed for over one hundred years.

Do I have to have a problem in pregnancy to see a chiropractor?

Not at all, chiropractic should be used as health maintenance or wellness care. Periodic spinal checkups during pregnancy should be as common as periodic weight checkups.

Can my baby receive chiropractic care?

Infants only a few hours old have been given spinal checkups and adjustments.



Chiropractic research

Chiropractic Helps New Mothers Produce Milk

The Journal of Clinical Chiropractic Pediatrics [March 2007; Vol. 8(No.1&2)] presented

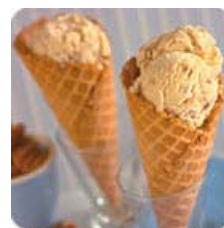
3 case studies of chiropractic care helping mothers who had been unable to produce adequate milk, a condition known as "hypolactation."

First case: A new mother was referred by a midwife. She had given birth 10 days earlier to her 2nd child and unlike with her first birth, she was unable to establish a milk supply. Chiropractic care was initiated and by the third visit she noticed visible changes in her breast and milk production with a positive weight gain for the infant who was able to stop formula.

Second case: The patient had upper back pain and was also unable to produce sufficient milk to feed her one-month-old infant. By the fourth visit she noticed breast enlargement and increased production of milk (the upper back pain resolved as well).

Third case: Referral from hospital lactation consultant. The patient had given birth 6 days prior. As in the above cases, subluxations were found and care was initiated to correct them. In this case within 24 hours the mother was able to feed her infant naturally.

Ice cream – buy the best or make your own



Making your own ice cream is fun and you can use organic and natural ingredients. Unless you buy the most expensive ice creams beware of chemical additives. The cheaper brands contain some pretty weird chemicals such as:

Benzyl acetate - artificial strawberry flavoring...also a nitrate solvent

Amyl acetate - artificial banana flavoring...also a powerful paint solvent

Ethyl acetate - artificial pineapple flavoring...also a heavy-duty leather cleaner

Butyraldehyde - artificial nut flavoring...also found in rubber cement

Pepernial - artificial vanilla flavoring...also used to kill lice

Acetiel C17 - artificial cherry flavoring...also used in plastic manufacturing

Diethylglycol - artificial egg substitute...used as an emulsifier instead of eggs



Sunlight is healing

Vitamin D has been studied for its ability to prevent cardiovascular disease, breast cancer and colon cancer – and new research shows it might fight pancreatic cancer, the 4th

leading cause of cancer deaths in the US. Just a few minutes of natural sunlight helps your body synthesize vitamin D. Other sources of Vitamin D are eggs (buy organic from free range chickens), liver, fatty fish such as salmon, sardines and herring and raw milk. We don't recommend pasteurized, low fat or skim milk as good sources since artificially added Vitamin D is not used well by your body. The natural sources are the best.

Doctrine of signatures

The fascinating observation that the external form or color of a substance reveals its medicinal use is known as the Doctrine of Signatures. It has been around for thousands of years. Here are some examples:



A Carrot slice looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES, science now shows that carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over three dozen neurotransmitters for brain function.



Kidney beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok choy and Rhubarb look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.



Avocados and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? It takes exactly 9 months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Humor

The Doctrine of Signatures took up so much space we barely have any room for humor. But we can't have a patient newsletter without humor so here are two musician jokes (we've had a deficiency of musician humor in our newsletter) and one humorous food observation (after all, what's watermelon good for?)

Q: Do you know the difference between an accordion and an onion?

A: No one cries when you chop up an accordion!

Q: Do you know what you call a musician without a girlfriend?

A: Homeless.

Watermelon – it's good fruit. You eat, you drink, you wash your face. – Enrico Caruso, Italian tenor



Bye. See you next month. Don't forget to stop by for a chiropractic checkup – it'll make your summer happier and healthier.

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Teach your children well

Are you popping pills, smoking, reaching for "something" every time you have an ache or a pain? Are you living on drugs? I bet you aren't but so many people are – and they have kids who watch and learn from them. I'm reminded of a true news article, the title is: [Dog Removed from Abusive Home](#). This really happened in Kentucky. The Society for the Prevention of Cruelty to Animals (SPCA) and the local government removed a dog from a family's home because the couple that owned it fed the animal a diet of potato chips and Coca-Cola!



The couple's four children remained.

Yes, shocking but true. The lack of health education is one of the main reasons people are in poor health. That's why we like the photo of the chiropractor teaching children. Your body is the world's greatest drugstore (making all the drugs and chemicals you need) IF (BIG if) you give it the raw materials it needs: good food, water (no chlorine or fluoride please), sunlight (no sunscreen so the healthy rays reach you properly), sleep, love, laughter – AND avoid poisons, recreational and prescribed.

Half of Americans on meds, study says

This above headline is tragic – but we shouldn't be too surprised. Now that prescription drugs are advertised on TV (not including so-called evening news stories that are little more than ads) more and more of us are being transformed into drug takers. Why is this so bad?



It's bad because these drugs, for the most part, suppress symptoms and do not create health. Suppressing symptoms drives illness deeper and turns temporary acute illness into chronic (long-standing) disease. The traditional way to health (which includes chiropractic) is expressive – get the poisons, the toxins, the sickness OUT. Don't keep them in.

It's cheaper to eat nutrient dense organic foods, receive chiropractic care, exercise, get some sun, relax and avoid dangerous unnecessary drugs and procedures. You'll live longer and healthier. For great nutrition information go to www.westonaprice.org.

Here is what followed the rest of the (above) headline:
TRENTON, N.J. (May 14, 2008) - For the first time, it appears that more than half of all insured Americans are taking prescription medicines regularly for chronic health problems, a study shows. The rest of this disturbing article can be found at: <http://news.aol.com/health/story/ar/a/half-of-americans-on-meds-study-says/20080515191309990001?icid=1615984945x1202538224x1200304660>



Japanese data proves vaccines cause autism



As vaccination increased autism increased; as vaccination decreased autism decreased. It doesn't get much more obvious than that. Please see: [Japanese Autism Numbers](#)
[Rose & Fell With Vaccinations](#)

Sunlight is healing

Vitamin D has been studied for its ability to prevent cardiovascular disease, breast cancer and colon cancer – and new research shows it might fight pancreatic cancer, the 4th leading cause of cancer deaths in the US. Just a few minutes of natural sunlight helps your body synthesize vitamin D. Other sources of Vitamin D are eggs (buy organic from free range chickens), liver, fatty fish such as salmon, sardines and herring and raw milk. We don't recommend pasteurized, low fat or skim milk as good sources since artificially added Vitamin D is not used well by your body. The natural sources are the best.



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Figs are full of seeds and hang in two's when they grow. Figs increase the motility of male sperm and increase the number of sperm to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Olives promote the health and function of the ovaries.



Grapefruits, Oranges, and other citrus fruits look just like the mammary glands of the female and actually promote the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears, which wash the epithelial layers of the eyes.

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