

Healthy Living Chiropractic Newsletter

Forcey Chiropractic Center

706 Spruce Alley, Houtzdale, PA 16651

www.forceychiropractic.com

Phone: 378-8687

October 2004



Diseases are crises of purification, of toxic elimination. Symptoms are the natural defenses of the body. We call them diseases, but in fact they are the cure of diseases. – Hippocrates

TABLE OF CONTENTS

- Chiropractic, Symptoms and Health
- Does Fever Have A Value?
 - Robert Mendelsohn, MD: “Fever is a blessing.”
 - Philip Incao, MD: “Children who produce high fevers are healthier.”
- ‘Tis The Season To Get A Flu Shot?
 - 36,000 Dead From The Flu?
 - From the “Will History Repeat Itself?” Department
 - Children, Pregnant Women and the Flu Shot
 - Flu and Colds Protect Against Cancer?
 - Flu Shots and Alzheimer’s
- Chiropractic and Spinal Research
- Words of Wisdom
- Humor
- References

Chiropractic, Symptoms and Health



Chiropractic is a non-drug science, art (practice) and philosophy (vitalistic or holistic). It is based on a respect for our miraculous body that is far more complex and mysterious than anything any human could manufacture or fully understand.

Healers from all cultures speak of the “wisdom of the body;” chiropractors use the term “innate (inborn) intelligence” that coordinates billions upon billions of cells to work in an organized manner. We must respect that wisdom or intelligence and work with it, not against it.

This month’s newsletter deals with a topical issue that contrasts the vitalistic and medical approaches to health: flu and the flu vaccine.

Chiropractors are traditionally opposed to artificial manipulation of the body because by tampering with one system (for example, the immune system) we may affect all other body systems in ways we don’t fully understand.

Chiropractic care, by releasing the deep spine-nerve stress of the subluxation, permits the body to function better. That means greater resistance to disease, improved health and improved ability to externalize disease and expel toxins.



Symptoms, however disagreeable, serve a purpose and suppressing them with vaccines and drugs has long been known to generate chronic (long-lasting) illness.

When it comes to the flu, healthy people do not need a shot to protect them from “germs.” Germs (viri, bacteria etc.) need fertile ground to grow in and a healthy body can take care of such invaders. Remember even in the worst epidemics, the majority of people do not get sick! We should concentrate more on why people DON’T get sick and promote natural resistance to disease. Shots don’t make you healthy; in fact they often do the opposite.

A major difference between vitalistic healthcare and medical care is that vitalistic (holistic) doctors observe the long-term effects of their care while medical care is generally concerned with short-term benefits. See the following articles.

Does Fever Have a Value?

Robert S. Mendelsohn, MD: “Fever is a blessing...”



“If your child contracts an infection, the fever that accompanies it is a blessing, not a curse... fever tells you that the repair mechanisms of the body have gone into high gear. It is something to rejoice over, not to fear...”

“Nature requires time to heal. Unless faced with an emergency, use watchful waiting. Symptoms are evidence that healing is taking place. Suppressing symptoms interferes with natural healing processes and may promote chronic disease.”



“The human body has a remarkable capacity to heal itself – a capacity that in most cases surpasses anything that medical science can do – and it doesn’t produce unwanted side effects.

“Common sense is the most useful tool in dealing with illness. Your doctor is less likely to employ it than you are, and certainly no more able, because that’s not what they taught him in medical school.” (1)

Philip Incao, MD: “Children who produce higher fevers are healthier.”

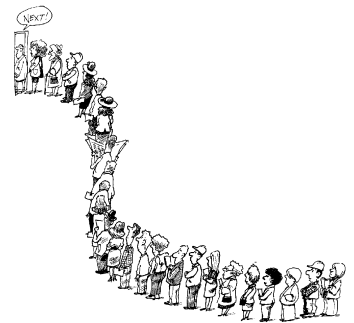
“Children who produce higher fevers, strong rashes and good discharges of mucus and pus, are healthier and more robust and have stronger immune systems than children who produce a low intensity of these symptoms. These robust children vigorously externalized and healed their infections spontaneously, often without antibiotics; they had had little or no antibiotics, antipyretics or vaccinations in their lives. The children who had had all their vaccinations, lots of antipyretics and antibiotics – a lot of suppressive, internalizing medical treatments, these children never got high fevers and were the ones who were more likely to have allergies and autoimmune problems.” (2)

“Tis The Season To Get a Flu Shot?”

How many flu viruses are there? Between October 1, 2003 and April 9, 2004, the CDC identified 863 DIFFERENT influenza viruses. Even if one assumes that the flu vaccines “work” for the three chosen strains, what about the other 860 influenza viruses in circulation? That’s protection?

36,000 Dead From the Flu?

From the long lines and news reports it seems like a health emergency. People are worried sick that they may be one of the 36,000 who die from the killer flu each year. 36,000? How did they get that number? In 2001, the government said 257 (mostly elderly with weak immune systems) died from the flu. In 2002, the number was 753. Did it really jump to 36,000 in 2003?



It didn’t; most of all the deaths included in the 36,000 were actually from pneumonia. What has jumped dramatically in the past couple of years are pharmaceutical company profits. When all is said and done, the flu is a rather insignificant cause of death and not worth getting hysterical about. Less than 1,000 people die from it annually and if you deduct people who are already ill or in nursing homes you’ll find that death from the flu is quite rare. In fact, only 20% of flu-like illness is really the flu; other bacteria and viri are involved in 80%. The government is involved in a fear campaign based on lies and statistical manipulation.

And, the CDC itself believes the flu vaccine is only 16%-63% effective against the flu (without confirming that it's actually the flu). (3)

What's In a Flu Shot?



The flu shot is filled with very toxic chemicals: ethylene glycol (antifreeze), triton X-100 (a detergent); polysorbate 80 (a potential carcinogen); gelatin; phenol/carbolic acid (disinfectant and dye), formaldehyde (cancer-causing agent), aluminum and mercury (associated with Alzheimer's disease, cancer, brain injury and autoimmune disease), plus other chemicals and animal products in addition to three strains of virus. Do you really want this injected into your blood with access to your internal organs?

Flu Shot Adverse Reactions

Since most doctors don't ask ill patients about their vaccine history, and often disregard vaccines given months prior as possible causes of disease, the actual amount of illness after flu (and other) vaccines is severely underreported. The following (partial) list of flu vaccine reactions has been reported in medical journals: neurological disorders including paralysis (Guillain-Barre Syndrome), meningitis, encephalitis, trigeminal neuralgia, multiple sclerosis, ataxia, headache, disorientation about places, unconsciousness, bronchitis, bronchopneumonia, impotence, vertigo, noises in the ears, collapse, fatigue and death. Is it any wonder that many people would rather risk the flu?

From the "Will History Repeat Itself?" Department

Flu Shots had little effect, report says. *USAToday* – Jan 16, 2004.

This season's flu vaccine did little or nothing to prevent such flu symptoms as fever, cough or sore throat says the first preliminary study of the vaccine's effectiveness.

Researchers at the Centers for Disease Control and Prevention say a survey of healthcare workers at The Children's Hospital of Denver revealed the flu vaccine had "no" or "low effectiveness" against flu-like illnesses, which can be caused by a host of viruses.

Children, Pregnant Women and the Flu Shot

A careful review of government statistics by F. Edward Yazbek, MD revealed that for most children the flu is just a nuisance. The children who supposedly "died of the flu" were actually suffering from various systemic conditions when they got the flu such as lupus, cerebral palsy, chromosomal abnormality, hypothyroidism, gastroesophageal reflux, biliary atresia, developmental delay, mental retardation,

a heart transplant, seizure disorders, systemic infection and others. Most, if not all, of these children were taking prescribed drugs, such as steroids, antibiotics and cancer chemotherapy that weaken the immune system. (4)

What if you are pregnant? The flu manufacturers report: "Animal reproduction studies have not been conducted with influenza virus vaccine. It is also not known whether influenza virus vaccine can cause fetal harm when administered to a pregnant woman..."

Do Colds and Flu Protect Against Cancer?

A fascinating study showed that people who had a history of flu actually developed less cancer. Why? According to the hygienic school of healing, flu symptoms such as fever cleanse the body, ridding it of toxins, burning off poisons and flushing away waste. As the authors wrote: "The association between... infectious diseases and cancer risk was investigated. [Those with] carcinomas of the stomach, colon, rectum, breast, and ovary...were interviewed. A history of common colds or gastro-enteric influenza prior to the interview was found to be associated with a decreased cancer risk." (5)



Do Flu Shots Cause Alzheimer's?

According to Dr. Hugh Fudenberg, the world's leading immunogeneticist, if an individual has had 5 consecutive flu shots, his/her chance of developing Alzheimer's Disease is 10 times greater than if they had one, two or no shots. When asked why, Dr. Fudenberg replied that the mercury and aluminum in flu vaccines (also in many childhood vaccines) build up in the brain causing damage. Is this why Alzheimer's is expected to quadruple? (6)

Chiropractic and Spinal Research

A dramatic case of chiropractic's effect on the immune system is that of a 26-month-old male child with a history of 19 ear infections (treated by antibiotics). The child was diagnosed with Kostmann syndrome, a near complete inability to manufacture neutrophils, a white blood cell necessary for immunity. He had a neutrophil count of less than 500.

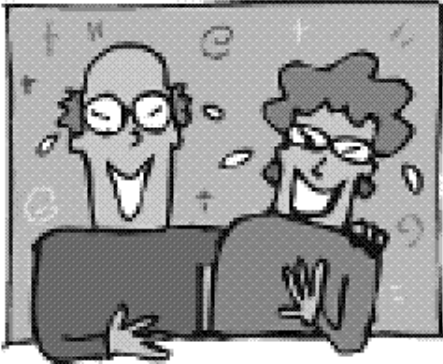
The child began spinal adjustments (4 the first six days, 2 in the next 5 days). Child was then seen 1-2 times per month. By the 3rd day there was a 50-60% reduction in neck lymphatic swelling and 20-30% reduction in auricular and clavicular lymph node swelling. By day 11 both ears were normal. The neutrophil count improved to 19,000 with no ear infections for 14 months after chiropractic. (7)

Words of Wisdom

To suppress acute diseases means to suppress Nature's purifying and healing efforts, and to change the acute constructive reactions into chronic disease conditions. – Henry Lindlahr, MD

Humor

Pears of wit and wisdom from the great Will Rogers!



- * Don't squat with your spurs on.
- * Good judgment comes from experience, and a lot of that comes from bad judgment.
- * Lettin' the cat outta the bag is a whole lot easier 'n puttin' it back in.
- * If you're ridin' ahead of the herd, take a look back every now and then to make sure it's still there.
- * If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.
- * After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came

along and shot him... The moral: When you're full of bull, keep your mouth shut.

- * Never kick a cow chip on a hot day.
- * There's two theories to arguin' with a woman. Neither one works.
- * If you find yourself in a hole, the first thing to do is stop diggin'.
- * Never slap a man who's chewin' tobacco.
- * When you give a lesson in meanness to a critter or a person, don't be surprised if they learn their lesson.
- * When you're throwin' your weight around, be ready to have it thrown around by somebody else.
- * The quickest way to double your money is to fold it over and put it back in your pocket.
- * Never miss a good chance to shut up.

See you next month – and come in to keep your spine healthy and your body functioning at its best with a chiropractic adjustment. if you haven't visited the office for a spinal checkup in a while, please come by – we miss you! You'll have a healthier and happier autumn and holiday season.

References

1. Mendelsohn RS. *How to Raise A Healthy Child...In Spite of Your Doctor*. New York: Ballantine Books. 1984.
2. Philip Incao, MD. at the National Vaccine Information Center (NVIC) conference, Alexandria, VA, April 2000.
3. Keller J. The Flu Scare Game by at <http://www.lewrockwell.com/keller/keller20.html>
4. http://www.redflagsweekly.com/conferences/vaccines/2004_jan12_2.html
5. Abel U, Becker N, Angerer R et al. Common infections in the history of cancer patients and controls. *J Cancer Res Clin Oncol*. 1991;117(4): 339-44.
6. Dr. Fudenberg's comments are from his speech at the NVIC International Vaccine Conference, Arlington, VA, September 1997. Alzheimer's to quadruple statement is from the John's Hopkins Newsletter of November 1998.

<http://www.nitrf.org/fudenberg.html> (Note: In the 2002 *Archives of Neurology*, D.A. Evans MD, reports that 4.6 million have Alzheimer's and that number is expected to be 16 million by 2050.!)
7. Fallon J. The role of chiropractic in the care of a 2-year-old with Kostmann Syndrome. *ICA Review*. Spring/Summer 2004;47.

Recommended Reading

White LB & Mayor S. Fever in children: a blessing in disguise. *Mothering Magazine*. July/August 1999, available at: http://www.mothering.com/articles/growing_child/child_health/fever.html