

Healthy Living Chiropractic Newsletter

FORCEY CHIROPRACTIC CENTER

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Dr. Jodi and Shirley would like to wish you a healthy and blessed Thanksgiving. And we would like to say THANK YOU for your confidence in us to give you the care you need.

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

TABLE OF CONTENTS

- What does chiropractic do for you?
- Q and A: Can I see a chiropractor if I'm seeing an MD?
- Words of wisdom
- Cancer and Alternative Care
- Chiropractic and spinal research
- Stop Worrying – Most People Are Immune to the Flu
- Measure Twice – Cut Once? Or Not At All?
- Humor
- References

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.



Chiropractic Questions and Answers



Question: Can I see an MD or another healer while I'm seeing a chiropractor? Can I see a chiropractor if I'm under medical care?

Answer: Keeping your spine healthy is a pre-requisite for health no matter what other healthcare you are using. There is no conflict. Chiropractic is always a good thing to do. Think of chiropractic as you would good nutrition – a necessary part of taking care of oneself but especially needed if you have symptoms or are ill.

Words of Wisdom

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



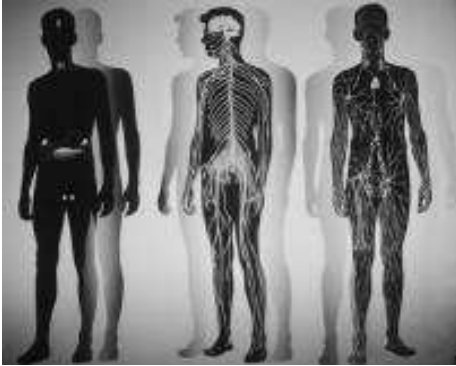
Cancer, alternatives and no care

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)

Chiropractic and Spinal Research



Chiropractic is not for diseases but for people. By that we mean that no matter what disease or symptoms your body may be expressing, you always need to have a healthy spine. In fact, everyone with *any* health problem needs a spine free from subluxations. It might make all the difference. Feel free to forward these studies to others.

Ear infections and chiropractic. 20%-30% of children suffer from middle ear infections

(acute otitis media). In many cases antibiotic therapy leads to repeated episodes of the condition. In this study 21 children (9 months to 9 years) with acute otitis media were placed under chiropractic care. After adjustments the red and bulging eardrums returned to normal in 95% (with a drop in temperature). (3)

Chiropractic and Infertility, Migraines. A 28-year-old woman visited a chiropractor because of severe migraine headaches since she was a teenager, irregular menstrual cycles and inability to conceive. After two months care she reported no headaches during the preceding month. A regular menstrual cycle began 7 weeks into care and within 6 months she became pregnant. (4)

Reduction of a confirmed C5-C6 disc herniation. A 39-year-old male cable technician complained of right neck and arm pain. He had a football injury 20 years prior with similar pain at that time. He now had an aching, deep pain running from the base of his neck to the right elbow and sharply down his arm. Magnetic resonance imaging (MRI), thermography and muscle testing apparatus revealed a C5-C6 (neck) disc herniation. Under chiropractic care he became symptom free; a later MRI revealed a reduction in the herniation. (5)

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. (6)

Measure Twice, Cut Once – or Not at All?



650,000 hysterectomies are performed each year in the U.S. According to researchers most should never be done. Gynecologist Michael Broder, M.D., reviewed 500 operations and found that 70% of the surgeries had been done without first conducting adequate diagnostic tests to ensure the surgery was appropriate in the first place! About 14% of the women shouldn't have gotten a hysterectomy under any circumstances and 21% of the 340 patients with fibroids had surgery without first trying

chiropractic, acupuncture, nutrition, herbs or drugs that might have corrected their problems. (7)

Humor

So you think you know everything? Did you know...?



- A cat has 32 muscles in each ear.
- A dragonfly has a life span of 24 hours.
- A goldfish has a memory span of three seconds.
- A "jiffy" is an actual unit of time for 1/100th of a second.
- A shark is the only fish that can blink with both eyes.
- A snail can sleep for three years.
- Al Capone's business card said he was a used furniture dealer.
- Almonds are a member of the peach family.
- An ostrich's eye is bigger than its brain.
- Babies are born without kneecaps. They don't appear until the child reaches 2 - 6 years of age.
- Butterflies taste with their feet.
- Cats have over one hundred vocal sounds. Dogs only have about 10.
- "Dreamt" is the only English word that ends in the letters "mt".
- February 1865 is the only month in recorded history, not to have a full moon.
- In the last 4,000 years, no new animals have been domesticated.
- If the population of China walked past you, in single file, the line would never end because of the rate of reproduction.
- It's impossible to sneeze with your eyes open.
- Leonardo DaVinci invented the scissors.

- Maine is the only state whose name is just one syllable.
- No word in the English language rhymes with month, orange, silver, or purple.
- On a Canadian two dollar bill, the flag flying over the Parliament building is an American flag.
- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- Peanuts are one of the ingredients of dynamite.
- Rubber bands last longer when refrigerated.
- "Stewardesses" is the longest word, typed with only the left hand and "lollipop" with your right.
- The average person's left hand does 56% of the typing.
- The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.
- The microwave was invented after a researcher walked by a radar tube & a chocolate bar melted in his pocket.
- The sentence, "The quick brown fox jumps over the lazy white dog" uses every letter of the alphabet.
- The winter of 1932 was so cold, that Niagara Falls froze completely solid.
- The words 'racecar,' 'kayak' & 'level' are the same left to right or right to left (palindromes).
- There are more chickens than people in the world.
- Only 4 words in the English language end in "dous": tremendous, horrendous, stupendous, & hazardous.
- There are 2 words in the English language that have all five vowels in order: "abstemious" & "facetious."
- There's no Betty Rubble in Flintstones Chewables Vitamins.
- Tigers have striped skin, not just striped fur.
- TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.
- Winston Churchill was born in a ladies' room during a dance.
- Women blink nearly twice as much as men.
- Your stomach has to produce a new layer of mucus every two weeks; otherwise it will digest itself.



Now you know everything!

See you next month!

Want copies of this newsletter for your friends? You may print this and give it to them.

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