

# Doc's Thots

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**Are you searching for greater health and wholeness for yourself and your family?**



**Would you like to do more than treat symptoms?**

**Are you interested in making disease prevention and health enhancement part of your lifestyle?**

**Are you looking for a drug-free alternative?**



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

*The heart that loves is always young.* – Greek Proverb

*Nature's mighty law is change.* – Robert Burns

*There is but one temple in the world, and that is the body of man. Nothing is holier than this high form. We touch heaven when we lay our hand on a human being.* – Novalis (Baron Friedrich von Hardenberg)

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## What can chiropractic do for you?

Chiropractic care re-establishes harmony and balance between your brain, spinal cord, nerves and body structure. This improves the health of your bones, nerves, muscles, glands, brain, organs and tissues, releasing energy for healing.

Chiropractic increases resistance to disease and helps your body cleanse and detoxify.

It may make the difference between a life of suffering and illness and a life of ease and health.



## Menstrual problems, hysterectomy and chiropractic

Chiropractic can help the entire urogenital system, which includes the ovaries, oviducts (tubes), uterus, cervix, vagina and related structures.



### Menstrual and premenstrual problems

Many women spend a portion of every month suffering from menstrual and premenstrual pain and discomfort. Many studies confirm that chiropractic's drug-free approach should be considered by any person dealing with menstrual discomfort. Chiropractic is a safe and effective non-pharmacological alternative for women with menstrual, bowel, bladder or other pelvic problems.

### Hysterectomy

Hysterectomy – the amputation of the uterus (which sometimes includes the fallopian tubes and ovaries) – is, in the overwhelming majority of cases, an unnecessary operation. Over 650,000 women receive hysterectomies each year in the U.S. Many of these operations are completely unnecessary. Many of these women experience depression, loss of stamina, loss of sex drive and decreased sexual response, urinary incontinence, bowel problems, icy feet and toes, diminished sensation from the waist down, bone and joint pain, memory loss and other problems. Few doctors warn their patients about these too-common after-effects. Before any woman submits to this potentially damaging operation, she should explore nonsurgical alternatives.

Chiropractic care is also necessary for any woman who has had a hysterectomy to ensure that her remaining internal organs function without nerve interference to better compensate for the organs that were removed.



## Menopause

Menopause is a normal physiological state. Some doctors consider it a disease and subject women to drug therapies – such as dangerous hormone replacement therapy (HRT) – that increase the risk of breast cancer and heart problems. It is thus far better to first explore safer, more natural healing approaches when dealing with the symptoms of menopause.



Many women who initially visit a chiropractor for back and neck pain are pleased to discover relief from menstrual and other gynecological problems. The attitude "If I don't have a backache, I don't need a chiropractor" is a serious misconception that keeps many people from getting the chiropractic help they need.

A healthy spinal column is essential for the health of the female reproductive system. Women with gynecological problems should have a spinal checkup by a doctor of chiropractic.

## Are you fit?



Before you answer that question, first think a minute on what exactly fitness means. It may surprise you to learn that fitness is not about bulging muscles or the endurance to climb a mountain. Fitness is about being healthy: looking healthy, feeling good about yourself, sharing life's joys with those you love, friendship and having the energy to enjoy life. The reward will be longevity

so you can keep doing the things you love. Never ignore exercise and proper eating – when was the last time you made your heart beat strongly and got out of breath? When was the last time you felt inspired? Use your body, mind and heart to their fullest. Stretch yourself to your limits. Face fear, face flab and overcome. Staying active, physically and mentally, keeps you young and healthy no matter what your age. It isn't easy to overcome years of inactivity and poor eating habits. But the alternative is poor health, emotional dullness, unhappiness and a shortened life span. The choice is yours – you must choose. Remember, not choosing is a choice.

## Cervical cancer shots painful (as well as dangerous and useless)

So far at least 11 girls and young women have died after receiving the Gardasil™ "cervical cancer vaccine." This useless, dangerous vaccine is also gaining a reputation as the most painful of childhood shots, health experts say. Officials at Merck attribute it partly to the virus-like



particles in the shot. Pre-marketing studies showed more reports of pain from Gardasil than from dummy shots, and patients reported more pain when given shots with more of the particles.

[http://news.yahoo.com/s/ap/20080104/ap\\_on\\_he\\_me/painful\\_shot](http://news.yahoo.com/s/ap/20080104/ap_on_he_me/painful_shot)

## Chiropractic questions and answers



### **Can I tell if I have a subluxation without consulting a chiropractor?**

Not always. A subluxation or nerve pressure is like a dental cavity – you may have it for a long time before symptoms appear. That's why periodic checkups are so important. One common symptom of nerve stress is fatigue. Unbalanced body structure causes you to lose energy – you may feel like you don't get enough sleep or you wake up tired. Although it may be possible to know you have spinal nerve stress, it is rarely possible to be sure you don't. An occasional spinal checkup is always a good idea.

### **At what age should chiropractic begin?**

Apart from pregnancy (which is an especially important time for chiropractic care for mothers-to-be) newborns may need care after a difficult or traumatic birth. There are case histories of seriously ill infants adjusted in hospitals with miraculous recoveries. When should one begin chiropractic care? Right now! Chiropractic has saved many, from infants to the elderly, from a life of drugs and surgery.



### **Is chiropractic care addictive?**

If only it were (just a little!), there would be a lot fewer sick people around, and chiropractors wouldn't get patients who last saw a chiropractor "a few years ago when my back went out." It is possible to get used to feeling more balanced, less stressed and more energetic as a result of periodic chiropractic care. You may become more sensitive and know when you've "lost" your adjustment.

### **Can I go for care only once?**

Of course – we'd love to see you and many miracles have been reported from a single chiropractic adjustment. Once is better than never. You can go to a dentist only once as well. But chiropractic can help in so many ways. Why not ask us about your specific needs?

## Robitussin™, Vicks 44™, Benadryl™ no better than placebo



Another reason to avoid drugging yourself and your children: For the treatment of night-time cough and

insomnia associated with upper respiratory infections a study revealed: “neither Benadryl nor dextromethorphan [Robitussin, Vicks 44] produced a superior benefit” than placebo. In fact insomnia was reported *more* frequently in those who were given dextromethorphan [Robitussin, Vicks 44], and drowsiness was reported more commonly in those who were given diphenhydramine [Benadryl]. None were found to be superior to placebo. (1)

## Words of Wisdom

*Of all our possessions wisdom alone is immortal.* – Socrates (436-338 BCE)

*All spirituality begins and ends with the self.* – Deng Ming-Dao

*A doctor can bury his mistakes but an architect can only advise his clients to plant vines.* – Frank Lloyd Wright

*A hero is someone who can keep his mouth shut when he is right.* – Yiddish proverb

## Chiropractic and Spinal Research



**Spinal bifida.** A 31-year-old female with spina bifida had multiple symptoms such as muscle spasms, poor bladder control, recurrent bladder infection, swollen cervical lymph nodes, and possible immunosuppression.

After 5 years of chiropractic care, her bladder has been infection free for more than a year; bladder control has improved and leg spasms have decreased in frequency and severity. Menstrual cramping is reduced. (2)

**Frozen shoulder.** A 43-year-old woman suffered from neck pain radiating into the left shoulder, and pain and muscle weakness of the left arm. The problem began 20 years ago with the birth of her first child. She also suffered

from headaches for the past 8-10 years. Immediately after the first adjustment her left hand doubled in grip strength. After one month of care she was “much better” with full range of motion of the left shoulder regained. Within 6 weeks the shoulder and arm pain had completely resolved with a 400% increase in left hand grip strength and a 100% increase in right hand grip strength. A one-year follow-up showed continued resolution. (3)

## Nutrition

### Organic is healthier

A new study in *The Journal of Agriculture and Food Chemistry* found that organic tomatoes are twice as



high in flavonoids as conventional tomatoes. Flavonoids protect against heart disease and other chronic ailments. Researchers analyzed and compared organic to conventional tomatoes over a ten-year period. The organic tomatoes not only scored better, but their flavonoid levels actually increased over time. Prior similar studies have found organic foods to have higher levels of a variety of vitamins and minerals. Scientists attribute the higher quality of organic foods to the healthier soil on organic farms. (4)

[http://www.organicconsumers.org/articles/article\\_6181.cfm](http://www.organicconsumers.org/articles/article_6181.cfm)

### **High cholesterol protects from cancer**

The medical obsession with lowering cholesterol is causing more harm than good. In *The Journal of the American College of Cardiology* researchers revealed that low cholesterol levels actually increase the risk of cancer, especially among those taking “statin” drugs like Lipitor™ and Zocor™. (5)

### **For good nutrition do this...**

Consume healthy fats from free-range or grass-fed animals (eggs, meat, milk, butter, cheese, yogurt), nuts, and olive and coconut oils. These are some of the healthiest foods you can eat. (As with all foods, look for organic or minimally processed options whenever possible.) Also, avoid processed or fast foods and canola oil, margarine, vegetable oil, soy oil, soy “milk,” low fat or skim milk – these man-made substances were never meant for consumption – your body doesn’t know what to do with them. They wind up clogging your arteries and putting you on the fast track to heart disease and cancer. (6)

### **Humor**

A distraught senior citizen phoned her doctor's office.

"Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied,

"I'm wondering, then, just how serious my condition is because this prescription is marked 'NO REFILLS'."

How Congress “Works”

<http://www.funnyordie.com/videos/26b0d09397>

### **English Signs Abroad**

Here are some signs and notices written in English that were discovered throughout the world. You have to give the writers an 'E' for Effort.

In a Swiss mountain inn: **Special today - no ice cream.**

In a Tokyo hotel: **Is forbidden to steal hotel towels please. If you are not a person**

to do such thing is please not to read notice.

In a Bucharest hotel lobby: The lift is being fixed for the next day. During that time we regret that you will be unbearable.

In a Leipzig elevator: Do not enter the lift backwards, and only when lit up.

In a Belgrade hotel elevator: To move the cabin, push button for wishing floor. If the cabin should enter more persons, each one should press a number of wishing floor.

In a Paris hotel elevator: Please leave your values at the front desk.

In a hotel in Athens: Visitors are expected to complain at the office between the hours of 9 and 11 A.M. daily.

In a Yugoslavian hotel: The flattening of underwear with pleasure is the job of the chambermaid.

In a Japanese hotel: You are invited to take advantage of the chambermaid.

In the lobby of a Moscow hotel across from a Russian Orthodox monastery: You are welcome to visit the cemetery where famous Russian and Soviet composers, artists, and writers are buried daily except Thursday.

In an Austrian hotel catering to skiers: Not to perambulate the corridors in the hours of repose in the boots of ascension.

On the menu of a Swiss restaurant: Our wines leave you nothing to hope for.



The family that gets adjusted together gets healthy together!

Don't forget to ask about our group adjustment special!

**Bye. See you next month. Don't forget to stop by for a checkup and adjustment.**

Want hard copies of this newsletter? Stop by the office and we'll give you some for your friends and relatives. If they have email, have them write to us and we'll add them to our mailing list.

### References

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