

Healthy Living Chiropractic Newsletter

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It does not take a majority to prevail ... but rather an irate, tireless minority, keen on setting brushfires of freedom in the minds of men. – Samuel Adams

Any man who does not believe in miracles is not a realist. – David Ben Gurion

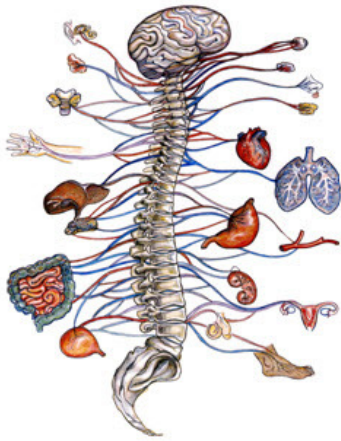


What has made chiropractic the second most popular healthcare system in the world? Why do tens of millions of people – and the numbers are growing – visit their neighborhood Doctor of Chiropractic?

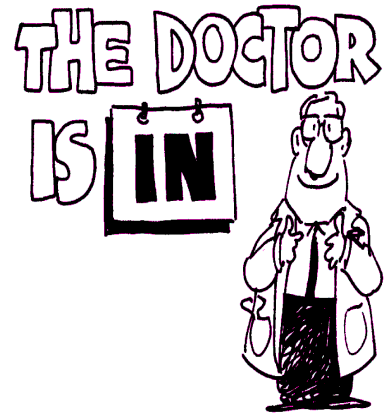
It's because Doctors of Chiropractic can locate and correct subluxations, small distortions in your spine and body structure that can cause tremendous health damage if not corrected.

Tired of being sick and tired? Welcome to the world of chiropractic ~ discovers how natural health can be.

This issue's table of contents



- Summer is over
- Professional football and chiropractic
- Is chiropractic only for athletes?
- Chiropractic history
- Gardasil™ vaccine may increase the risk of cervical cancer
- Yet another study finds flu shots worthless
- Researching chiropractic
- More reasons for breastfeeding
- Cell phones and tumors
- It's better to eat grass – if you're a cow
- Words of wisdom
- Humor
- References



Summer is over

We're sorry but we had nothing to do with it. Blame the earth traveling around the sun with that axis tilt of 23 degrees or so. Surely you remember that from the science classes.

If you managed to stay awake in science class you know that it's technically not the end of summer – yet. We have until September 21st before we are officially into Fall or Autumn. But work and school for most of us begins in earnest after Labor Day.

How to deal with the stress of seasons changing, sunlight fading and having to put up with Thanksgiving ads starting way too early? And what about those school backpacks? Simple, do what we do – get a chiropractic checkup and adjustment. It's good for you.

You'll feel better and it'll get your body back in order after the summer of wild mountain climbing and crabgrass wrestling. Also, you need it.



Don't wait until symptoms appear – by the time you have pain or other symptoms you might have had subluxations for weeks, months or even years. Get your chiropractic checkup now! Your body will thank you for it.

Professional football and chiropractic



Chiropractic has been “discovered” by professional athletes, Olympians, weekend warriors and everyone in between. Since its football season we thought you might find this interesting: According to the Professional Football Chiropractic Society (PFCS),

All 32 teams in the National Football League provide their players with chiropractic care so they can perform at their best and also to manage and prevent injuries and to speed recovery.

Super Bowl Champion New Orleans Saints wide receiver Marques Colston relied on Rob Lizana, DC for chiropractic care. Colston says:

"I always see Dr. Rob for chiropractic care on game day to get my body balanced, flexible and ready for action. I see him several times a week for rehab and to recover faster from the last game."

The Saints' Reggie Bush has been receiving regular chiropractic care since high school.

"I look at chiropractic care as important to keeping me healthy and at the top of my game."

Saints wide receiver Lance Moore also praises chiropractic:

"Not only did my chiropractor get me back on the field, but he helped me to stay on the field. My body just feels much better overall because of the care I've gotten."

2010 NFL Hall Of Fame inductee Jerry Rice adds:

"I did a lot of things to stay in the game, but regular visits to my chiropractor made all the difference." (1)

Is chiropractic only for athletes?

Chiropractic care isn't only for athletic champions and it's not only for football. No matter what sport or athletic endeavor you participate in (even if it's just pencil pushing) you need chiropractic care to release emotional as well as physical stress from your body. A lot of small stresses (micro-trauma) can disable you as much as one big stress such as a car accident or getting tackled by a 300-pound lineman (macro-trauma).



If day-to-day stresses are not released your body may develop small structural distortions that interfere with the function of your nervous system and overall health. These small distortions are known as subluxations (or the subluxation complex).

Subluxations are often (but not always) painless, but they can undermine your health just as termites undermine your house. By the time the floor collapses, it's a little late to call the exterminator.



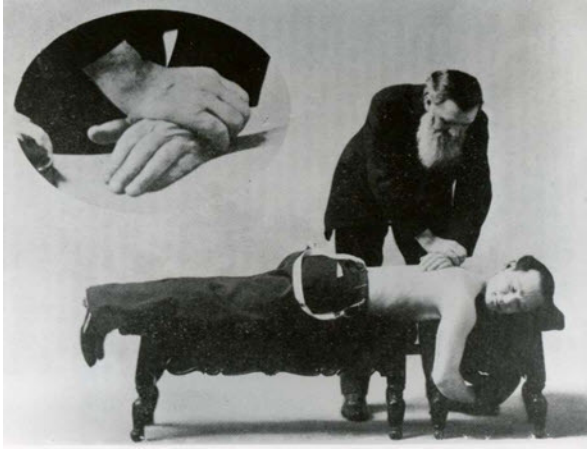
In the same way people may live for years with health-destroying subluxations in their body, all the while thinking they are "OK." Doctors of Chiropractic are specially trained to locate and correct (release) these subluxations.

It's best to get your body checked early, before problems cause pain and other symptoms. Remember, chiropractic is not only for big powerful athletes, it's also for little kids too (and infants as well).

Chiropractic History

Where did chiropractic come from?

Actually the principles of chiropractic are ancient and spinal care can be found in nearly every culture across the globe. Why? Because it works so well. But in many places, as drugs and allopathic medicine politically came to dominate the healing arts, what would eventually be called chiropractic was lost and forgotten.



It was not until 1895 that Dr. D.D. Palmer – the discoverer of chiropractic and the first chiropractor – accidentally gave what was later called a “spinal adjustment” and corrected a man’s 17 years of deafness.

In this photo Dr. Palmer is demonstrating a chiropractic adjustment on one of his first students.

Since those early days chiropractic has grown and grown. It has become the second largest healthcare system in the

United States and has spread throughout the world!

From one man making a healing discovery in a room in Davenport, Iowa over a century ago, there are now nearly 100,000 chiropractors throughout the world. And more importantly, there are millions of men, women and children who owe their health and in many cases their lives to this remarkable drug-free, non-surgical natural healthcare system.

Don’t keep your chiropractor a secret from your friends and family. Too many people think drugs and surgery are the only healthcare options.

People are not sick because they have too many organs or not enough drugs. Chiropractic’s purpose is to remove interference and stress on your nervous and structural systems so you may function closer to your potential.

Where did your chiropractor come from?

I studied intensively with some wonderful teachers and have had some amazing experiences as a chiropractor. I’m more than the diplomas on my wall and I’ve got a unique story. Just ask me.



Gardasil™ vaccine may increase the risk of cervical cancer

Would you consent to giving your child a vaccine that caused an increased risk of cancer? That may be exactly what you are doing when you consent to Gardasil.

According to information Merck gave the FDA prior to approval, if a person has already been exposed to HPV 16 or 18 prior to injection, Gardasil increases the risk of precancerous lesions, or worse, by 44.6%. The bizarre thing is people

aren't screened in advance and are not told of the danger they may be in if they are injected. Further, other HPV strains may be involved as well based on recent research.

See the entire article at: <http://healthfreedom.org/2010/07/08/warning-gardasil-may-cause-increased-risk-of-cervical-cancer/>

Yet another study finds flu shots worthless



Since it's flu shot season we thought we'd share some more information on this worthless, dangerous vaccine.

Another study reports that the flu vaccine does not help those in high-risk groups – the ones we are told benefit the most from the flu shot.

Researchers found that the flu vaccine does not reduce risk of severe complications from the flu, in-hospital death or influenza or pneumonia admissions in elderly people.

Researchers also revealed that almost all flu vaccine research trials (48 out of 49) did not compare the incidence of flu in the vaccinated versus the non-vaccinated.

Rather, subjects who received flu shots in influenza vaccine trials were only tested to see if they had flu antigens. If they had a certain number, the vaccine maker claimed that the flu vaccine “worked” to prevent flu. That is a meaningless method of determining effectiveness since there is often no correlation between getting ill (clinical illness) and antibody levels.

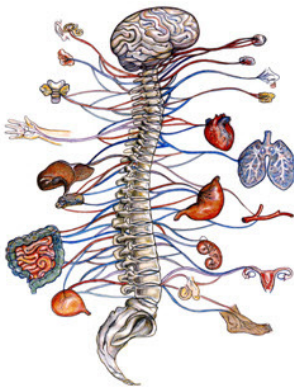
In other words, people with high antibody levels can become ill while people with low antibody levels may not. Resistance to disease is much more complicated than mere antibody levels.

Simply stated, the flu shot is not proven to work at preventing the flu. (2)

Researching Chiropractic

Chiropractors are often sought out if a person has back, neck, sciatica, arm, leg, headache and other kinds of pain. But don't limit chiropractic!

Pregnant women especially need chiropractic care.



Breech baby. A 37-year-old woman 35 weeks pregnant with her third child presented in the office after discovering through ultrasound that the baby was in breech position. The patient stated she was looking for an alternative to having a cesarean section. After five adjustments,

the fetus turned from a frank breech position to a vertex, head-down position. Pre- and post ultrasounds confirmed the transition of the fetus from a breech to a vertex position. (3)



Brain compression. An eleven-year-old girl had a one-month history of dizziness, fuzzy vision and ataxia (inability to walk without assistance).

An MRI revealed a brain problem in which parts of her brain (cerebellar tonsils) extended into the opening at the bottom of her skull causing compression of the pituitary gland. She was no longer able to attend school or function normally. Chiropractic examination and analysis indicated the presence of vertebral subluxation at the atlas and occiput (top of the neck and base of the skull).

Chiropractic adjustments were performed, primarily in the upper neck area to correct her atlas subluxation. The girl responded well to care with complete resolution of her symptoms. (4)

More reasons for breastfeeding



A study published in the journal *Obstetrics and Gynecology* in 2009 found that women who breastfed for a full 7 to 12 months, compared to women who never breastfed, were significantly less likely to develop diabetes or cardiovascular disease in their post-menopausal years.

“Among postmenopausal women, increased duration of lactation was associated with a lower prevalence of hypertension, diabetes, hyperlipidemia, and cardiovascular disease.”

Other studies have found that breastfeeding is protective against breast-, ovarian- and endometrial cancer and rheumatoid arthritis. (5)

Cell phones and tumors

Researchers in Israel found last year that people who used cell phones heavily experienced a 58% increase in “parotid tumors” – a cancer of the saliva gland near the ear. (6) Another study last year out of Sweden concluded that cell phone users are ten times more likely to develop benign cancers of the ear and brain. (7) Cell phones are particularly dangerous for children because their heads are smaller. The radiation from the phone can cover their entire skull (and brain).

Our advice? Use a headset that keeps your cell phone away from your body.

It’s better to eat grass – if you’re a cow

Cows on a diet of fresh grass produce milk with five times as much conjugated linoleic acid (CLA), an unsaturated fat, than do cows fed processed grains. CLA can protect the heart and help in weight loss. Hannia Campos of the Harvard School of Public Health in Boston and her colleagues found, in a study of 4,000 people, that people with the highest concentrations of CLA – the top fifth among all participants – had a 36% lower risk of heart attack compared to those with the lowest concentrations. (8)



Words of Wisdom



Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.

A clear conscience is usually the sign of a bad memory.

You do not need a parachute to skydive. You only need a parachute to skydive twice.

Always borrow money from a pessimist. He won't expect it back.

A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.

Hospitality: making your guests feel like they're at home, even if you wish they were.



Humor

See this Colbert Report: Cheating Death - Alzheimer's, Jet Lag & Female Libido

(Brought to you by Prescott Pharmaceuticals. Prescott - now with more side effects! Collect 'em all!)

<http://www.colbertnation.com/the-colbert-report-videos/261499/january-12-2010/cheating-death---alzheimer-s--jet-lag---female-libido>

Everything I need to know about life, I learned from Noah's Ark:

One: Don't miss the boat.

Two: Remember that we are all in the same boat.

Three: Plan ahead. It wasn't raining when Noah built the ark.

Four: Stay fit. When you're 600 years old, someone may ask you to do something really big.

Five: Don't listen to critics; just get on with the job that needs to be done.

Six: Build your future on high ground.

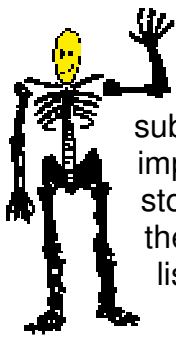
Seven: For safety's sake, travel in pairs.

Eight: Speed isn't always an advantage. The snails were on board with the cheetahs.

Nine: When you're stressed, float a while.

Ten: Remember, the ark was built by amateurs; the Titanic by professionals.

Save money, ask about our “One adjustment for the entire family” plan.



Bye!!!

Please write or stop by and give us your feedback. Are there any subjects you'd like to hear about? Anything you dislike? Feedback is always important to us. And, of course, if you'd like 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 subscriber list.

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