

# Healthy Living Chiropractic Newsletter

## Ray of Light Chiropractic, PC

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*Where liberty is, there is my country.* – Benjamin Franklin

*The world is a dangerous place. Not because of the people who are evil; but because of the people who don't do anything about it.* – Albert Einstein

**Enjoy the benefits of Chiropractic, the largest natural, drug-free, healthcare system in the world. Families are discovering that chiropractic promotes health and healing without dangerous drugs. More and more people are turning away from symptom treatment and choosing natural ways of expressing health.**

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

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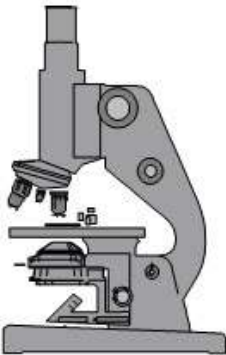
## Hang in there



You've made it this far, winter is 2/3rds gone and that means spring is right around the corner (sort of). And since February is the shortest month, March is coming in sooner than you think – in like a lion, out like a lamb. In the meantime here's a snowball for you with a special message on it ("duck").

Now that the flu and swine flu fiasco is behind us (please avoid flu shots like the plague) and more articles are discussing the damage those shots caused, let's remember where true healing comes from.

## Chiropractic and the common cold



"But chiropractic is just for backs!", you may think. Not so. In fact, many people seeing chiropractors for back and neck problems find a general improvement in their health that includes fewer and less severe colds, flu and other respiratory problems.

### What Causes the Common Cold?

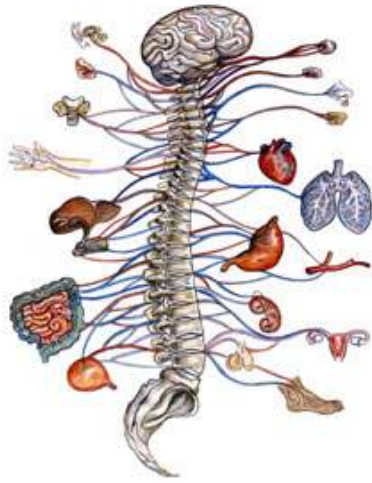
Breathing cold viruses does not in itself cause a cold. "Experimenters have incubated cold viruses, placed them directly on the mucous lining of the nose, and found that their subjects came down with colds only 12 percent of the time." (1) For germs to grow in you, you must first be fertile soil.

### The Chiropractic Approach

Chiropractic doesn't treat the common cold. It does, however, help awaken your inner healer – the only "cure." Natural resistance is the only reason why your cold "goes away" rather than lasting for weeks, months or your entire lifetime!

Chiropractic care can help raise your natural resistance to disease by removing a serious interference to your proper body function: subluxations.

## What are subluxations?



Subluxations are distortions in your body that interfere with your proper body function. Chiropractors perform special examinations to detect and locate subluxations in your body, and correct them by giving chiropractic adjustments. This helps restore optimal body functioning for higher resistance to disease, which, we cannot overstate, is the best defense against the common cold.

### Case studies

There are numerous case histories of chronic cold and flu sufferers having fewer or no colds after chiropractic care. (2-4) In another study 92% of patients with chronic obstructive pulmonary disease had improvement of their respiratory symptoms after spinal care. (5)

### Benefits of colds and flu?

Hippocrates, the “father” of medicine wrote: "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." For example, an elevated temperature is one of our body's defense mechanisms, helping us destroy infection. Lowering a fever with analgesics reduces this defense against disease.

### The flu vaccine and Alzheimer's

According to Hugh Fudenberg, MD, if an individual has had five consecutive flu shots his/her chances of getting Alzheimer's disease is ten times higher than if they had one, two or no shots. (6) Dr. Fudenberg explained that the aluminum and mercury in the flu shot (also in many childhood shots) build up in the brain causing damage. Is this why Alzheimer's is expected to quadruple? (7) Note: Ethylene glycol, phenol, formaldehyde and other chemicals are also in the flu shot.

### In conclusion

It is essential, if you are suffering from the flu, colds or respiratory problems, that your body structure be healthy; it could make the difference between a quick recovery and a lingering illness—even between life and death.

### Interview with Dr. Andrew Wakefield

Dr. Wakefield is a British gastroenterologist who is in the center of the storm regarding the MMR (measles, mumps, rubella) vaccine and autism.

The quality of his research has never been questioned so he is being attacked on a personal level. Do you wonder why so few MDs are able to speak about

vaccination without fear? You'll learn about it in this short but powerful interview. Please watch it; it is excellent and needs to be sent throughout the world. CBS News's Sharyl Attkisson Interviews Dr. Andrew Wakefield:

<http://www.ageofautism.com/2009/10/cbs-newss-sharyl-attkisson-interviews-dr-andrew-wakefield.html>



## An easy way to lose weight and get healthier

The healthiest people in the world eat low-carb, high protein, high fat diets. Protein gives you the feeling that you're full, more so than carbs or fat. Why? Because protein boosts your sensitivity to a hormone called leptin. This hormone tells your brain that you're full. Overeating stops.

### What's best to eat?

Many traditional societies value meat, eggs (preferably grass-fed beef and eggs from free-range chickens fed a natural diet – bugs, grass, etc.) and full-fat dairy products from cows, goats and sheep that eat a natural (grass) diet: butter, cream, and non-pasteurized milk products.

To reduce your appetite and lose weight, eat less carbs and more protein. It's that easy. It's the way people have traditionally eaten for hundreds, for thousands of generations.

Remember, some foods were never eaten before because they are laboratory produced. Especially avoid Frankenstein foods such as high-fructose corn syrup, margarine, canola oil, trans fats, tofu, soy oil, corn oil and vegetable oil. Eating protein is one of the easiest, most reliable ways of triggering high-speed fat loss. You'll also be healthier and have more energy!

## Cholesterol – for good health

A fascinating web site that shows you the science behind a healthy diet, and why the present low-cholesterol fad is so dangerous to your health is at [www.cholesterol-and-health.com](http://www.cholesterol-and-health.com). Read it and have a healthier life. PS. Over half the people who die of sudden heart attack have normal or low cholesterol levels.

## The faked swine flu epidemic

Look at these recent headlines:

- Big pharma probed for 'false' swine flu pandemic
- Council of Europe accuses several major drug companies of 'false pandemic' to sell vaccine
- WHO scientist says swine flu was completely exaggerated



- Drug companies manipulated the World Health Organization
- Swine flu didn't fly
- Swine flu: it's a goldmine for drug companies
- Sanofi's profit rises on swine flu vaccine sales
- Just get your damn vaccine!
- Still haven't got your swine flu shot? There's plenty left

“More than half of the experts advising the World Health Organization (WHO) to declare swine flu a ‘pandemic’ are linked to drug-makers that have reaped huge profits from untested vaccines and flu drugs. Eleven of the 20 members of the WHO Strategic Advisory Group of Experts (SAGE) have profited from work done for the pharmaceutical industry or are linked to it through their universities.”

Read the rest at:

<http://www.theoneclickgroup.co.uk/news.php?start=3220&end=3240&view=yes&id=4263#newspost>

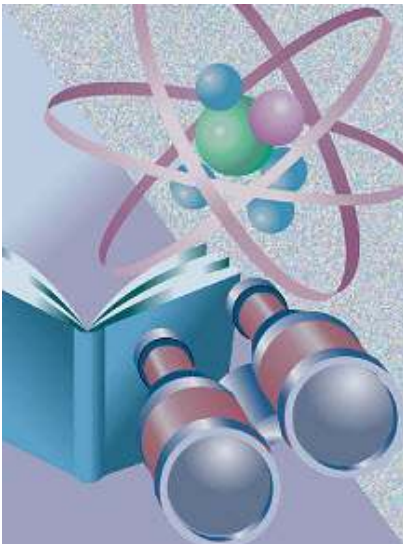
## Flu vaccination doesn't help the elderly

During the last two decades flu vaccination among the elderly has increased from 15% to 65% but there hasn't been a corresponding decrease in hospital admissions or mortality. Chief researcher Sumit Majumdar, MD revealed poor design in earlier studies that touted the vaccine's effectiveness. Apparently prior studies selected healthier people who got the shot, therefore it seemed more effective than it was. This is known as selection bias and is a sneaky way of altering research.

Want to avoid the flu? Avoid sugar, high fructose corn syrup and artificial sweeteners. Take Vitamin D and fish oils; avoid canola, margarine, corn and other rancid oils; and eat organic foods. Having a low level of Vitamin D increases the risk of heart attack just as much as high blood pressure or smoking.

## Chiropractic Research

**Possible long-term chiropractic benefits for infants suffering from colic.** This study investigated toddlers who were helped for colic with chiropractic care compared to children who had not had chiropractic care. Since behavior and sleep disturbances (tantrums and frequent nocturnal waking) are often found in children who were colicky as babies this study looked at those conditions to see if chiropractic care had any long-term benefits.



In the study 117 formerly colicky toddlers who received chiropractic care were compared to 111 formerly colicky toddlers who did not receive chiropractic care.

Researchers found that the colicky toddlers who received chiropractic care were half as likely to experience temper tantrums and frequent nocturnal waking than those who did not receive chiropractic care as colicky infants. (8)

**Chiropractic and breastfeeding.** Chiropractic care was administered to 114 infants diagnosed with breastfeeding problems. The most common age was one week.

The most common physical findings were neck subluxations (89%), and TMJ or temporomandibular (jaw) joint subluxations (36%). Under chiropractic care all the children showed improvement, with 78% able to exclusively breastfeed after 2-5 visits. (9)

## Words of Wisdom



*There is nothing more difficult for a truly creative painter than to paint a rose, because before he can do so he has first to forget all the roses that were ever painted.*

– Henri Matisse

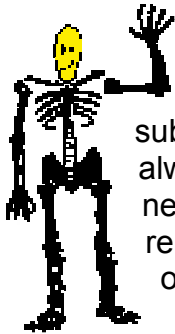
## Humor

### Real Newspaper Ads

- Illiterate? Write today for free help.
- Auto Repair Service. Free pick-up and delivery. Try us once, you'll never go anywhere again.
- Our experienced Mom will care for your child. Fenced yard, meals, and smacks included.
- Dog for sale: eats anything and is fond of children.
- Man wanted to work in dynamite factory. Must be willing to travel.
- Stock up and save. Limit: one.
- Semi-Annual after-Christmas Sale.
- 3-year old teacher needed for pre-school. Experience preferred.
- Mixing bowl set designed to please a cook with round bottom for efficient beating.
- Girl wanted to assist magician in cutting-off-head illusion. Blue Cross and salary.
- Dinner Special -- Turkey \$2.35; Chicken or Beef \$2.25; Children \$2.00
- For sale: antique desk suitable for lady with thick legs and large drawers.
- Now is your chance to have your ears pierced and get an extra pair to take home, too.
- We do not tear your clothing with machinery. We do it carefully by hand.
- For sale. Three canaries of undermined sex.
- Great Dames for sale.
- Have several very old dresses from grandmother in beautiful condition.
- Tired of cleaning yourself. Let me do it.
- Vacation Special: have your home exterminated.
- Get rid of aunts. Zap does the job in 24 hours.
- Toaster: A gift that every member of the family appreciates. Automatically burns toast.
- For Rent: 6-room hated apartment.



- Man, honest. Will take anything.
- Used Cars: Why go elsewhere to be cheated. Come here first.
- Christmas tag-sale. Handmade gifts for the hard-to-find person.
- Wanted: Hair cutter. Excellent growth potential.
- Wanted. Man to take care of cow that does not smoke or drink.
- Our bikinis are exciting. They are simply the tops.
- Wanted. Widower with school age children requires person to assume general housekeeping duties. Must be capable of contributing to growth of family.
- The Superstore-unequaled in size, unmatched in variety, unrivaled inconvenience.
- We will oil your sewing machine and adjust tension in your home for \$1.00.



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 e-mail, have them write to us and we'll add them to our subscriber list.

## References

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5. Goldstein M (Ed.). *The Research Status of Spinal Manipulative Therapy*. Bethesda: National Institutes of Health. 1975.
6. Address by Hugh Fudenberg MD at the NVIC International Vaccine Conference, Arlington, VA September, 1997. (Dr. Fudenberg's web site is: <http://www.nitr.org>)
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