

Chiropractic Health Newsletter

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Optimal Health.....through Chiropractic

October 2016



Choose Chiropractic

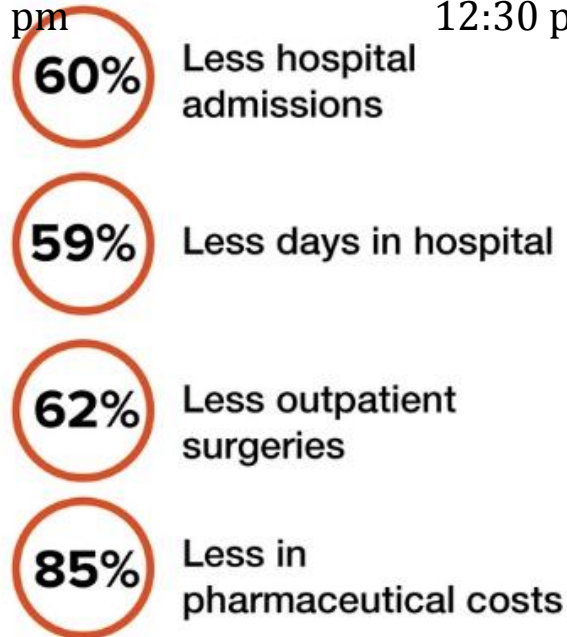
Walk-In Hours:

Monday – Wednesday – Friday
between
9:00 am – 11:45 am and 3:00 pm – 6:45 pm
2:15 pm

New Patients are seen by
Appointment **ONLY**

Think differently about staying healthy!

**A 7-year study
showed that
patients whose
primary physician
was a Chiropractor
experienced the
following results:**



Source: Journal of Manipulative and Physiological Therapeutics; May 2007, 30(4); 263-269. Richard L. Sarnat, M.D., James Winterstein DC., Jerrilyn A. Cambron DC, PhD

Live Well Chiropractic
www.livewelloregoncity.com

Enjoy the benefits of chiropractic - the largest natural, drug-free, surgery-free, expressive healthcare system in the world. More and more families are discovering that periodic chiropractic checkups and adjustments promote health and healing without drugs and dangerous medical treatments.

More and more people are turning away from symptom treatment and choosing natural ways of achieving and maintaining health.

Tired of taking drugs and the medical runaround?

Welcome to the world of chiropractic - discover how natural health can be!

Your hips and chiropractic - a natural alignment



You need them for a good golf swing, dancing, a healthy pregnancy and to support your spine (and head). They anchor your legs so you can walk and you sit on them too. They're your hips!

Your hips are really two large bones (each made up of three fused bones) that are attached to your sacrum - the base of your spine. They are strapped to your sacrum with lots of ligaments. Around your hips are lots of tendons that attach to many muscles.

If your spine is out of alignment (it's subluxated), your hips may "do the twist" causing one leg to appear shorter than the other.

One leg isn't really shorter than the other. It just seems that way because your legs attach to your hips. If one hip is a little higher than the other, then one leg appears longer and one appears shorter. This is most obvious when you lie down. That's why chiropractors sometimes have patients lie down (usually face down) to measure their leg length difference. This is one sign your body structure is off-balance.

Apart from causing problems with your tailor, uneven hips can cause unnatural wear and tear on your spine, arthritis and/or lumbar (lower back) disc bulging, any of which can lead to leg and sciatica pain. If your pubic bones (the front of your hips) are not aligned it may cause sacroiliac pain and pain during pregnancy and childbirth.

Unhappy hips also can cause fatigue and exhaustion because you will be out of alignment with gravity.

Signs of hip problems include a bad golf swing, difficulty standing or sitting for long periods, leg problems, knee pain and foot problems such as bunions. Hip problems can also cause shoulder problems - your hips and shoulders work together - if one is moving improperly the other's motion will be affected.



Chiropractic care and your hips

NOTE: Each year thousands of seniors suffer hip fractures caused by medication-related problems. If you know a senior taking medication (and most take a lot of medication) check the following Food and Drug Administration Report for a list of drugs that may cause hip fracture.
<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm213240.htm>

A chiropractic checkup will help ensure a balanced and healthy spine, hip, pelvis and femur (thigh bone) relationship - and thus ensure that you have a more stable, balanced pedestal from which to work, play, carry children (especially if you are pregnant), and be pain-free and have more energy.

A healthy spine-hip relationship is especially important during childhood - that's why infants, babies and children of all ages should get a chiropractic checkup. It can help ensure a healthier body for life. (1)

Questions and answers about chiropractic

Question: How is chiropractic different from regular (orthodox) medicine?

Answer: Chiropractic and medicine have different philosophies about life and health.

Perhaps the best way to explain the difference is by looking at how chiropractic (and other vitalistic/natural healing arts) approaches symptoms as opposed to how medicine views symptoms.

Chiropractors view the body as intelligent, and symptoms are mechanisms the body uses to rebalance and return to homeostasis. Chiropractors respect symptoms and do not work to suppress them.

The medical approach, on the other hand, sees the body as a passive "machine," and symptoms as bad, with no purpose other than to cause damage. Therefore, MDs prescribe drugs to fight, suppress or counteract symptoms. While people on drugs may feel better (while the drugs last), constant symptom suppression drives disease deeper into the body leading to chronic (permanent) illness.

Chiropractors promote natural healing by helping your body use its symptoms to cleanse and detoxify. Chiropractors respect the wisdom of the body when it comes to symptoms.

Traditional eating



Almost all traditional societies incorporate raw, enzyme-rich foods into their cuisines - not only vegetable foods but also raw animal proteins and fats in the form of raw dairy foods, raw fish and raw muscle and organ meats. These diets also traditionally include a certain amount of cultured or fermented foods, which have an enzyme content that is further enhanced by the fermenting and culturing process. (2)

Drugs, drugs, drugs?

There are times when drugs are necessary, but the bottom line is that most of the time they aren't. Unfortunately, when you buy into the mindset that you need a drug to "fix" you, two things happen that begin to feed on each other, creating a never-ending loop of deteriorating health. First, you are taking in a toxic substance. All drugs are toxic. Second, drugs lie to you - drugs tell you that you are healthier but you aren't! Instead you are just unable to feel an uncomfortable symptom. Drugs don't make you healthy.

Over 100,000 Americans die each year from taking properly prescribed prescription drugs. Many people take more drugs to deal with the side effects from the first one, followed by another one, and another ... ?

In 1929, the average American received less than two prescriptions per year. The CDC's National Center for Health Statistics report "Health, United States, 2013" found that 48% of people said they were taking a prescription medication, compared with 39% in 1988-1994. (3)

About one in four children took one or more prescription drugs in the past month, compared to nine in 10 adults 65 and older, according to the study.

Chiropractic helps reverse that trend - by helping your body, your natural drugstore, make every drug you need to live a healthy life. Avoid being another medical drug statistic - chiropractic care is natural healthcare for you and your family.

Words of Wisdom

I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self. - Zig Ziglar

It requires wisdom to understand wisdom: the music is nothing if the audience is deaf.
- Aristotle

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. - Leo Buscaglia

Did you know?

Your body makes over 3000 mg of cholesterol every day. That's equivalent to eating:

- 1 pound of butter or 300 strips of bacon or 14 eggs each and every day!!!



If you make that much every day, why is it bad? It isn't. Cholesterol is good for you and needed by nearly every cell in your body. Cholesterol is needed to create your hormones and helps your brain, nervous system and internal organs function.

If you have inflammation in your body your cholesterol levels will be high - and for a good reason. Cholesterol is an antioxidant and helps fight inflammation.

Cholesterol does not cause heart disease - that's a myth that has been discredited. However, if there is high cholesterol it means there is something in you causing inflammation. The goal should be to address the cause of the inflammation rather than to fight the symptom (high cholesterol). (4)



Researching Chiropractic

Chiropractic clinical case histories have been a regular feature of our patient newsletter since its inception. There seems to be no limit to the health problems that respond to chiropractic care. How many people suffering, on drugs, facing a life of limitation could be helped by chiropractic care?

Probably most of them.

Low back pain in an 8-year-old. The boy had been suffering from low back pain for two years. Various indicators for an upper cervical subluxation were found. The Blair upper cervical chiropractic technique was used to identify vertebral subluxations using specific radiographs. He received 5 months of chiropractic care using an upper cervical technique to correct the vertebral subluxation. He reported resolution of his middle and low back complaint. (5)

Improvement of GERD. A 37-year-old man with a two-year history of GERD (Gastroesophageal Reflux Disease), mid-back (thoracic) pain, neck (cervical) and thoracic vertebral subluxations began chiropractic care.

The patient received 12 spinal adjustments over the span of 3.5 months to specifically correct his cervical and thoracic vertebrae subluxations. He experienced a reduction in frequency of GERD symptoms and vertebral subluxations. He was able to maintain a less restrictive diet and remain asymptomatic and reported both quality of mental and physical health as improved and is currently satisfied with his condition. (6)

Ear infection in a two-year-old. A 2-year-old girl was suffering from constant ear infections and fever. She started suffering when she was one month old, and since then had constant and regular antibiotics. When she came in for chiropractic care the MDs were recommending ear-tube surgery.

The goal of her chiropractic care was to assess, locate and reduce her vertebral subluxations so that her body would function closer to its optimum. After 36 visits, her otitis media was completely resolved, antibiotic use ceased and she never had ear-tube surgery. (7)



Autism and chiropractic. Four children diagnosed with neurodevelopmental issues were given chiropractic care using techniques to specifically release stress on the brain and meningeal system. All four children showed measurable improvement not just in physical abilities but also in social engagement. (8)

Humor



A senior citizen called her husband during his drive home, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 90. Please be careful!"

Herman said, "There's not just one car. There's hundreds of them!"

Science and Management

A man in a hot air balloon realized he was lost. He reduced altitude and spotted a woman below. He descended a bit more and shouted, "Excuse me, can you help me? I promised a friend I would meet him an hour ago, but I don't know where I am."

The woman below replied, "You're in a hot air balloon hovering approximately 30 feet above the ground. You're between 55 and 56 degrees north latitude and between 3 and 4 degrees west longitude."

"You must be a scientist," said the balloonist.

"I am," replied the woman, "How did you know?"

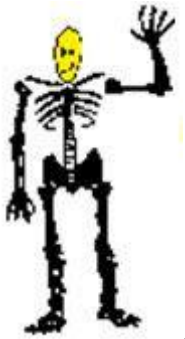
"Well," answered the balloonist, "everything you told me is, technically correct, but I've no idea what to make of your information, and the fact is I'm still lost. Frankly, you've not been much help at all. If anything, you've delayed my trip."

The woman below responded. "You must be in management."

"I am," replied the balloonist, "how did you know?"



"Well," said the woman, "you don't know where you are or where you're going. You have risen to where you are due to a large quantity of hot air. You made a promise which you've no idea how to keep, and you expect people beneath you to solve your problems. You are in exactly the same position you were in before we met, but now, somehow, it's my fault."



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.

BONUS

You read this far down - you deserve a bonus.

Shakespeare in our daily lives

For many English-speakers, the following phrases are familiar enough to be considered common expressions, proverbs, and/or clichés. All of them originated with or were popularized by Shakespeare.

Play fast and loose (*King John*)

Pomp and circumstance (*Othello*)

[A poor] thing, but mine own (*As You Like It*)

Pound of flesh (*The Merchant of Venice*)

Primrose path (*Hamlet*)

Quality of mercy is not strained (*The Merchant of Venice*)

Salad days (*Antony and Cleopatra*)

Sea change (*The Tempest*)

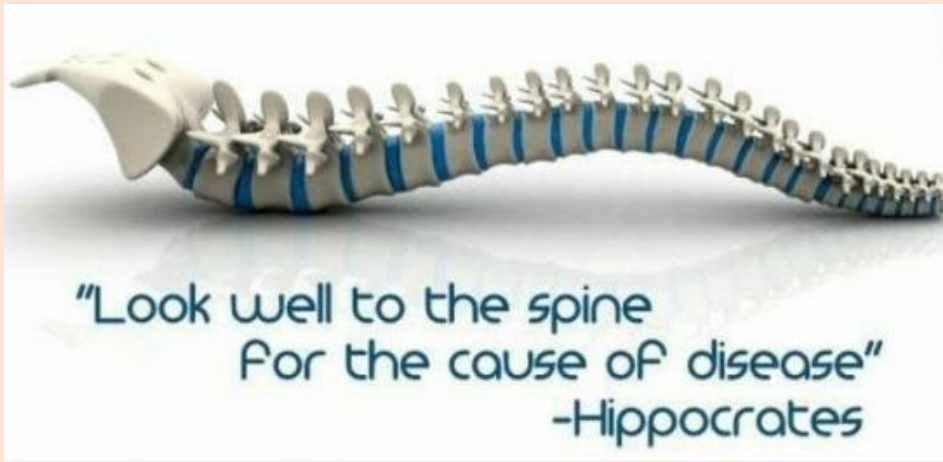
Seen better days (*As You Like It? Timon of Athens?*)

Send packing (*I Henry IV*)

How sharper than the serpent's tooth it is to have a thankless child (*King Lear*)

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**Chiropractic care is the key to
living a life of optimal health**



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