

# Humbert Family Chiropractic Newsletter

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[www.HumbertChiropractic.com](http://www.HumbertChiropractic.com)

Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).



Don't worry kids, in a few months we'll be in bathing suits. (But the beach in winter does have its beauty. And it's a lot less crowded.)

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## UPCOMING EVENTS

**February 2:** Eglin AFB Health fair at the Officer's Club 10:00 AM – 1:00 PM

**February 14:** Friends and Family Day. (Happy Valentine's Day!!)

**February 18 -19:** Northwest Florida Business Expo 2006 at Destin Middle School  
Go to [www.wesfellpromotions.com](http://www.wesfellpromotions.com) for details!

## Killed by fairies

The January 2001 *Smithsonian* magazine has an article discussing historian Roger Ekirch's research on darkness.\* It goes without saying that, in contrast to today, for most of human history the streets and roads, towns and villages became different worlds when the sun went down. Everything and everyone was cloaked in darkness. In that world strange, dangerous creatures arose that filled the night and waylaid the unwary or unlucky. As professor Ekirch writes:

*For our ancestors, night meant fear of demons, witches and nighthags. An incubus or succubus might waft into your bed... 'in one English parish, Lamplugh, out of 52 premature deaths from 1650 to 1663, four people were "frighted to death by fairies," seven were "bewitched," and one was "led into a horse pond by a will of the wisp."'* (1)

What imagination people have! Unknown, unknowable creatures that grab us in the night and drag us off – “what nonsense” we say today!

But are those creatures from the dark past any less mysterious than those that kill us today? How many modern souls are dragged off by that dreaded beast, the osteosarcoma? How about its insatiable relative, the astrocytoma? What of the oak cell carcinoma that silently arises within us? Or that horrible adenocarcinoma that can quickly take a loved one's life?

In some ways they are not much different than an incubus or a nighthag. Just because we have given our monsters Greek and Latin names they are no more knowable and no less mysterious. Though we walk in lighted streets and have homes that glow from incandescent bulbs much fear still remains.

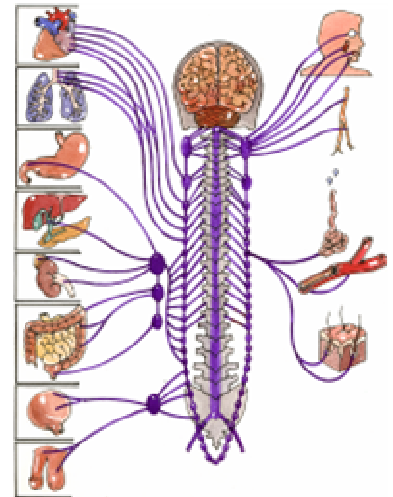
People today walk into their well-lit doctor's office with dread. What will he/she discover? Is there something mysterious and deadly growing inside of me? Too many people live their lives as if they are waiting for something terrible to descend upon them. That is no way to live. Our Creator did not create us to be victims.

By the time a serious illness (cancer, heart disease, diabetes, etc.) is discovered by regular medical procedures a person has been suffering from poor health for many years. The time to deal with a health problem is before it gets serious. That's why chiropractors, nutritionists, exercise physiologists, homeopaths, naturopaths, acupuncturists and other natural healers are becoming so popular. The scary things arising from within us can often be prevented by heading them off, by correcting disturbances in our physiology in early stages – by practicing preventative healthcare rather than waiting around as victims for The Big One to cart us away.

Chiropractic care, by locating and correcting subluxations now is an excellent natural, drug-free and non-surgical way to give yourself and your family health assurance.

Every organ and gland in your body needs a healthy spine and nervous system to function properly (see illustration). Chiropractors can determine if there are blockages in your spine, and correct them so that increased energy and information may travel through your body without interference.

An old Chinese saying sums it up best: “If people paid attention to the little health problems, they wouldn’t have big health problems.”



## Connecting to Your Source

Health and illness are multifactorial meaning that there are many things which affect our lives. In one fascinating study it was found that of 232 older patients at Dartmouth Medical School, those finding strength and comfort in their religious faith were 14 times less likely to die following heart surgery. Or conversely, they were 14 times more likely to survive. There are powerful forces within us that we can harness to improve our physical and psychological health. Among them are prayer, love, spirituality, religion, family ties, close friends – they all help us connect to the inexhaustible well within. (2)

## Trans-fats

What is a trans-fat? Is it really bad for you? It seems that a number of years ago scientists with way too much free time on their hands found out that if they heated cooking oil to a very high temperature and then bubbled hydrogen through it the oil became solid. Voilà – margarine was born (shortening too). These are trans-fats. Sound unnatural? It is. But wait, it gets worse. According to the Harvard School of Public Health, consumption of trans-fatty acids doubles the risk of a heart attack, increases the risk of diabetes, and is responsible for the deaths of 30,000 Americans annually.

Udo Erasmus in *Fats that Heal, Fats that Kill*, writes that trans-fats interfere with vision in children, lower intelligence, interfere with liver function, affect sexual function in animals and have been correlated with increased breast and prostate cancers.

Trans-fats increase supermarket food shelf life but don’t seem to help ours. For more information on trans-fats and cooking with oils go to [http://www.celticseasalt.com/Dr\\_Bob\\_s\\_Trans\\_Fat\\_Survival\\_C214.cfm](http://www.celticseasalt.com/Dr_Bob_s_Trans_Fat_Survival_C214.cfm). (3)

## Words of wisdom

*The art of government is to make two-thirds of a nation pay all it possibly can pay for the benefit of the other third. – Voltaire*

*Man is G-d's needle to sew the many patches of creation into a single garment for His glory. At one end, the needle must be hard and sharp, to squeeze through the ordeal. But on the other end must have a vacant hollow, a nothingness with which to hold the thread. With the world, be firm and sharp. Within, feel how small you are before the Infinite. – Lubavitcher Rebbe*

## Chiropractic and spinal research

Remember, a person with *any* kind of health problem needs chiropractic. Feel free to forward these studies to others.



**Less painkillers needed during delivery if patient under chiropractic care.** A study was conducted in which chiropractic adjustments were given during pregnancy. It revealed that the need for painkillers during delivery was reduced by half under chiropractic care. All pregnant patients benefit by chiropractic care which can help lessen or eliminate morning sickness and permit a more comfortable labor and delivery. (4)

## Antibiotics and ear Infections – don't bother

Antibiotics for ear infections make no difference in outcome. In fact there are studies reporting that antibiotics given to children actually cause more ear infections. In this study, records from 2,089 otitis media patients were examined to determine incidence and treatment success. There was no difference in success rates between antibiotic and no antibiotic therapies. (5) Ear infections? Try chiropractic first.

## All the drugs and surgery give us what?

With all the drugs and surgery used by Americans you'd expect the US to have the best health in the world – after all we take more drugs and give more vaccines than any other land. However the United States Medical Care system is rated a poor seventy-second (72<sup>nd</sup>) worldwide in quality and is rated #1 as a cause of death in the US. More people are killed by medical care than heart disease, cancer and stroke with unnecessary deaths of 783,936 each year in the US. That is why more Americans are avoiding hospitals, drugs, procedures and surgery and seeking alternative care for all kinds of health problems.

To read the entire article, and access the interesting links, click on the URL <http://www.bolenreport.net>

## Humor



The pharmaceutical companies have finally come up with drugs that we really need.

St. Mom's Wort: Plant extract that treats mom's depression by rendering preschoolers unconscious for up to six hours.

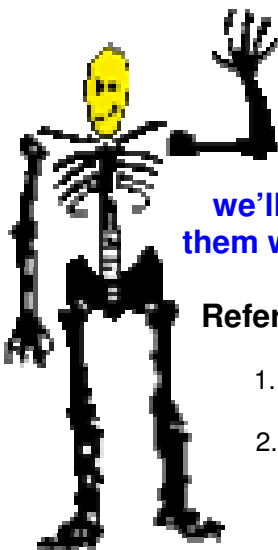
Emptynestrogen: Highly effective suppository that eliminates melancholy by enhancing the memory of how awful they were as teenagers and how you couldn't wait till they moved out.

Flipitor: Increases life expectancy of commuters by controlling road rage and the urge to flip off other drivers.

Antiboyotics: When administered to teenage girls, is highly effective in improving grades, freeing up phone lines, and reducing money spent on make-up.

Anti-talksident: A spray carried in a purse or wallet to be used on anyone too eager to share their life stories with total strangers.

Ragamet: When administered to a husband, provides the same irritation as ragging on him all weekend, saving the wife the time and trouble of doing it herself.



Bye. See you next month. Don't forget to stop by for a spinal checkup and an adjustment. And bring in the family too – for a healthier winter!

**Want hard copies of this newsletter? Click on the send button. Oh, they don't have e-mail? Well then stop by the office and we'll give you some for your friends and relatives. Better yet, have them write us and we'll add them to our mailing list.**

### References

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