

# Henard Family Chiropractic Newsletter

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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.



## This issue's table of contents

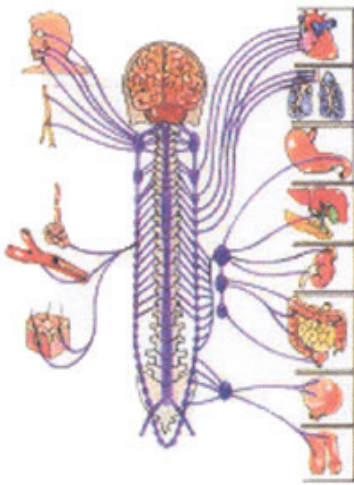
- Upcoming Events
- Your nerves go everywhere!
- Your hips and chiropractic – a natural alignment
- Stay healthy: avoid the flu shot
- Having the flu is good for you?
- Breastfeeding builds baby's immune system
- Fluoride doesn't prevent cavities
- Dangers of fluoridation confirmed
- Modern censorship
- Words of wisdom
- Chiropractic research
- Salt is great for you – just make sure it is real
- Humor
- References

## Upcoming Events:

Sept. 1st – Office Closed for Labor Day  
Sept. 15th – Office open 9-1:00 by appointment only  
Sept. 18<sup>th</sup> – Chiropractic's 113<sup>th</sup> Birthday ☺  
Sept. 22nd – Autumn Begins

*When I do good, I feel good. When I do bad, I feel bad. That is my religion. – Abraham Lincoln*

## Your nerves go everywhere!



Your nerves help regulate and coordinate the function of your entire body. As you can see in the illustration to the left, nerves start in your brain and branch out down your spine and go, well, everywhere!

If there is an imbalance in your spine or body structure causing nerve stress (a subluxation) any organ, gland, muscle, joint, disc or blood vessel may be affected. Even your brain can be affected in varying degrees. Pressure caused by nerve stress (a subluxation) can affect the health of your entire being.

Chiropractors are trained to locate and correct nerve stress, permitting you to function closer to your natural, healthful state – adding years to your life and life to your years.

## 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. It's 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 or lumbar (lower back) disc bulging, 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.



What to do? A chiropractic checkup will help ensure

a healthy hip and pelvis – and ensure that your spine has a good, balanced pedestal from which to work.

This 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.

### Stay healthy: avoid the flu shot

We are approaching flu shot season. The pharmaceutical companies and radio and TV stations (where drug companies spend millions on advertising) will soon start



scaring people into getting injected with toxic chemicals that are useless and dangerous.

Heed the words of J. Anthony Morris, Ph.D. former Chief Vaccine Control Officer, US Food and Drug Administration:

*There is no evidence that any influenza vaccine thus far developed is effective in preventing or mitigating any attack of influenza. The producers of these vaccines know that they are worthless, but they go on selling them anyway. (1)*

## Having the flu is good for you

For thousands of years healers have viewed the cold, flu and fevers as some of the most powerful weapons your body has for cleansing and healing itself. Getting a cold or the flu, while a very uncomfortable experience, is not only a powerful way your body detoxifies you but also provides another significant benefit. Studies report that the cold and flu may protect you from getting cancer:

*Those with carcinomas of the stomach, colon, rectum, breast, and ovary...and controls (with no history of cancer) were interviewed. A history of common colds or influenza prior to the interview was found to be associated with a decreased cancer risk. (2)*

*Subjects who reported a history of infectious diseases (e.g., colds, flu) showed a 30% reduction in risk [of brain tumor]. (3)*

If you have a bad cold or the flu do not suppress your fever or other symptoms with drugs. Instead respect what your body is telling you; work with your body to cleanse and detoxify your system. If you don't, you can stay sick longer. As researchers have reported:

*Taking aspirin or Tylenol™ for the flu could prolong your illness by up to 3½ days. (4)*

## Breastfeeding builds baby's immune system

Newborns are still developing and do not have a mature immune system to protect them from illness. Antibodies, or immune molecules, in a mother's breast milk are transferred to the baby, giving immunity to illnesses that the mother is immune to. The converse is also true – if a newborn is exposed to a germ, she will transfer it back to her mother while nursing. The mother's body will then produce antibodies to that particular germ and transfer them back to the baby.

Babies who are breastfed exclusively have better functioning immune systems.

## Fluoride doesn't prevent cavities

Research reveals that not only doesn't fluoride prevent cavities but that it is also highly toxic. There is enough fluoride in an average-sized tube of toothpaste to kill two children. Young children swallow as much as one third of their toothpaste. Kids have been consuming so much excess fluoride that the US Public Health Service has urged parents to see that kids brush with only a "pea-sized portion" of fluoride toothpaste...and rinse carefully afterwards. (5)

## Dangers of fluoridation confirmed

If this isn't a good reason to get a water filter to remove the fluoride and chlorine from your water, we don't know what is. On November 9, 2006 the American Dental Association (ADA) finally admitted that fluoride levels in common tap water could be dangerous for infants. The ADA recommended that fluoridated water not be used in formula or foods intended for babies. In addition, a National Research Council report revealed fluoridation's adverse effects to the thyroid gland and to diabetics, kidney patients, high water drinkers and others. The Centers for Disease Control has added to the debate with a new report showing that fluoride absorbs into enamel topically. However, adverse effects occur upon ingestion. [http://alerts.organicconsumers.org/trk/click?ref=zqtbkk3um\\_0-60x3c6x3176152&](http://alerts.organicconsumers.org/trk/click?ref=zqtbkk3um_0-60x3c6x3176152&)

Pathways magazine gives parents a perspective on fluoride hazards. [http://www.chattanooga.com/articles/article\\_97433.asp](http://www.chattanooga.com/articles/article_97433.asp)

## Modern censorship

Earlier this year, ABC premiered the show "Eli Stone." In one episode, a mother sued a drug maker for producing a vaccine she believed caused her son's autism. A few days before the show was scheduled to air, the American Academy of Pediatrics (AAP) wrote an open letter that encouraged ABC executives to cancel the "Eli Stone" segment: "If parents watch this program and choose to deny their children immunizations, ABC will share in the responsibility for the suffering and deaths that occur as a result."

For decades reporters have been told not to write articles critical of vaccination saying the same thing – and it seems to be working. Articles critical of vaccination that appear in European and American research may make the headlines in England, but won't even be mentioned in the US.

The AAP represents pediatricians who generate much of their income from "well baby visits" which are little more than vaccination visits. The AAP's website shows where their money comes from: Merck, AstraZeneca, Sanofi Aventis, Abbott Laboratories, and other drug makers plus MacDonald's and PepsiCo.

## Words of wisdom

*Everything can be taken away from a man but one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way.* – Victor Frankl, Holocaust survivor and author

*If we believe absurdities, we shall commit atrocities.* – Voltaire

## Chiropractic and spinal research



**Infertility.** A 23-year-old woman with a history of infertility, amenorrhea (no menstrual cycle), low back pain and six weeks of progressively worsening numbness and tingling in both of her legs and feet began chiropractic care. She had a six-year history of birth control use. She was unable to conceive. Under chiropractic care her low back pain and leg and feet numbness completely resolved. She had her first natural menstrual cycle 3 ½ months after beginning care and discovered she was pregnant one month later. (6)

**ADD/ADHD.** A seven-year-old girl with ADD/ADHD (hyperactivity and attention deficit disorder) and focusing problems, sleep disturbances and aggressive, negative behavior toward her sister was brought in for chiropractic care. Improvements were noted on the daughter's weekly behavioral assessments. The mother noticed an overall change in her attitude as well as improvement with specific tasks. (7)

**Whiplash.** Forty-one patients with whiplash injuries (age 17-67) received chiropractic care. After 20 visits over a 10 week period the patients went from a pain level of 7.1 to a pain level of 0.6. (8)

## Salt is great for you – just make sure it's real

Table salt is not real salt. It is sodium chloride (NaCl) – manufactured for industrial use with sodium ferrocyanide and green ferric ammonium citrate added as anti-caking agents. Iodized salt contains potassium iodine. Sodium carbonate is added to preserve the color. What is the salt that humans have used for thousands of years?



### **Use real salt: sea salt**

Real salt is a complex crystal containing 84 elements vital to life: sodium, magnesium, silicone, chloride, calcium, titanium, manganese, iron, copper, zinc, selenium, zirconium, silver, iodine, platinum, gold and many more – the same elements originally found in the ocean where life originated.

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

### **Humor**



A doctor was addressing a large audience.

"Soft drinks corrode your stomach lining.

"Chinese food is loaded with MSG.

"No one knows the long-term effect of germs in our drinking water," said the doctor.

"But one food is the most dangerous of all and I bet every one of you has eaten it at least once. Can anyone tell me which food causes the most grief for years after you eat it?"

An old man in the front row raised his hand and softly asked, "Wedding cake?"

### **New definitions**

Cashtration (n.): The act of buying a house, which renders the subject financially impotent for an indefinite period.

Ignoramus: A person who's both stupid and an @#%\$.

Intaxication: Euphoria at getting a tax refund, which lasts until you realize it was your money to start with.

Reintarnation: Coming back to life as a hillbilly.

Bozone (n.): The substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately, shows little sign of breaking down in the near future.

Giraffiti: Vandalism spray-painted very, very high.

Sarchasm: The gulf between the author of sarcastic wit and the person who doesn't get it.

Inoculatte: To take coffee intravenously when you are running late.

Hipatitis: Terminal coolness.

Karmageddon: It's like, when everybody is sending off all these really bad vibes, right? And then, like, the Earth explodes and it's like, a serious bummer.

Decafalon (n.): The grueling event of getting through the day consuming only things that are good for you.

Dopeler effect: The tendency of stupid ideas to seem smarter when they come at you rapidly.

Arachnoleptic fit (n.): The frantic dance performed just after you've accidentally walked through a spider web.

Beelzebug (n.): Satan in the form of a mosquito, that gets into your bedroom at three in the morning and cannot be cast out.

Caterpallor (n.): The color you turn after finding half a worm in the fruit you're eating.



Bye. See you next month. Don't forget to stop by for a chiropractic checkup – it'll make your summer happier and healthier.

Want 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 mailing list.

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