

Humbert Family Chiropractic Newsletter

www.HumbertChiropractic.com

897-1105

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

I have 10 experiences a day that touch my heart. That is my secret for longevity.
– Ms. Kazue Kato, the first woman member of the National Diet of Japan, on her 100th birthday

The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Love moves the flesh, it pushes matter around.... Throughout history, "tender loving care" has uniformly been recognized as a valuable element in healing. – Larry Dossey, MD

I think you might dispense with half your doctors if you would only consult Dr. Sun more. – Henry Ward Beecher



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If your spine is subluxated....

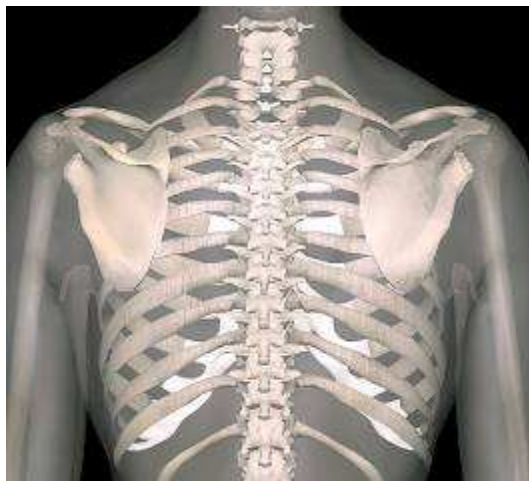
Last month we discussed your neck vertebrae, where the cervical nerves go and subluxations of the various vertebrae may stress your spine, discs, muscles and they affect the nerves that help glands, muscles and other body parts. What about the vertebra below your neck, in back (thoracic or dorsal) spine? What is their your chiropractor gives you an adjustment, affected?

There are twelve thoracic vertebrae. Your to them in the back and to your sternum in the front. When you have a subluxation of your thoracic vertebrae, certain nerves and areas are affected. Below are some of the more common findings.



(cervical)
what
cause.
ligaments,
your organs,
function.
your mid-
story? When
what can be

ribs connect
(breastbone)



Thoracic T1. Nerves from T1 go to your arms, hands, wrists, fingers, esophagus, trachea, heart, blood pressure centers and lungs. Arm, hand, wrist and finger pain; nerve sensations; weakness; asthma; dry cough; shortness of breath and other conditions are noted in T1 subluxations.

T2. Nerves from T2 go to your heart (including valves and pericardium), lungs and bronchial tubes. Heart conditions, chest pains, irregular heartbeat, asthma, breathing problems and other conditions are noted in T2 subluxations.

T3. Nerves from T3 go to your lungs, bronchial tubes, pleura, chest, breast and heart. Bronchitis, pleurisy, pneumonia, congestion, breast-feeding difficulties, breathing problems and other conditions are noted in T3 subluxations.

T4. Nerves from T4 go to your gall bladder, common bile duct, lungs and bronchial tubes. Gall bladder conditions, jaundice, shingles and other conditions are noted in T4 subluxations.

T5. Nerves from T5 go to your liver, solar plexus, heart, esophagus and stomach. Liver, solar plexus, heart and stomach problems; poor digestion; poor circulation and other conditions are noted in T5 subluxations.



T6. Nerves from T6 go to your stomach, esophagus, peritoneum, liver and duodenum. Indigestion (digestive problems), heartburn, ulcers, lack of energy, sluggishness and other conditions are noted in T6 subluxations.

T7. Nerves from T7 go to your pancreas, duodenum, stomach, liver, spleen, gallbladder and peritoneum. Diabetes, gastritis, pancreatitis, low immunity, poor digestion, sluggishness and other conditions are noted in T7 subluxations.

T8. Nerves from T8 go to your spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine and pyloric valve. Spleen and stomach problems, stress symptoms (including low sex drive, low immunity and exhaustion), leukemia, indigestion and other conditions are noted in T8 subluxations.

T9. Nerves from T9 go to your adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus and small intestine. Stress symptoms (see above), allergies, hives and other conditions are noted in T9 subluxations.

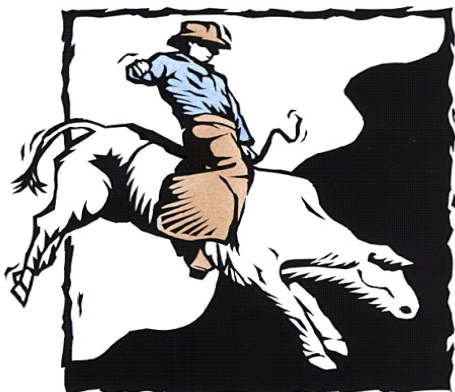
T10. Nerves from T10 go to your kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas and large intestine. Kidney troubles, kidney stones, lack of energy, nephritis, stress symptoms (see T8), testicular dysfunction, uterine problems, appendicitis, constipation and other conditions are noted in T10 subluxations.

T11. Nerves from T11 go to your kidneys, ureters, large intestine, urinary bladder, uterus, kidneys, and ileocecal valve. Uterine conditions, ovary conditions, bladder problems, elimination problems and other conditions are noted in T11 subluxations.

T12. Nerves from T12 go to your small intestine, large intestine, urinary bladder, uterus, kidneys and ileocecal valve and also affect lymph circulation. Rheumatism, gas pains, lymph circulation disruption, small intestine problems and other conditions are noted in T12 subluxations.

Make sure your thoracic vertebra are not subluxated. See your chiropractor today.

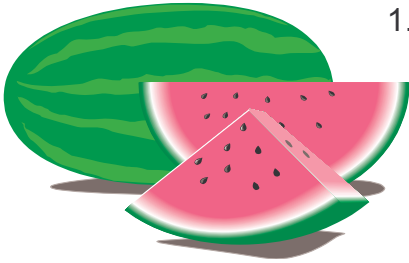
Rodeo cowboys use chiropractic



The May 8th, 2006 *Ventura County Star* has an article on rodeo cowboys and chiropractic. Getting tossed around on the back of an angry 1,800-pound bull and leaping off a galloping horse into the spiky horns of a charging steer can cause a lot of damaging subluxations.

At the Conejo Valley Days rodeo, the cowboys would duck into a tent where they would get adjusted by a local chiropractor.

Some simple things to avoid and to do to keep healthy



1. Avoid all artificial sweeteners, especially aspartame (Nutrasweet™) and Splenda™. They are bad for your brain, eyes, hearing and overall health.
2. Avoid flu shots, the mercury they contain is linked to Alzheimer's.
3. Consider most fevers beneficial and do not suppress them. Same with cold and flu symptoms.
4. Avoid childhood vaccinations: they are untested and dangerous.
5. Get lots of sunlight – it's good for you; it prevents cancer of internal organs and many other diseases. Just don't burn.
6. Avoid sodas and drink lots of water instead.
7. Avoid fluffy food (rice, bread, pasta). Fluffy food makes you fluffy.
8. Avoid high fructose corn syrup – it's linked to obesity and heart disease.
9. Avoid statin drugs – they cause heart damage, increase cancer risk and don't work as well as a healthy lifestyle.

School science experiment on microwaves

Does microwaving damage food? Does it make it less healthy and less alive? Take a look at this fascinating experiment that was part of a child's science fair experiment and ask, "If a kid could do it – why isn't the FDA requiring this kind of research?" <http://www.rense.com/general70/microwaved.htm>

Words of Wisdom

Complacency breeds anxiety. To be healthy, a person needs to be affecting his surroundings, uplifting those about him and bringing in more light. – Lubavitcher Rebbe

Non-vaccinated kids don't have autism

"Thousands of children cared for by Homefirst Health Services in metropolitan Chicago have at least two things in common with thousands of Amish children in rural Lancaster: They have never been vaccinated and they don't have autism. 'We have a fairly large practice. We have about 30,000 or 35,000 children that we've taken care of over the years, and I don't think we have a single case of autism in children delivered by us who never received vaccines,' said Dr. Mayer Eisenstein, Homefirst's medical director who founded the practice in 1973." (1)



Chiropractic and Spinal Research



Did you know there are thousands of papers on the wonders of chiropractic and spinal care in health and disease? Anyone with any health problem needs chiropractic care.

Neck, Back, Radiating Pain

A 34-year-old man was suffering from severe neck, lower back and radicular pain. An MRI showed a disc herniation in his neck. For one year he saw multiple medical

specialists with little or no results. His MDs were discussing neck surgery. He began chiropractic care and within one month nearly all his pain had disappeared and his disc herniation had almost completely resolved. The surgery was no longer considered necessary. (2)

Fertility and Chiropractic

For over a century chiropractic has had great success with helping previously infertile couples get pregnant and with helping women carry to term. In this case report, a 40-year-old woman who had a miscarriage at 16 weeks first visited her chiropractor because of mid-back pain. Postural studies, however, revealed that her neck and low back had subluxations. She and her husband began receiving chiropractic care. She became pregnant shortly thereafter, carried to term and delivered a healthy baby girl. (3)

Headaches and Chiropractic

In this case study, a 13-year-old girl was suffering from severe headache and neck pain for five days. Her headache and neck pain completely resolved after chiropractic spinal care. (4)

HIV, AIDS and Chiropractic

This is the study, of a group of patients dying of AIDS. All were under medical care but half of them were placed under chiropractic care while the others were not. After 6 months of care, the medicine-only group experienced a continued decrease in CD4 white blood cells (-7.96%) with two deaths. The people receiving chiropractic, however, showed a 48% increase in CD4 cell counts and no deaths. This study was originally intended to go on for one year, but after two patients in the control group died of AIDS the study was ended and all the surviving controls were placed under chiropractic care. (5)

Humor

This is what a computer should do first thing in the morning! Click on the link below and then type in your first name...

<http://www.cse.unsw.edu.au/~geoffo/humour/flattery.html>

A Minneapolis couple decided to go to Florida to thaw out one icy winter. They planned to stay at the same hotel where they spent their honeymoon 20 years earlier. It was difficult to coordinate their travel because of hectic schedules. So, the husband flew to Florida on a Thursday. His wife was to travel to Florida the next day.

The husband checked into the hotel. There was a computer in his room, so he sent an email to his wife. However, he accidentally left out one letter in her address when he sent the email.

Meanwhile, somewhere in Houston, a widow had just returned home from her husband's funeral. He was a minister who was called home to glory following a heart attack. The widow decided to check her email, expecting messages from relatives and friends.

After reading the first message, she screamed and fainted. Her son rushed into the room, found his mother on the floor, and saw on the computer screen:

To: My loving wife
Subject: I've arrived
Date: December 16, 2005

I know you're surprised to hear from me. They have computers here now, and you are allowed to send emails to your loved ones. I've just arrived and have been checked in. I see that everything has been prepared for your arrival tomorrow. Looking forward to seeing you then. Hope your journey is as uneventful as mine was.

P.S. Sure is hot down here!

See you next month. Want hard copies of this newsletter to give to your friends, co-workers and relatives? Perhaps you'd like us to include other e-mail addresses. Call us or stop by the office. Please remember that everyone needs to be free from subluxations so bring your friends and loved ones for a spinal checkup.

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2. Eriksen K. Management of cervical disc herniation with upper cervical chiropractic care: a case study. *JMPT*. 1998;21(1):51-56.
3. Anderson C. Chiropractic applications for infertility. *ICA Review*. September/October 2000.
4. Hewitt EG. Chiropractic care of a 13-year-old with headache and neck pain: a case report. *JCCA*. 1994;38(3):160-162.
5. Selano JL, Hightower BC, Pflieger B et al. The effects of specific upper cervical adjustments on the CD4 counts of HIV positive patients. *Chiropractic Research Journal*. 1994;3(1):32-39.

