

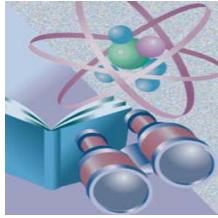


VITALITY NEWSLETTER

March 2010

Why explore chiropractic and natural healthcare?

As a general rule chiropractors prefer that individuals explore the least dangerous, least invasive, safest and most natural care first, before resorting to powerful or “heroic” (and highly dangerous) drugs, radiation and surgery (except in emergency situations where life and limb are at stake).



Interventions such as medicine and surgery have a place – but today they are all over the place. Too many people are “medicalized,” swallowing synthetic, artificial chemicals that may alter and suppress their

symptoms but do not cure. If drugs cured, after a while you should stop taking them. But look around, aren't those taking drugs long-term the sickest? Which goes to show that drugs do not heal. They may alter body chemistry but there is no true healing.

And don't forget all the thousands of people who die and are sickened from prescription drug side effects and adverse reactions.

As the taking of drugs continues, individuals often spiral into poorer health. That is because health is not something you get from artificial chemicals. Health is the result of your body functioning properly. Your body functions properly when it is properly aligned, free of adverse structural stresses, when it is fed nutrient dense foods and when it is free of artificial chemicals and toxins.

More and more people are taking that first step of getting off the drug merry-go-round and discovering natural health care.

Chiropractors, due to their license, do not prescribe drugs nor do they take people off of drugs – that is the role of the medical doctor. It is a good policy to discuss with MDs the full effects of the drugs they prescribe. Of course patients may learn for themselves about their drug side effects by using the Internet.

Chiropractors favor freedom of choice in healthcare for all, especially children. Parents should have the freedom to decide on their family's health choices without medical doctors or government bureaucrats coercing them, under threat of force, to undergo medical procedures. Healthcare freedom of choice should be a basic human right.

Chiropractic Research

Learning and Speech Disorder:

This is the story of a four-year-old boy with a history of severe learning disorder and speech delay. Chiropractors located subluxations in the child's cervical (neck), thoracic (mid-back) and pelvic (hip) regions. Dramatic improvements in the boy's speech and ability to learn followed the introduction of chiropractic care. (1)

Pelvic Pain:

This month's issue of *Alternative Therapies in Health and Medicine* includes a paper discussing case histories of women who suffered from dysmenorrhea (painful or difficult menstrual periods), postpartum pain and incontinence. While regular medical care was unable to help, all the women's problems resolved using manipulative procedures of the spine and pelvic structure. (2)

Colic, Constipation and Sleep Disturbance:

This is the case study of a two-week-old boy with a history of excessive crying, distention, constipation, gas and disordered sleep. Under chiropractic care subluxations were located and corrected in the child's pelvis, lumbar and cervical spine. The child experienced a bowel movement immediately following the first chiropractic adjustment. A regular schedule of bowel movements commenced after the 16th adjustment. Excessive crying additionally resolved during this same time period and his sleep improved. (3)

Butter and Heart Disease:

Heart disease was rare in America at the turn of the century. Between 1920 and 1960, the incidence of heart disease rose precipitously to become America's number one killer. During the same period butter consumption plummeted from eighteen pounds per person per year to four. It doesn't take a Ph.D. in statistics to conclude that butter is not a cause. Actually butter contains many nutrients that protect us from heart disease. First among these is vitamin A, which is needed for the health of the thyroid and adrenal glands, both of which play a role in maintaining the proper functioning of the heart and cardiovascular system. Abnormalities of the heart and larger blood vessels occur in babies born to vitamin A deficient mothers. Butter is America's best and most easily absorbed source of vitamin A.

Stress – you can't avoid it.

When asked if they'd like to have no stress in their lives, most people would probably say, "Oh yes." But that would actually be a terrible (and impossible) thing!

Why would a life of no stress be impossible? **Because to be alive is to be under stress.** Stress is not even necessarily bad for you; in a way, it is the spice of life, because any emotion or any activity causes stress. The same stress that makes one person sick can be an invigorating experience for another. (4)

With too little stress you would be bored to tears; but with too much you would develop emotional and physical disease. Properly handled, however, stress can mean a life of challenge, excitement and growth. The biographies of great scientists, explorers, artists and other creative people reveal that times of intense stress are also times of insight, creativity, accomplishment and growth.

References

1. Lerner B, Lerner S. Improvement in learning and speech disorder in a child with vertebral subluxations undergoing chiropractic care: a case study. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2009;4:1-7.
2. Herbert B et al. Chronic pelvic pain. *Altern Ther Health Med*.

Vitality Update

Spring is officially here and so is our free online newsletter. Yes, the wait finally is over! If you're not already signed up and would like to receive great information about health, nutrition, chiropractic research, and much more, then sign up for our online newsletter. Just go to our website at www.vitalitychiropractic.com and enter your name and email address in the newsletter subscription center. It's as easy as that! And while you're on our website consider becoming a member. It's FREE and once you join you can access the member only section of our site, which includes step-by-step video exercises, fun and educational games and quizzes for kids, and much more.

Also, we're on Facebook! Log on to www.facebook.com/VitalityChiropractic and become a fan. Once you're a fan you'll get articles, videos, and Vitality updates.

2010;16(1): 28-33.

3. Resolution of colic, constipation and sleep disturbance in an infant following chiropractic care to reduce vertebral subluxation. *Journal of Pediatric, Maternal & Family Health – Chiropractic*. 2010;1:1-5.

4. Selye H. *The Stress of Life*. NY:



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