

# Healthy Living Chiropractic Newsletter

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## Chiropractic Questions & Answers



**What Is the Youngest Age for Chiropractic Care?** There is no age limit. Newborns may need to be adjusted, especially if they had a difficult or traumatic birth. Chiropractors had adjusted sick newborns in hospitals with miraculous recoveries reported.

On the upper end of life, people can be adjusted well into their advanced years with no ill effects. Of course your chiropractor is trained to know if there is any condition that would contra-indicate a certain adjustment technique and we tailor our care to every patient so that they get the spinal adjustment that is the safest and most comfortable for them to receive. Chiropractic is for people of all ages.

## Even teenagers need Chiropractic

Even alien life forms such as teenagers need spinal care. Bring in your child for a quick chiropractic check-up. We can't promise the music they listen to will be better but you never know – adjustments are known to do pretty incredible things.

We are able to locate subluxations they are carrying and correct them now before they cause problems later.



## Words of wisdom

*Our cells are constantly eavesdropping on our thoughts and being changed by them. A bout of depression can wreak havoc with the immune system; falling in love can boost it. Despair and helplessness raise the risk of heart attacks and cancer, thereby shortening life. Joy and fulfillment keep us healthy and extend life. This means that the line between biology and psychology can't really be drawn with any certainty. A remembered stress, which is only a wisp of thought, releases the same flood of destructive hormones as the stress itself. – Deepak Chopra*



## Chiropractic and Spinal Research

Remember, all people can benefit from chiropractic care no matter what condition they may have.

**Disc herniation.** A 44 year-old man had severe neck pain, constant burning, left arm pain, left shoulder pain and left index finger tingling. An MRI scan revealed a large left herniated disc at the C6-7 level. By the fifth week of chiropractic care the patient's symptoms completely resolved. An MRI 14 months later revealed that the herniation had disappeared. (1)

**Whiplash and lower back.** This study interviewed 52 patients who had been involved in a whiplash injury. The patients in this study had no previous motor vehicle accidents, were wearing lap and harness seat belts and had no previous low back pain. The researchers found that 85% of the patients reported lower back pain after the whiplash. People who suffer whiplash injuries will go on to develop low back pain. (2)

**Attention deficit hyperactivity disorder (ADHD).** This is the case of a 10-year-old boy with a three-year history of hyperactivity, ear infections, headache and allergic symptoms. Chiropractic analysis revealed cranial, cervical, thoracic and pelvic subluxations. After his first few adjustments all his physical health problems had cleared up. By his 11th adjustment all hyperactivity symptoms had abated. (3)

## Antibacterial Soaps

Here's a really interesting article: The Truth About Antibacterial Soaps--And Why You Should Avoid Them  
[http://mercola.com/2004/mar/20/antibacterial\\_soaps.htm](http://mercola.com/2004/mar/20/antibacterial_soaps.htm)

## Ban Water? We're from the government and we're here to help you

"It's embarrassing. We had a paralegal who did bad research." Aliso Viejo, CA City Manager David J. Norman explaining why the city almost banned dihydrogen monoxide H<sub>2</sub>O (water) due to its perceived health risks.  
[http://www.mercurynews.com/mld/mercurynews/news/braking\\_news/8185305.htm](http://www.mercurynews.com/mld/mercurynews/news/braking_news/8185305.htm)

## Hot tub ok if you have high blood pressure?

You've read the signs at the side of the hotel Jacuzzi or hot tub saying if you have a heart problem or high blood pressure it's not safe to enter. But is that really true? Not according to researchers who assessed the health risks for themselves. They got 21 patients with stable hypertension to sit in a hot tub for 10 minutes and guess what? Their blood pressure actually went down when they were in the tub, and then rose within 10 minutes of them getting out of the tub. (4)



## Our computer got hit

In this world of computer viruses it was just a matter of time before we got hit. We recently received the following message: "ALERT: You have just received the Amish Virus. Since we do not have electricity nor computers, you are on the honor system. Please delete all of your files. Thank thee."

## Humor – Form Filling



Quantas Airlines asks every pilot to fill out a form called a gripe sheet, telling mechanics problems encountered with the aircraft. The mechanics correct the problem, writing on the lower half of the form the action taken. Below are examples

of actual forms. By the way, Quantas is the only major airline that has never had an accident. (P = problem logged by pilot. S = Solution and action taken by the mechanics.)

P: Left inside main tire almost needs replacement.  
S: Almost replaced left inside main tire.

P: Test flight OK, except auto-land very rough.  
S: Auto-land not installed on this aircraft.

P: Something loose in cockpit.  
S: Something tightened in cockpit.

P: Dead bugs on windshield.  
S: Live bugs on back-order.

P: Autopilot in altitude-hold mode produces a 200 feet per minute descent.  
S: Cannot reproduce problem on ground.

P: Evidence of leak on right main landing gear.  
S: Evidence removed.

P: DME volume unbelievably loud.  
S: DME volume set to more believable level.

P: Friction locks cause throttle levers to stick.  
S: That's what they're there for.

P: IFF inoperative.  
S: IFF always inoperative in OFF mode.

P: Suspected crack in windshield.  
S: Suspect you're right.

P: Number 3 engine missing.  
S: Engine found on right wing after brief search.

P: Aircraft handles funny.  
S: Aircraft warned to straighten up, fly right, and be serious.

P: Target radar hums.  
S: Reprogrammed target radar with lyrics.

P: Mouse in cockpit.  
S: Cat installed.

P: Noise coming from under instrument panel. Sounds like a midget pounding on something with a hammer.  
S: Took hammer away from midget.

## WHAT'S HAPPENING:

- ❖ Enter our **JELLYBEAN CONTEST!** Stop by the office March 21<sup>st</sup>-March 25<sup>th</sup> for your chance to win a \$75 Albertsons grocery card for your Easter dinner & treats!
- ❖ Visit us at the Healthy Families Fair at Lake Stevens Middle School, Thursday, March 31<sup>st</sup>, from 6-8p.m. **FREE** babysitting, screenings, speakers, & prizes!
- ❖ Enjoy an afternoon of **SPRING BREAK AT NATURALLY CHIROPRACTIC! FRIDAY, APRIL 15<sup>TH</sup>, 1-5 P.M.** Sign your child up for a nervous system check-up for just \$1 per year of their age! All proceeds will go to the Lake Stevens Boys & Girls Club & your kids will start the spring off healthy & happy – **NATURALLY!** Stop by or call to pick your time. Prizes & snacks for all participants!



See you next month – and don't forget to stay young by using your body and mind and heart every day. Don't forget to call your mother (and father).

Want copies of this newsletter for your friends? Please feel free to share this with them. Please remember that everyone needs to be free from subluxations, so bring your friends and loved ones for a spinal checkup. Visit us on the web or in person!

[www.naturallychiropractic.net](http://www.naturallychiropractic.net)

### References

1. Reabsorption of a herniated cervical disc following chiropractic treatment utilizing the atlas orthogonal technique: a case report. Robinson, Kevin. Abstracts from the 14<sup>th</sup> annual upper cervical spine conference Nov 22-23, 1997, Life University, Marietta, Ga. Pub. in *Chiropractic Research Journal*, Vol. 5, No.1, Spring 1998.
2. The relationship between whiplash injury and subsequent lower back complications. Neel SS et al. *Chiropractic* Oct 1988;1(3):86-88.
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4. *CMAJ*, 2003;169:1265-8.