

# The Nerve Impulse

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

*At the deepest level, it's real love and care that people crave. Give those things, and you'll receive them. Through your caring deeds and actions, you'll truly make your mark on the world. – Doc Childre and Howard Martin, The HeartMath Solution*

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## Stay younger longer and healthier with chiropractic



It's been said that age is a feeling, not a number. We're sure you know those who are active, healthy, full of life and "sparkle" well into "old" age while younger

people are sickly, aged and really old. Can chiropractic help you stay younger, healthier and prevent premature aging? Research is increasingly saying "yes." Read on...

When you have subluxations your bones become fixated (locked, jammed or stuck). This causes degeneration: the joint fills up with scar tissue (fibrosis), tightens, becomes arthritic and prematurely ages. The first symptoms may not be pain but stiffness and/or loss of range of motion: you can't turn, twist or move body parts as easily or completely. (1) Subluxation degeneration often takes years to develop but accidents can age people "overnight." (2)

Chiropractic to the rescue!  
Chiropractic adjustments unlock or un-jam your joints, increase your range of motion and begin to reverse degeneration. (3)

Keep your body moving and aging will be delayed. We'll make sure your parts are unlocked and have more

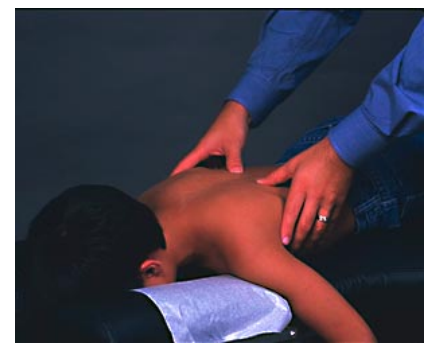


flexibility so you'll stay active. If you want to stay young and flexible keep in mind one dictum, "The body is made to move." (4)

**More chiropractic good news (your**

**DNA likes us)**

Chiropractors have long observed that regular

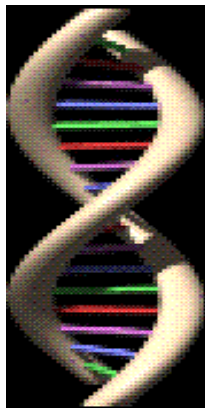


chiropractic care helps you better handle stress, improves health and keeps you younger. More research is backing up these observations.

It is known that stress makes you produce lots of free radicals, chemicals that damage your DNA, inhibit DNA repair and cause faster aging. In a recent study 25 patients under short-term chiropractic care were compared to 21 patients under long-term chiropractic care (at least two years) and 30 non-chiropractic controls.

The exciting news is this – long-term chiropractic patients showed more antioxidants in their blood (serum thiols). These are chemicals that fight free radicals, protect your DNA and hasten DNA repairs.

What are you waiting for? You're not getting any younger. Get an adjustment today (bring your friends and family too). (5)



## Words of Wisdom

*Loving a child doesn't mean giving in to all his whims; to love him is to bring out the best in him, to teach him to love what is difficult.* – Nadia Boulanger (celebrated French conductor)

*If one completes the journey to one's own heart, one will find oneself in the heart of everyone else.* – Father Thomas Keating

## Mommy's all night pharmacy

Antibodies, or immune molecules, in a mother's breast milk are transferred to the baby, giving them immunity to illnesses that the mother is immune to. If your newborn is exposed to a germ, it will go from the baby's mouth through the breast to the mom's immune system. She will make antibodies to that germ and transfer them back to the baby at the next feeding. Studies repeatedly reveal that babies who are breastfed exclusively have better functioning immune systems in the long-term as well.



## Cure for the blues

Click on the link below and follow instructions...its absolutely true!!

<http://www.cse.unsw.edu.au/%7Egeoffo/humour/flattery.html>

## Great, new e-newsletter:

<http://www.cancermonthly.com/>

Cancer Monthly provides cancer patients with the results of hundreds of therapies for advanced and metastatic cancers so that patients can compare treatments, have more meaningful discussions with their doctors, and ultimately, make more informed treatment decisions. Every month, Cancer Monthly summarizes the latest clinical results of cancer therapies presented by oncologists, researchers, and other cancer professionals working in hospitals and research institutions around the world.

## References

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