

The Nerve Impulse

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Welcome to our office from the "Spine Gang."



I'm not afraid of storms, for I'm learning how to sail my ship. Louisa May Alcott

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What does the word chiropractic mean?



Dr. DD Palmer discovered chiropractic in 1895. He had no special name for his discovery, he referred to it as his "hand treatments." One of the first beneficiaries of Palmer's hand treatments, was a Minister and a Greek language scholar, Rev. Samuel Weed. Dr. Palmer asked Rev. Weed to suggest some Greek names for his discovery because it was derived, in part, from ancient Greek healing arts. Rev. Weed took the Greek word for hand, *chiros*, and done by, *praktos* and put them together to form chiropractic,

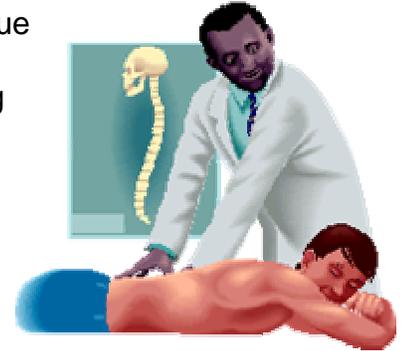
meaning done-by-the-hand.

In 1897 Palmer founded the first school of chiropractic to teach this old-new drugless healing method. The Palmer School of Chiropractic, first under his leadership and later under that of his son, Dr. B.J. Palmer, became the largest school of its kind. Within twenty years the number of doctors of chiropractic would number in the thousands.

Football and chiropractic



With football teams clashing it out on the field chiropractors are not far behind. There is significant chiropractic participation in US professional football. In a survey, 77% of National Football League (NFL) trainers reported referring a player to a chiropractor, with 45% of the NFL trainers reporting that they themselves had seen a chiropractor. In addition 31% of NFL teams have a chiropractor officially on staff, and an additional 12% of teams refer players to chiropractors. (1)



If you play football or any sport, you'll find that chiropractic spinal care will help your speed, coordination, reaction time. In one study athletes under chiropractic care had an 18% faster reaction time than controls.

Sometimes the difference between winning and losing can be *hundredths* of a second. With that in mind, chiropractic might make the difference between first places and everything else.

Get the winning edge – get a chiropractic check-up, especially before any competition. (2)

Flu shot hurts asthmatics

“Got asthma – better get a flu shot” is what medical doctors have been telling patients. However, more recent research reveals that just the opposite may be true: giving an asthmatic a flu shot doesn't protect him/her from attacks but instead makes their condition worse. Researchers took 800 asthmatic children and were placed into two groups of 400 each. One group got the flu shot, the other didn't. Researchers were surprised to find that the children in the vaccinated group were nearly twice as likely to visit the ER because of their asthma. (3)

It's a new school year. Make sure your back-packing children have a healthy spine.

Bring in your children for a back-pack check-up.



Keys to a happy marriage

Besides loving and trusting your spouse people feel happiest in relationships where they feel the other person helps them achieve their own personal goals.

Individuals who perceived themselves as having high levels of support from their spouses in their personal pursuits reported greater marital satisfaction than their less-supported peers. Working together to

achieve shared goals, (buying a home or having children) reported increased marital satisfaction. (4)



Most ear infections clear up without antibiotics

A newly released report from the [Agency for Healthcare Research and Quality \(AHRQ\)](#) found that two-thirds of children with uncomplicated ear infections recover from pain and fever within 24 hours without antibiotics and over 80% recover within 1 to 7 days. In other countries



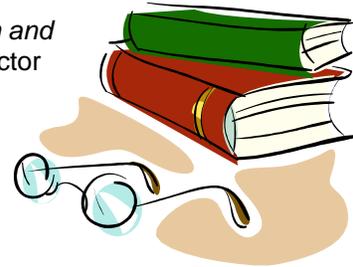
otitis media is not always treated with drugs at the first sign of infection. Rather, in children over the age of 2 years, the norm is to watch and see how the infection progresses over the course of a few days. The report notes that in the Netherlands the rate of bacterial resistance is about 1%, compared with the US average of around 25%. (5)

Words of Wisdom

Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom. Victor Frankl

There is surely nothing other than the single purpose of the present moment. A man's whole life is a succession of moment after moment. If one fully understands the present moment, there will be nothing else to do, and nothing else to pursue. – Hagakure

The most important thing in life is to learn how to give out love, and to let it come in. His voice dropped to a whisper. Let it come in. We think we don't deserve love, we think if we let it in we'll become too soft. But a wise man named Levine said it right. He said, 'Love is the only rational act. Morrie Schwartz, quoted by Mitch Albom, "Tuesdays with Morrie



Breastfeeding Reduces Obesity



Breastfeeding is the best thing your can do for your baby to give them the best start in life. Breastfed babies are shown to be physically and neurologically healthier than artificial (formula) fed babies. The longer a child is breast fed, the greater the benefits.

In a recent study it was found that breast milk contains a protein, adiponectin, that could reduce the risk of obesity later in life. Researchers found that the longer a child is breastfed, the lower their risk of obesity. Adiponectin is secreted by fat cells and affects how the body processes sugars and fatty substances in the blood. (6)

Chiropractic and spinal research



Remember, everyone benefits from chiropractic care no matter what condition they may have. If you have any specific questions please feel free to contact us.

Multiple Sclerosis (MS) and Parkinson's disease (PD) and chiropractic. For some time clinicians have been observing the symptoms of MS and PD surfacing months, years or even decades following a whiplash or some other head and neck trauma. A recent study of 44 MS patients and 37 PD patients who received chiropractic care over a five-year period found that 91% of MS patients 92% PD patients showed improvement These findings led

researchers to believe the correction of neck injuries could activate a reversal of MS and PD symptoms. Note: upper cervical (neck) subluxations were found in all 81 cases. (7)

Infertility of a 34 year old woman. A 34 year old woman with a history of infertility. She was only able to conceive through in vitro fertilization. Her clinical history revealed a number of gymnastic

injuries over a twelve-year period and several “minor” car accidents. She suffered from chronic back pain and spasms for years, occasional neck pain, and painful hands and feet, esp in the morning. After six weeks care her low back and neck pain, as well as the pain and stiffness in her hands and feet resolved. Also, for the first time in the patient’s life conception occurred naturally and she gave birth to a daughter. (8)

Humor



GREAT TRUTHS ABOUT GROWING OLD

- 1) Growing up is mandatory; growing old is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) Its frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

SUCCESS

- At age 4 success is . . . not peeing in your pants.
At age 12 success is . . . having friends.
At age 16 success is . . . having a drivers license.
At age 35 success is . . .having money.
At age 50 success is . . . having money.
At age 70 success is . . . having a drivers license.
At age 75 success is . . . having friends.
At age 80 success is . . . not peeing in your pants.

This is a really silly joke

A duck walks into a feed store and asks, "Got any duck feed?" The clerk tells him, "No, we don't have a market for it so we don't carry it." The duck says, "Okay," and leaves.

The next day, the duck again walks in to the feed store and asks, "Got any duck feed?" Again the clerk says no and the duck leaves.

Next day, the duck once again walks in, and asks, "Got any duck feed?" the clerk says, "I've told you

twice, we don't have duck feed, we've never had duck feed and we never will have duck feed. If you ask me again, I'll nail your feet to the floor."

The duck leaves. The next day, the duck walks in and asks, "Got any nails?"

"No."

"Got any duck feed?"

See – I told you.

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Remember, if you or anyone you know or care about is involved in sports have them come in for a spinal check-up so we can locate and correct any subluxations in their spine. It may make the difference between winning and losing, health and disease, quickly healing or remaining sick.

If you haven't been in for a check-up make an appointment. Spinal adjustments help raise your resistance to disease. You'll have a healthier and happier autumn.

Dr. Luigi DiRubba & Staff