

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).

Now is the season to know that everything you do is sacred. ☪ Hafiz

Have a wonderful Holy-day season



May this be a time for renewal, peace, wisdom and healing. Thank you for joining our practice and letting us introduce you, your friends and family to the wonders of chiropractic and drug-free, natural healthcare. If we haven't seen you in a while please stop by for a checkup (your body will thank you) and share season's greetings with us.

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Working under the direction of your inner healer, your body's wisdom, your immune system patrols your every nook and cranny, searching to keep your body safe and secure. Your immune system needs good weapons and for that reason you

have your own private drugstore.

Your own private army



You have, inside of you, a vast army with advanced weaponry on a constant search and destroy operation to find, repel and eat any invader. Eat?

Well that's how your immune system kills bacteria, viri, all

kinds of germs ☪ even cancer cells.

Your immune system is part of your marvelous healing ability that is designed to keep you perfectly healthy for well over 100 years. Your healing ability is able to cure even ☪ incurable☪ diseases, everything from the common cold to cancer.

Your own private drugstore



Yes, your marvelous body makes every drug and chemical you need to lead a healthy, happy life. According to David Simon, MD, ☪ The human body has an internal pharmacy it's more powerful than the outer

pharmacy. When we are healthy our bodies can produce anti-depressant drugs, anti-anxiety drugs, immune-enhancing drugs,

digestive system normalizing drugs, sleep-inducing drugs. Most new pharmaceuticals are designed to mimic the body's natural internal pharmacy. (1)

Your brain and many of your internal organs, hormones, glands and tissues work together to keep your internal pharmacy functioning properly. Your army needs healthy, natural, nutrient dense foods (as opposed to refined, artificial "junk" foods) as raw building materials and proper energy and communications to coordinate operations.



The quality of your raw materials (food) comes from your conscious choices about what to eat and drink. How do you ensure the

quality of your internal communications?

That's the role of your chiropractor.

Chiropractic is a powerful way to free your spine and nerves of nerve interference caused by vertebral subluxations.

If you have subluxations in your body, you cannot function at your best and your "army" will be held back. To help keep your (and your loved ones) immune system and natural healing ability functioning at their optimum with high resistance to disease, get a chiropractic spinal checkup. It's a great way to celebrate the season.

Words of Wisdom

*Seven Days Without An Adjustment
Makes One Weak* - Bob Rush, DC

**No wonder you're tired in 24 hours
as an adult**

1. Your heart beats 103,689 times.
2. Your blood travels 168,000 miles.
3. You breathe 23,040 times.
4. You inhale 438 cubic feet of air.
5. You eat 3 1/4 pounds of food.
6. You drink 2.9 pounds of liquids.
7. You lose in weight 7.8 pounds of waste.
8. You perspire 1.43 pints.
9. You give off 85.6 degrees F.
10. You turn in your sleep 25-30 times.
11. You speak 48,000 words.
12. You move 750 major muscles.



13. Your nails grow .000046 inch.
14. Your hair grows .01717 inch.
15. You exercise 7,000,000 brain cells.

Back surgery or no-surgery = No difference



64 patients with chronic lower-back pain and disc degeneration were given spinal fusion surgery or non-surgical therapy.

There was no difference in the outcomes of both groups, except the cost of the non-surgical group was much cheaper, with no complications. The main outcome measure showed equal improvement in patients with chronic low back pain and disc degeneration, whether or not the patients had surgery or non-surgical care. The findings suggest that back pain treatment costs could be reduced, but also that many patients may no longer need to undergo surgery. (2) Imagine what the results could have been if they used chiropractic?

References

1. Gazella KA. David Simon, MD Practicing mind-body-soul medicine. *Alternative Therapies*. Nov/Dec 2004;10(6).
2. Brox IJ, Sorensen R, Friis A, Nygaard Å et al. Randomized clinical trial of lumbar instrumented fusion and cognitive intervention and exercises in patients with chronic low back pain and disc degeneration. *Spine*. 2003;28(17):1913-1921.
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