

Healthy Living Chiropractic Newsletter

ROEDIGER CHIROPRACTIC

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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).

It all depends on how we look at things, and not on how things are in themselves. The least of things with a meaning is worth more in life than the greatest of things without it. – Carl Gustav Jung

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What Does Chiropractic Do For You?



Chiropractic releases a deep stress from your body called a vertebral subluxation. Subluxations can be caused by a difficult birth, a fall as a child, sports accidents – just about any trauma has the potential to distort your body structure and stress your nerve system. Since nerves from your spine go to all your organs and affect your entire body function, a subluxation can cause disease, overall body function, lowering of resistance and excessive wear and tear to your system (premature aging). You can have a

subluxation for years before you notice any problems and by that time you may have serious health problems.

Chiropractors are the only primary healthcare providers that are able to analyze the body for subluxations and, using the power of the chiropractic adjustment, correct the subluxation, releasing the stress, balancing your structure and improving the function of your body and mind.

Cancer, Alternatives and No Care

Increasing numbers of cancer patients are exploring alternative or natural ways of healing. Many medical critics claim that chemotherapy, radiation and surgery actually damage the immune system, with cancer victims less likely to heal.

Hardin Jones, Ph.D., a professor of medical physics and physiology, writes: "For a typical type of cancer, people who refused treatment live an average of 12 ½ years. Those who accepted surgery and other kinds of treatment lived an average of only 3 years. I attribute this to the traumatic effect of surgery on the body's natural defense mechanism. The body has a natural kind of defense against every type of cancer." (1)

At a San Diego hearing Dr. Jones testified that a woman with breast cancer who had no treatment lived up to four times longer than one who was treated by conventional methods. (2)

Most People Are Immune to the Flu



Natural immunity is *always* best. Take care of yourself and the flu will be mild or non-existent. Artificial immunity, if it works, is never as good. In fact

deaths associated with the flu continue to rise parallel with increased flu vaccine usage. No large population studies prove the flu vaccine even works.

Every year, 80-90% of the population is naturally immune from all forms of influenza like illnesses (ILI's). In fact, only 10-15% of those with ILI's actually have the flu! Natural immunity protects 96 to 98 people out of every hundred from contracting the flu. The flu vaccine can cause flu-like symptoms, joint and muscle pain (sometimes lasting for years), severe allergic reactions and even death.

Promote natural immunity to all diseases with a lifestyle that includes whole foods, elimination of toxins, chiropractic care, rest and satisfying relationships. (3)

Chiropractic Questions and Answers

Question: Can I see an MD or another healer while I'm seeing a chiropractor? Can I see a chiropractor if I'm under medical care?

Answer: Keeping your spine healthy is a pre-requisite for health no matter what other healthcare you are using. There is no conflict. Chiropractic is always a good thing to do. Think of chiropractic as you would good nutrition – a necessary part of taking care of oneself but especially needed if you have symptoms or are ill.

Chiropractic and Spinal Research

Chiropractic is not for diseases but for people. By that we mean that no matter what disease or symptoms your body may be expressing, you always need to



have a healthy spine. In fact, everyone with *any* health problem needs a spine free from subluxations. It might make all the difference. Feel free to forward these studies to others.

Ear infections and chiropractic. 20%-30% of children suffer from middle ear infections (acute otitis media). In many cases antibiotic therapy leads to repeated episodes of the condition. In this study 21 children (9 months to 9 years) with acute otitis media were placed under chiropractic care. After adjustments the red and bulging eardrums returned to normal in 95% (with a drop in temperature). (4)



Chiropractic and Infertility, Migraines. A 28-year-old woman visited a chiropractor because of severe migraine headaches since she was a teenager, irregular menstrual cycles and inability to conceive. After two months care she reported no headaches during the preceding month. A regular menstrual cycle began 7 weeks into care and within 6 months she became pregnant. (5)

Reduction of a confirmed C5-C6 disc

herniation. A 39-year-old male cable technician complained of right neck and arm pain. He had a football injury 20 years prior with similar pain at that time. He now had an aching, deep pain running from the base of his neck to the right elbow and sharply down his arm. Magnetic resonance imaging (MRI), thermography and muscle testing apparatus revealed a C5-C6 (neck) disc herniation. Under chiropractic care he became symptom free; a later MRI revealed a reduction in the herniation. (6)



Measure Twice, Cut Once – or Not at All?

650,000 hysterectomies are performed each year in the U.S. According to researchers most should never be done. Gynecologist Michael Broder, M.D., reviewed 500 operations and found that 70% of the surgeries had been done without first conducting adequate diagnostic tests to ensure the surgery was appropriate in the first place! About 14% of the women shouldn't have gotten a hysterectomy under any circumstances and 21% of the 340 patients with fibroids had surgery without first trying chiropractic, acupuncture, nutrition, herbs or drugs that might have corrected their problems. (7)

“Welcome!” to our New Patients this Month

Sherri K. Rosemarie O. Paul B.
Emma R. Barbara R. Jim R.
Casey C. Bob M. Anna Marie H.
Natalie R. John C. Nancy F.
Richard S. Emma H. Donna W.

Upcoming Events

HOLIDAY GIVEAWAY

Nov. 29th – Dec. 22nd

Once again, Roediger Chiropractic will be holding a Holiday Giveaway. Keep your scheduled appointments, refer others and earn chances to win a DVD/VCR Combo, 6-CD Stereo, Gift Baskets, Gift Certificates and more!

Spinal Health Care Class

Maximize your chiropractic care benefits and join us for our Spinal Health Care Class on Tuesday, Dec. 7th and Tuesday, Dec. 21st at 6:00pm in our office. This is an opportunity to understand the affects of spinal misalignments on your health & ask questions. Bring your friends & family!

Words of Wisdom

If you are dealing with fears and insecurities from old head programs, have compassion for yourself.

Just love your insecurities, fears and resentments. Release and forgive them as they come up. Judging, beating or repressing insecurities just gives them power. Then you have a pattern that never gets resolved. Recognize that your real security is built from your relationship with your own heart. – Sara Paddison



Most people search high and wide for the keys to success. If they only knew, the key to their dreams lies within. – George Washington Carver

References

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2. Culbert M. *Save Your Life*. Virginia Beach, VA: Dunning Pub.
3. www.vaclib.org/basic/flu_2004_short_ad.html
4. Zhang JQ & Snyder BJ. Effect of the Toftness chiropractic adjustments for children with acute otitis media. *JVSR*. March 29, 2004:1-2.
5. Vilan R. The role of chiropractic care in the resolution of migraine headaches and infertility. *Journal of Clinical Chiropractic Pediatrics*. 2004;6(1):338-341.
6. Siciliano MA, Bernard TA & Bentley, NJ. Reduction of a confirmed C5-C6 disc herniation following specific chiropractic spinal manipulation: a case study. *Chiropractic: The Journal of Chiropractic Research and Clinical Investigation*. April 1992;8(1).
7. Broder et al. The appropriateness of recommendations for hysterectomy. *Obstet Gynecol*. 2000;95:199-205.



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A MESSAGE FROM DR. ROEDIGER

