

# Healthy Living Chiropractic Newsletter

## Roediger Chiropractic

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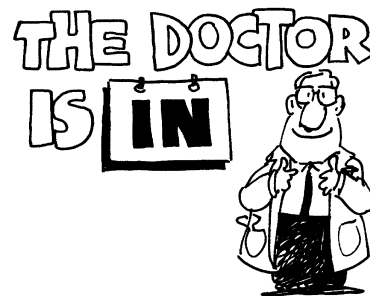
# WELCOME

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)

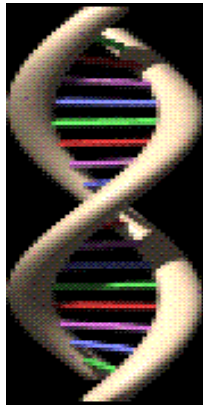


Chiropractors have long observed that regular chiropractic care helps you better handle stress, improves health and keeps you younger.

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.

## Study reveals Chiropractic in children is important

A study of 650 children published in the *Journal of Vertebral Subluxation Research* has found that vertebral subluxations (or misalignments) are associated with a variety of children's health complaints, including colic, bed-wetting, scoliosis, and spinal degeneration.

According to Ogi Ressel, DC, vertebral subluxations (spinal misalignments) can occur early in life, even during the birth process. The body adapts to the subluxations, and the abnormal functions become the norm, leading to spinal distortions, spinal degeneration, and a generalized state of unwellness seen in children.

The study, the largest one of children under chiropractic care ever conducted, was performed

by Ressel and Robert Rudy, DC, who compiled the data during a 5-year period. The children were examined and cared for by six doctors of the Patient First Chiropractic & Wellness Centre in Burlington, Ontario.

Ressel says vertebral subluxations are the seeds of future disease processes and should be corrected as soon as possible.

The researchers urge all parents to have their children checked by a chiropractor for the presence of vertebral subluxations before the damage progresses. (6)

## Happenings in the office

### “Welcome!” to our New Patients

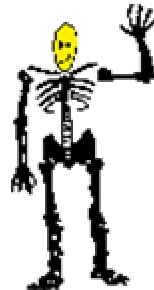
Loretta B.	Paul T.	Ken K.
Mary A.	Ian M.	Debbie S.
Melissa O.	Arleen L.	Theresa Z.
Freda B.	Ryan P.	Joe S.
Damion O.	Gabrielle S.	Brant B.
Kim S.	Steve A.	Amelia M.
Fran N.	Sarah M.	Jim R.
Olin M.	Brenden O.	Jacob K.
Richard S.		

Thank you to those special patients who referred their family and friends for Chiropractic care. We appreciate your trust and confidence in us and our office.

We would like to wish all of our patients celebrating birthdays in May a very **HAPPY BIRTHDAY!** May you have a year full of good health and happiness.

### References

1. Rupert R. Maintenance care: health promotion services administered to US chiropractic patients aged 65 and older, Part II. *JMPT*. 2000;23(1):10-19.
2. Farfan HF, Kirkaldy-Willis WH. *Managing Low Back Pain (Second Edition)*. Churchill Livingstone. 1988;25.
3. Whittingham W, Nilsson N. Active range of motion in the cervical spine increases after spinal manipulation (toggle recoil). *Journal of Manipulative and Physiological Therapeutics*. 2001;24(9).
4. Weiniger SP. *Conscious Posture*. BodyZone.com Press, 2004 (projected).
5. Campbell CJ, Kent C, Banne A, Amiri A, Pero R. Surrogate indication of DNA repair in serum after long term chiropractic intervention – a retrospective study. *Journal of Vertebral Subluxation Research*. Feb. 18, 2005;1-5. [www.jvsr.com](http://www.jvsr.com)
6. *Chiropractic Products*, May 2005; 11



See you next month. Don't forget to stop by for a spinal checkup and an adjustment (if needed). And bring in the family too – kids do better at school when they aren't subluxated (really!)

**Want copies of this newsletter for your friends? Stop by the office and we'll give you some hard copies or write to us and we'll add them to our mailing list. Please remember that everyone needs to be free from subluxations so bring your friends and loved ones for a spinal checkup.**

### A MESSAGE FROM DR. ROEDIGER

Many older people call and ask if there is anything that can be done for arthritis. I respond “ABSOLUTELY!” Arthritis occurs when joints become misaligned. This can happen from an old injury, fall, car accident, work injury or even from playing sports when younger. The joints then rub against each other and start to wear the joint out. Chiropractic care using the Activator Method, can improve joint alignment and motion, decrease aches and pains, and return to activities that were once lost due to the arthritic condition. If you, a family member or friend has been diagnosed with arthritis, have them call or stop by to talk to me. I may be able to help them feel and move better.

**Yours in Health – Dr. Tad M. Roediger**