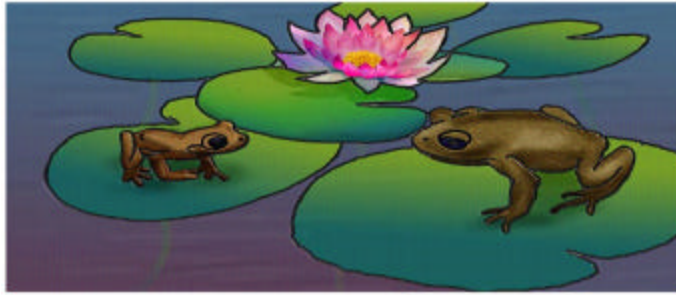


Healthy Living Chiropractic Newsletter

Roediger Chiropractic

401 South St., Bldg. 2A, Chardon, Ohio 44024

440-285-0756



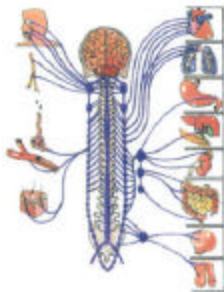
Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).

We know too much and feel too little. At least, we feel too little of those creative emotions from which a good life springs. – Bertrand Russell

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Chiropractic is good for your whole body



Chiropractic clinical reports reveal kidney function, bowel and bladder function, digestive organs, reproductive organs, heart and lungs – just about every organ and system – benefiting from adjustments. How can a spinal

adjustment do that?

It's all in your nerves. All your organs, glands, muscles and bones receive a nerve supply from your spine. This connection is essential for proper health. If this connection is interfered with your organs may not

function properly and your health could be damaged.

If you have a subluxation – a misalignment of a spinal bone causing pressure on your nerves – then your internal organs, blood vessels, bones, muscles (really everything) won't function at 100%. That can mean pain, weakness, lack of energy, lowered resistance to disease and ultimately sickness.

What to do? Why, visit your chiropractor to have your spine checked for these health-destroying subluxations. If



your chiropractor finds any subluxations in your spine, he/she will correct (adjust) them and you'll be free of this form of severe stress to your nervous system. Your entire body will benefit.

PS. It really important for the very young and very old to have healthy spines, so bring in your children and your parents.

Fever is good for you



Fever is one of nature's most powerful infection fighting weapons. If it could be bottled and sold it would be a true "wonder drug."

Perhaps equally important, studies show that interfering with (lowering) a fever with drugs such as acetaminophen (Tylenol™) or aspirin (antipyretics) keeps sick people sick longer.

In one study doctors gave half a group of patients with flu aspirin while the other half were permitted to have a fever. The aspirin group with lowered fever stayed sick 3 ½ days longer!!! The paper concluded: "Antipyretics prolong illness in patients with Influenza... The duration of illness was significantly prolonged." (1)

Lowering fever increased the death rate in another study. Researchers reported: "There is no convincing evidence that naturally occurring fevers are harmful. In contrast, animal studies have shown that fever helps animals to survive an infection whereas antipyresis (lowering fever) increases mortality...there is considerable...evidence that...human immunological defenses function better at febrile temperatures than at normal ones." (2)

In other words, when you or your child has a fever they can better fight infection.

First watch this, and then read the SAD news below:

<http://www.storewars.org/flash/index.html>

S.A.D. news (S.A.D. = standard American diet)

Statistics say that soda, French fries, potato chips, hamburgers and chocolate make up 70% of the American diet. The top 10 selling products in grocery stores are:

- 1- Marlboro cigarettes
- 2- Coke classic
- 3- Kraft macaroni & cheese
- 4- Pepsi
- 5- Diet coke
- 6- Budweiser beer
- 7- Campbell's soup
- 8- Tide detergent
- 9- Folger's coffee
- 10- Winston cigarettes



Is it any wonder Americans' health is so awful? To improve your health, you have to eat real foods: Unprocessed, natural and organic. The more life in the food, the more life it will give to you.

Words of Wisdom



The preservation of health is easier than the cure of disease. – B.J. Palmer, DC

The best and most beautiful things in the world cannot be seen or even touched...but are felt in the heart. – Helen Keller

Parents are living longer than their children?



This is not good news. Partly as a result of the S.A.D. (above) and prescription and over-the-counter drug use (including and especially vaccinations), Americans' life expectancy is lower than many other developed countries. By the middle of this century the increased risk of diabetes, heart disease and cancer is estimated to lower average life expectancy 5 years. Two-thirds of America's adults are overweight as are 30% of U.S. children. (3)

Back pain – Chiropractic is most popular care

A survey of over 2,000 back and neck pain sufferers revealed that 54% of people reporting back and neck pain used complementary care with the most popular care being chiropractic. Only 37% of those surveyed consulted MDs. Chiropractic was rated as "very helpful" by 61% of patients as compared with 27% for those visiting a conventional provider (medical doctor/physical therapist). (4)



Back surgery = permanent chronic pain

One of America's most respected medical doctors has revealed a shocking discovery: "Vast majorities of people suffering from

chronic pain were actually the result of unnecessary back surgery. In one study, I demonstrated that at least 80% of those who had lumbar surgery for a presumed ruptured disc had not had a ruptured disc before their first surgery. (5)

“By the time they had between 5 and 7 unsuccessful back operations they certainly were invalids... In selective patients with back pain, we have found two significant problems: locked or degenerative facet joints or a sacral shear.” (6)

Chiropractic and Spinal Research

Do you know anyone living on drugs? They may have years of uncorrected subluxations in their body. Please tell them about chiropractic.

Childrens' health complaints and pelvic subluxations. 650 children aged 2 to 18 (327 boys and 323 girls) were analyzed by chiropractors. It was found that the children's health complaints were related to subluxations of their pelvic bones. The authors found that 96% of the children examined were found to have pelvic subluxations and the beginning of spinal degeneration.

The following conditions were found in the subluxated children: limb pain and numbness, low back and



neck pain, “growing pains,” sinus problems, headaches, dizziness, stomach problems, bed-wetting, constipation, diarrhea, asthma, breathing problems, fatigue, colic, croup and menstrual cramps. Behavioral concerns included ADHD, learning difficulties, temper, memory and sleeping problems; allergies, colds, ear infections, fever, acne, sore throats, strep and tonsillitis.

The authors stressed that Chiropractic care should be started early so that abnormal joint function, disc stress and early degenerative changes can be corrected as soon as possible. (7)

Happenings in the office

“Welcome!” to our New Patients

Elizabeth M.	Danny Y.	Barbara B.
Sara Jane B.	Evalyn W.	Eve M.
Kip H.	Jonas B.	Patti P.
Bryan Z.	Jim C.	Brian N.

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

HAPPY BIRTHDAY to all of our patients celebrating birthdays in July. May you have a year full of good health and happiness.

IT'S A GIRL!

Taylor Marie Baise was born July 25, 2005. She was 6 lbs. 10 ozs. and 19 inches long. Congratulations to Amanda & Gary!

Dr. Roediger is having a C.O.W.!!

Join us August 15-18th for Chiropractic Opportunity Week. Watch your mail for further details!

References

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3. Olshansky SJ, Passaro DJ, Hershow RC et al. A potential decline in life expectancy in the United States in the 21st century. *New England Journal of Medicine*. 2005;352(11):1138-1145.
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5. Shealy CN. Percutaneous radiofrequency denervation of spinal facets: treatment for chronic back pain and sciatica. *J of Neurosurgery*. 1975;43:448-451.
6. Shealy CN. Chronic pain management. *Townsend Letter for Doctors and Patients*. Jan. 2005; 22-23.
7. *Journal of Vertebral Subluxation Research*. October 18, 2004.

A MESSAGE FROM DR. ROEDIGER

Dear Friends,

Our creator did a wonderful job. The body is pretty amazing. It has the ability to take care of itself, especially if it is functioning at its best. For our bodies to function at their best, we need proper sleep, nutrition, mental and physical stimulation and a nervous system that communicates efficiently with all parts of the body. To have an efficient nervous system there has to be as few spinal misalignments or subluxations as possible.

Every BODY deserves to work at its best. Keep on track if you are currently getting adjusted. If you or someone you know is not at their "best", stop in and get checked out. Let us see how we can help you!

Yours in Health – Dr. Tad M. Roediger