

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).

Figure out what your purpose is in life, what you really and truly want to do with your time and your life then be willing to sacrifice everything and then some to achieve it. If you are not willing to make the sacrifice, then keep searching. – Quintina Ragnacci

Table of Contents

- ? **Chiropractic for a Happier, Healthier Child**
- ? **Chronic Back Pain Causes Brain Shrinkage**
- ? **Vaccinations Not Required to Enter School**
- ? **Nursing Moms Should Sleep With Baby**
- ? **Benefits of an Organic Diet**
- ? **Carpal Tunnel Syndrome and Chiropractic**
- ? **What's in a Vaccine?**
- ? **Chicken Pox Shot Not Working?**
- ? **Pain Worse After Back Surgery**
- ? **Happenings in the Office**
- ? **References**

Chiropractic For A Happier, Healthier Child



Want a happier, healthier child? Bring them in for a chiropractic spinal checkup. Chiropractors locate and

correct vertebral subluxations in children's spines, reducing posture, nerve and spinal stresses. For

over a hundred years parents, clinicians and researchers have noticed improvements in physical health, behavior and emotional

states of children following chiropractic care. Among the observed effects of subluxation correction are improvements in emotional, behavioral and neurological problems such as

asthma, anxiety, inability to concentrate, hyperactivity, dyslexia, learning disabilities,

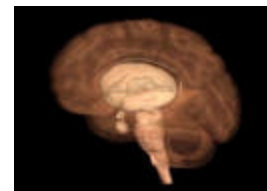
attention deficit disorders, discipline problems and even low grades. (1-4)

Chronic Back Pain Causes Brain Shrinkage

The Journal of Neuroscience brings sobering news to chronic back pain sufferers.

Scientists found that even one year of chronic back pain can age the brain 10 to 20 years. 26 people with chronic, continuous pain of more than a year were compared with 26 healthy people. The researchers theorize that the stress of chronic pain causes "burnout shrinkage." But that may not be a life sentence. Shrinkage doesn't always equal loss of brain cells and shrinkage may reverse once the chronic pain ends.

(5) Can chiropractic reverse the damage? Chiropractic success with chronic conditions is well known. Apparently "learning to live with it" may cause serious long-term problems. If you know anyone with a chronic condition please advise them to explore chiropractic – their pain and their brain will thank them.



Vaccinations Not Required to Enter School

In most states Part A of the law says, "No shots, no school," but most parents don't know that Part B of the law says "If you don't want them you don't have to have them" (because they aren't told). Every state has exemptions. To find exemptions for your state go to www.thinktwice.com and click on "immunization laws."

Nursing Moms Should Sleep With Baby

Nursing babies should sleep right next to their parents' bed, advises the American Academy of



Pediatrics (AAPA). The AAPA also advises that mothers should feed babies only breast milk for six months and continue breastfeeding for at least one year and ideally stop when the baby wants to quit.

Human milk is far superior to any formula for a child's physical and mental health. Breastfeeding benefits to mother include a faster return to pre-pregnancy figure and weight, increased child spacing, decreased risk of breast and ovarian cancer, protection from hip fractures and osteoporosis later in life. For babies the advantages include better brain development and protection against meningitis, bacteremia, diarrhea, otitis media, diabetes, cancer, obesity, asthma, urinary tract infection and crib death. (6)



Benefits of an Organic Diet



Organic food *is really* better for you. Rats fed conventional or organic food experienced quite different health. The "organic" rats had improved immune system status

compared to rats that ate conventional diets: they slept better, were slimmer than rats that fed on other diets and had higher vitamin E content in their blood. (7)

Carpal Tunnel Syndrome (CTS) and Chiropractic



Tingling and numbness in the hands, fingers and wrists and pain so intense that it awakens you at night with the possibility of similar symptoms in the upper arm, elbow, shoulder or

neck are some of the symptoms of CTS.

The drug-free chiropractic approach of releasing nerve and spine stress by freeing your body of vertebral subluxations has been a blessing to millions afflicted with this condition.

Years ago telegraph operators, seamstresses, carpenters and meat cutters were the chief sufferers from this condition. Today it's office workers, computer operators, musicians and assembly line workers who are more prone to it.

Research is revealing that CTS is not only a hand and wrist problem but is also a spinal problem. For example, when 1,000 cases of carpal tunnel syndrome were investigated it was found that a large number of them also had neck arthritis. (8) That is one reason why clinicians, researchers and patients have reported relief of classic carpal tunnel symptoms and improvement in overall body function after chiropractic spinal adjustments. (9-11)

Anyone suffering from CTS should see a chiropractor to ensure that their spine is free of spinal nerve stress. A chiropractic spinal adjustment may make the difference between a pain-free wrist and hand surgery!

What's in a Vaccine?

More and more parents are saying "No" when it comes to vaccinations for their children. One reason is because children are injected with some of the most lethal poisons known: formaldehyde, mercury, aluminum, phenol (carbolic acid), borax (ant killer), antifreeze, disinfectant, dye, acetone (nail polish remover), latex, MSG, glycerol, polysorbate 80/20 plus blood or cells from monkey, cow, chick embryo, pig, sheep and dog. Vaccines are linked to:

- ? Ear infections, allergies, asthma, eczema, hay fever
- ? Irritability, screaming, sleepiness, convulsions
- ? Bowel problems, blindness, deafness
- ? Autism, ADD, ADHD, Asperger's, dyslexia, learning difficulties
- ? Epilepsy, paralysis
- ? Lupus, diabetes, arthritis, multiple sclerosis
- ? Anorexia
- ? Cancers such as leukemia, lung, brain and bone tumors
- ? Crib death (the biggest single cause of infant mortality)
- Infertility

Chickenpox Shot Not Working?

From 1987 to 1997, although the reported national incidence of chickenpox decreased 58%, that may not be because there's less chickenpox but because doctors are no longer required to report it. "The decrease from 1987 to 1997 corresponded with decreases in the number of states reporting," admits the CDC. In the 14 states that maintained continuous reporting of varicella, the incidence remained completely unchanged, at 107.0 cases per 100,000 population. (12)

Pain Worse After Back Surgery

Months following spinal surgery for back pain, patients remember their initial pain as worse than they rated it at the time of surgery, reports a recent study in the journal *Spine*.

The researchers reviewed patients' before-and-after ratings and concluded that studies relying on such after-the-fact ratings may overestimate the effectiveness of spinal surgery in relieving chronic back pain. In other words, no one knows whether the patient is truly feeling better or it's just a placebo effect. (13) Chiropractic has been a blessing to countless disc surgery patients, often saving them from a second or third operation.



Happenings in The Office

"Welcome!" to our New Patients

Roman S.	Tim F.	Karolyn M.
Dan T.	Joe D.	James S.
David H.	Joyce H.	Michael B.
Jim H.	Rose M.	Mae M.
Harry S.	Linda B.	Marty B.
Andy B.	Sarah B.	Jodi L.
Russ. H.	Shawn B.	Amanda K.
Nathan T.	Joshua B.	Ed B.
Andy H.	Alyssa A.	Judy J.
Melanie L.	Roman E.	

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.

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

FOOD DRIVE

We will be holding our 2nd annual Food Drive October 17th – November 17th to benefit WomenSafe, Inc. For each non-perishable item you bring in during this time you will receive a raffle ticket good for a chance to win a \$50.00 gift certificate to Giant Eagle or Heinens.

Ask Dr. Tad

Q: How do I know what type of vitamins I need to take?

A: This is a question I hear often. I usually answer this question by recommending a multivitamin from GNC or other health food store. Something I have done for myself, to determine what vitamins and nutritional supplements my body needs is to have a Live Blood Cell Analysis done. A personal live blood microscopy will give an assessment of a wide variety of conditions. These conditions may include: vitamin & mineral deficiency, toxins,

parasites and improper digestion. After 6 weeks of changing my supplements, I had a retest done. It showed good changes in my blood. Because my blood changed, I changed my supplements, and I expect to improve even more than before. The important thing is I feel better, I don't feel bloated after eating like I use to, and I have more energy without drinking a pot of coffee.

If anyone is interested in having a Live Blood Cell Analysis, call my office and we will let you know when the next analysis will happen in the office. 440-285-0756.

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