

# Healthy Living Chiropractic Newsletter

## ROEDIGER CHIROPRACTIC

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

(440) 285-0756

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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).

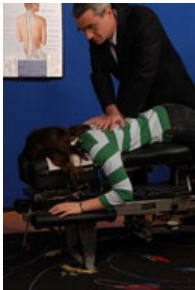
### ***Chiropractic is mysterious? No way!***

**What is chiropractic?** So many people receive regular chiropractic care as a part of their lives. They get periodic chiropractic checkups and (if needed) adjustments for themselves and their family. Subluxation-free people are shown to feel great and are happier and healthier. To many people, if there are health issues in their families, the chiropractor with his/her drug-free approach is the first healthcare provider they call.

Some lucky people have even been under chiropractic care since they were children!

Yet to others chiropractic care is something mysterious. Why? Simply because they've never seen a chiropractor. Here we have a doctor who doesn't give drugs, shots, surgery or do invasive procedures and some people are more afraid of going to a chiropractor than going under the knife. We've even known people like that.

Do your friends a favor – introduce them to us. Even if they just come in with you and wait in the waiting room, just seeing other practice members and our professional office is enough to defuse a lot of fear. Maybe they'll even ask us some questions – and we'll be happy to answer them.



### ***Do drugs make you healthy?***

True health does not mean merely being symptom-free or "feeling ok." True health is a properly working body: lots of energy, proper alignment, restful sleep and the strength to deal with life's physical and emotional stresses. If simply being free of symptoms were the only sign of good health, then aspirin, drugs and other medicines would make you healthy. But are people taking the most drugs the sickest?

Drugs don't make you healthy. They may reduce or alter your symptoms, but that does not make you healthy. What makes you healthy? Life makes you healthy. Having a body and its systems functioning at or near 100% makes you healthy. The brain controls the actions of every function that occurs in the body. The brain communicates with the different parts of the body through the nerves. The nerves act like telephone lines. If the nerves, "phone lines" are down (pinched) or not working correctly (irritated) then whatever message the brain sends will not be received properly. This usually results in pain, numbness or other symptoms.

Chiropractic adjustments remove the nerve interference and allow the "phone lines" to work as intended.

### ***Why refuse the flu shot?***

**Not wanting Alzheimer's Disease (AD) is a good reason.** Since flu shot season is approaching we think it appropriate to remind everyone that according to Hugh Fudenberg, MD, the world's leading immunogeneticist and

13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has had flu shots their chance of getting Alzheimer's disease increases greatly. (1) Dr. Fudenberg feels the mercury and aluminum in flu shots (and many childhood and RhoGam shots) build up in the brain causing AD. Is that why Alzheimer's is expected to quadruple? (2)

### Flu hysteria is on the way (again)

Reports said that "Influenza kills 30,000 to 40,000 Americans every year." (3) Hogwash! It's simply not so. How many people really die of Influenza? Here is what the CDC says:

In 2002: 753 died of the flu (4)

In 2001: 267 died of the flu (5)

In 2000: 2,175 died of the flu (6)

In 1999: 1,685 died of the flu (7)

These were no doubt people who were frail, sickly, weak, malnourished and unhealthy to begin with. Dying from the flu is, in fact, a very rare occurrence – research shows the flu shot does not affect mortality of elderly people. In conclusion – the flu shot is dangerous and useless. Below is one more reason why children especially should NOT get a flu shot.

**Flu shots increase asthma attacks.** In the *Archives of Diseases of Children* the authors of a published study found that vaccinated children had a significantly increased risk of asthma-related clinic and emergency room visits. (8) Please send this flu information to everyone you know.

### Chiropractor helps professional football team



Almost every NFL team has a Doctor of Chiropractic on staff. Why? Apart from helping players with injuries, chiropractic care keeps their spines and bodies balanced and aligned and does it without drugs or surgery. Chiropractic athletes have better coordination, improved strength and can run faster than control groups of athletes.

Among team chiropractors is Dr. Doug Miller who has been adjusting the Baltimore Ravens professional football team for ten years. He was on the playing field when the Ravens won

the 2000 Super Bowl. Ravens trainer Bill Tessenorf says, "A player favoring a knee or an ankle can cause alignment problems elsewhere. A chiropractor can help with a lot of those issues."

Dr. Miller adds a larger dimension to chiropractic awareness: "It's not just about relieving pain from backaches and injuries. It's about achieving optimum health," he says. (9)

### Girls' consumption of French fries linked to breast cancer in adulthood

This information from the *Natural Health Newsletter* by Randall Neustaedter OMD. Subscribe to this free newsletter at [www.hpakids.org](http://www.hpakids.org).

A large study found that one additional serving of French fries per week consumed during ages 3-5 years increased the risk of breast cancer by 27%. The study also found reduced risk of breast cancer for children who consumed whole milk (compared to skim and low-fat milk), butter and liver.



A problem with fried foods is the presence of a class of carcinogens called acrylamides, formed when starchy carbohydrates like potatoes, corn, oats or wheat are subjected to high temperatures (above 360 degrees) for prolonged periods, as in deep-frying. French fries, potato chips, doughnuts, and even oven-baked French fries contain acrylamide. This chemical is monitored in drinking water because of its ability to cause cancer. (10)

### The shots aren't working so let's sell (i.e. inject) more

#### Pertussis boosters for adolescents?

Instead of promoting natural immunity, breastfeeding, natural birth and other healthy lifestyles, infants and children are given five DPT (diphtheria, pertussis, tetanus) shots. They don't seem to be working because pertussis (whooping cough) is still increasing and conditions caused by vaccines such as autism, asthma, rheumatoid arthritis, diabetes, ADD, ADHD, learning disorders, allergies and others are skyrocketing.

Now the *Society of Adolescent Medicine* wants 10 to 12-year-olds to get DPT shots. Almost all children recover from pertussis, few recover from autism. For example in 2004 there were over 1,200 cases of whooping



cough in Colorado but only one death. It is not known if the lone death was from pertussis or due to other conditions. (11) Note: DPT has long been considered the most dangerous shot of all causing brain damage, encephalitis and death. The shot isn't even needed. Deaths from whooping cough decreased nearly 98% BEFORE the vaccine was mandated. That's why more and more parents are saying "KEEP YOUR SHOTS AWAY FROM MY CHILD."



**We would like to wish all of our wonderful patients a Healthy and Happy Holiday season!**



## Happenings in the Office

### "Welcome!" to our New Patients

Nathan T.	Ed & Dorothy B.	Alyssa A.
Judy J.	Beverly N.	Laura F.
Kathy P.	Sara T.	Bill D.
Abby C.	Edna B.	Bob P.
Kelly B.	Jeff B.	John T.
Daniel M.	Doug B.	Dennis B.
April B.	Nadine P.	Sarah S.
Bill S.	Barb R.	Martha B.
Gary H.	Anya I.	Troy H.
Mike J.	Heather H.	Dave G.
Stephen L.	Dan Y.	

Thank you for your referrals. That is the biggest compliment you can give.

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

### **FOOD DRIVE A SUCCESS**

Thank you to all of our generous patients who contributed to our food drive to benefit WomenSafe. We were able to fill their minivan! **CONGRATULATIONS to Marla G.**, our lucky winner of the \$50.00 gift card to Heinen's!

### **3<sup>rd</sup> ANNUAL HOLIDAY GIVEAWAY!**

**Nov. 28<sup>th</sup> – Dec. 21<sup>st</sup>**

Once again, we are having our Holiday Giveaway. Keep your scheduled appointments, refer others and earn chances to win a DVD player, Fireproof Safe box, Radio controlled Jeep, Roasting pan, Gift baskets and more!

### **The First C.O.W. of the Year!**

**Chiropractic Opportunity Week** will be January 16<sup>th</sup> – January 19<sup>th</sup>. Watch your mail for more details!

## References

1. Dr. Fudenberg at the NVIC International Vaccine Conference, Arlington, VA September, 1997. Quoted with permission.
2. *John's Hopkins Newsletter*, November 1998. Note: Dr. Fudenberg's web site is: <http://members.aol.com/nitr/>. I recommend you visit it. Fascinating stuff there.
3. <http://www.acponline.org/journals/news/jul-aug04/vaccinations.htm>
4. [http://www.cdc.gov/nchs/data/nvsr/nvsr52/nvsr52\\_13.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr52/nvsr52_13.pdf) (p.16)
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6. [http://www.cdc.gov/nchs/data/nvsr/nvsr49/nvsr49\\_12.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr49/nvsr49_12.pdf) (p.15)
7. [http://www.cdc.gov/nchs/data/nvsr/nvsr49/nvsr49\\_08.pdf](http://www.cdc.gov/nchs/data/nvsr/nvsr49/nvsr49_08.pdf) (p.28)
8. Christy C, Aligne CA, Auinger P et al. Effectiveness of influenza vaccine for the prevention of asthma exacerbations. *Arch Dis Child*. 2004;89(8):734-735.
9. *The Catonsville Times* (Maryland), June 30, 2005.
10. Michels KB et al. Preschool diet and adult risk of breast cancer. *International Journal of Cancer*. 2005(Aug 10). Epub ahead of print.
11. *The Denver Post* [www.denverpost.com/Stories/0,1413,36~53~2753934,00.html](http://www.denverpost.com/Stories/0,1413,36~53~2753934,00.html) 03/10/05.

### **A MESSAGE FROM DR. ROEDIGER**

This issue of our newsletter makes some statements that may not be considered "mainstream". I want to challenge everyone to "think outside the box" when it comes to your health. The body has everything in it already to make it "sick", it also has everything in it to make it "better". We have to trust that our body will take care of itself. Unfortunately there are times

that outside intervention is needed. It is my opinion that a body that is adjusted regularly, with its systems working at or near optimum, will have a greater chance of being not only symptom free but healthy!

Happy Holidays & God Bless!

Dr. Roediger