



Kids First!



OUR FAMILY NEWSLETTER

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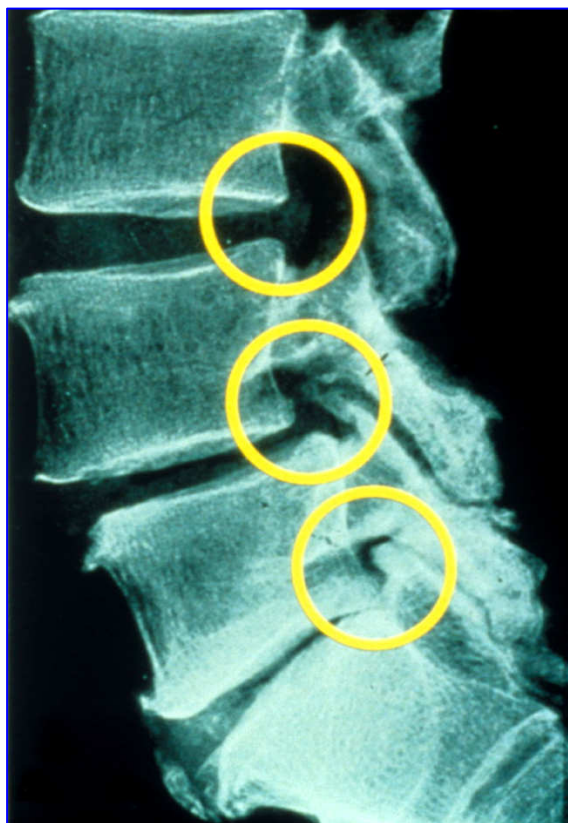
My Mission is to help as many people in my lifetime as I can – especially children!

I know that the vast majority of people have a tremendous amount of interest in this topic, as it affects millions of people – and it most often starts with children. That is why we are spending so much time on it. Let's continue:

Arthritis & Spinal Degeneration – cont'd:

I mentioned that as the Subluxation escalates and becomes a habit, it tends to produce a progressive sequence of spinal and disc degeneration that have been characterized in four very specific Phases. These all blend together to form a continuous progression – I covered all this with you in the last issue.

We've also talked about the fact that for years there has been a general feeling that arthritis and all the Phases of Degeneration I described to you in the last issue of this newsletter, is simply just a normal part of aging.



In other words, you are getting older. I would like to state emphatically that this type of thinking is absolute nonsense. It is like having Cerebral Constipation! We know for a fact that Osteoarthritis and Spinal Degeneration are **NOT** caused by aging. This is not some "aging disease." And it does not mean that your fate will be some rocking chair – your hands all gnarled and stiff – unable to walk. No. This is caused by some of the vertebrae of the spine being subluxated - and being kept that way for years - while others are perfectly normal.

Consider a case, for example, which I would see quite often in the office. This individual may have pain, in the back, legs, weakness, numbness and tingling, cramping in the calf, and possible difficulty with bowel or bladder function. They've sought the opinion of their family medic, have had their examination, x-rays, etc. They would have been told that that the bottom disc of their spine is severely deteriorated while the disc, two or three above, is perfectly normal. They would also be told that they have arthritis and degeneration because they are getting old! Yes. This is the type of person we often see!

Let's look at the logic closely: How many of you would feel that the two discs and vertebrae I described in the x-ray above, are most likely the same age? If you said yes, you are definitely on the ball. It's the same person!

If the deterioration of this person's disc (and spine) was due to his/her age, then all the discs above it, below it, and everywhere else would look exactly the same. Is that logical? I'd say so. And, in most cases I have seen at my office, there are usually one, or two, or perhaps even three discs that are deteriorating and the rest are quite normal.

The point I am making is that Spinal Degeneration has little to do with aging.

I repeat - nothing to do with aging. It has everything to do with the fact that there is a subluxation in their spine which has been there for decades and has never been corrected! And....that person is allowing it to remain! Crazy!



And if you are wondering what those yellow circles mean on the x-ray above, they show the size of the openings that the nerves use to exit from the spinal cord.

Take a look at the top circle on the first page. It shows a perfectly normal opening. (And for those of you who like big words: These openings are called "The Intervertebral Foramina" or IVF).

Now, have a look at the bottom circle and you'll see a different picture. That IVF is incredibly small. Yes, it will certainly affect that particular nerve and how it functions. And I want you to think about this for a moment: If that nerve controlled your bowels, what do you think would happen? Would your bowels function normally?

Or do you think that you would be constipated, have diarrhea, bloating, cramps, pain, or even something much more serious like Crohn's Disease, Colitis, IBS, or even Diverticulosis?

Would you be in trouble? Yes! I would definitely agree with you! Yes!

And what if it controlled your bladder? Absolutely! You'd be running to the bathroom constantly! And dribbling!

And what if that nerve controlled your breathing? You would have difficulty catching your breath – and we talked about this in the last issue – Asthma.

Subluxations – they are not fun! And they can be likened to a dental cavity – causing destruction of the surrounding tissues over the course of time!

Earlier, I mentioned subluxations occurring during the process of delivery, and this is the very reason I very often find the beginnings of Spinal Degeneration and Arthritis in children who are ten, six, or even five years old. It is often the beginning of this process.

If I then saw this particular child as an adult at the age of thirty five for instance, I would most likely see that same condition but much, much, more advanced – probably where you are!

But not all is Doom and Gloom. This next bit of news may just brighten up your day: A number of years ago, approximately fifty chiropractic doctors, from Canada and from the United States, were involved in a major research study that involved thousands of patients. They discovered that if a patient was placed on a schedule designed to actually correct their Subluxation habit and pattern, it was then possible to not only slow down the process of Spinal and Disc Degeneration, but also eventually arrest and stop it, and even reverse the damage. It could be reversed! Let me repeat this sentence to make sure there is no misunderstanding:

Spinal and Disc Degeneration can be not only slowed down and stopped, but also reversed.



It is for this very reason I urge everyone to make sure that your children are checked for the presence of Subluxations. It should be our highest calling!

Not only from the perspective of insuring normal health and function of their nervous system, but also to make certain that there are no Subluxations that would then cause this degenerative process to start.

So... please have your kids checked at our office - I want to make sure they are the best they can be! It is a very smart thing to do!

And it would be my greatest pleasure to check your kids! Simply ask me to schedule time for their check-up and I'll take it from there.

And....there is no charge for their check-up! Nothing! Easy!

I am very dedicated to the health of our children. I want to make certain that their generation grows up believing in the Power that makes their body function as it was meant to. And that is what Health and Wellness are all about!

Antibiotics Overuse Can be Bad for Our Health

Antibiotics are one of the most life changing medical innovations of the past 100 years. These days, we take their benefits for granted. The problem is that bacteria are adaptable, and many have mutated so that they are now superbugs that do not succumb to the antibiotics we possess. The Centers for Disease Control and Prevention recently announced that 2 million people a year fall ill from drug-resistant organisms, and 23,000 of them die. Among the most worrisome drug-resistant bacteria are salmonella, E-coli, Y-pestis, and shigella (they're enterobacteriaceae); C. difficile and gonorrhea.

What can you do to help stem the tide of resistant bacteria? If you're prescribed an antibiotic, ask why. One study found 25 per cent of prescriptions (mostly for broad-spectrum antibiotics) are for a condition that the medication cannot treat. That's a sure route for building up resistant bacteria. And don't pressure your doctor for an antibiotic when it won't help. Among the conditions most commonly treated with antibiotics when they are in fact caused by viruses and can't be knocked out by the meds: cold, flu, most coughs and bronchitis, sore throats (except for strep) and some ear infections.

When you do take antibiotics make sure to take the full dose as directed. In addition, don't use antibacterial soaps or antibacterial disinfectants. They're no more effective at killing germs than soap or alcohol-based hand sanitizers.

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If you have any questions, or would like any information on any health topic, it would be my pleasure to help you! See you next month.....

Beware Triclosan in Cleaners

An antibacterial called triclosan found in many household cleaners disrupts hormones and can damage reproductive systems.

There's new info about triclosan, one of the most potent antibacterials found in many household products: It can affect how your heart and other muscles contract. That means it's time to sound the alarm.

What's wrong with triclosan? The data isn't definitive, but in the lab it disrupts hormones and can damage reproductive systems. In the environment, it pollutes water and then transforms into something much worse, the cancer-causing agent dioxin. Like all plentiful antibiotics, it promotes antibiotic resistance, and it's everywhere.

Three-quarters of North Americans have triclosan residue in their urine; it's even common in breast milk.

Giving up soaps, cleaning products, clothing, paint, cosmetics, hair conditioners and toothpaste with triclosan in them won't increase your risk of infections. At home, plain soap and water kills germs on hands, kitchen surfaces and clothing just as effectively.

The outcry about triclosan (as well as harmful formaldehyde, dioxin and phthalates) has drawn corporate attention. Johnson & Johnson will phase out those chemicals in its products by 2015.

Our recommendations: Read labels and avoid products with triclosan. Think twice about buying toys, furniture or clothing made with it, and rely on additive-free soap and alcohol-only antibacterial hand sanitizer when soap isn't available.

Dr. Oz



*Health is a journey
NOT a destination.*



My Wishes for the Season!

I would like to take a moment and thank you all for being such incredible patients, and I would like to wish you all a very Merry Christmas and a fantastic New Year!