

# “Your Body, Your Health, Your Choice”

September 2009



## The Fact Is...

Facts can be your best friends and not your enemy. “Don’t confuse me with the facts,” is a funny phrase we sometimes hear. It is funny to us because we all know that sometimes we are quick to make decisions without knowing all of the facts. Sometimes, we make impulsive health decisions without knowing all of the facts. Then, this issue isn’t very funny at all. When we have a health issue, facts can be very important. In fact, knowing the facts can be the difference between life and death.

We need factual answers to the following questions:

- (1) What is wrong with my body?
- (2) What are my options to resolve the problem?
- (3) Which option is the best for me? Usually when our health is threatened in some way (injury or illness), we seek help from a source we trust. Children turn to mom and dad for help, while adults seek

different healthcare solutions if they cannot resolve the problem themselves.

The more facts we learn, the more we understand that “going natural” is better for us in choosing foods and in choosing healthcare. Sometimes, we allow advertising or the casual opinion of a friend to determine how we answer important questions about our health. We may see an ad on television giving a list of symptoms, and we may decide that a particular medication will solve our health problems. So we ask the doctor to prescribe it without ever answering the questions, “What is wrong with my body?” and “What are my options for making it better?” and “Which option should I choose?”

When it comes to our health, our most important asset, we need to know all of the facts. We need to know how the body works, and we need to know that the body has a natural ability to heal itself. The

fact is...having a healthy spinal column is a critical component to health. The brain and nerve system perform the basic function of communicating messages to every tissue, organ and cell of the body, and the spinal column protects this process. When a spinal vertebra is misaligned, caused by an injury or simply an activity of daily living, these misalignments (subluxations) can interfere with the communication from the brain to the body, leading to many health problems. Chiropractors are educated and trained to detect and adjust subluxations, restoring health naturally. If you have hesitated to seek chiropractic care because you have never tried it or you “don’t believe in it,” take time now to learn the facts. Try chiropractic, and you will see for yourself how healthy you can be. Chiropractic is a healthcare system built on the body’s natural ability to heal itself.

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## What to Do About the Flu!!!

According to the news, an explosion of flu is expected in the fall. Help your family strengthen their bodies and stay healthy through flu season.



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**Healthy  
Immune  
System**

NET Remedies® #1: Earth - Earth is correlated with the Acupuncturist's "yellow" EARTH Element. The organ/meridians associated with the Earth Element are the stomach, pancreas and spleen. Emotions associated with this element are low self esteem, over sympathetic, disgust, expanded importance of self, obsession, egotistic, despair, nervous, stifled, lives through others, over concern, hopelessness, lack of control over events, worried, and distrust.

NET Remedies® #9 ER 911® can be given for a large variety of situations. #9 ER 911® can be used for support during emotional, mental and physical trauma, high pressure or stressful situations, symptomatic relief of minor anxiety, nervous tension, stress, dread, colds, flu, fever, overexertion, strains, tearfulness, fearfulness, oversensitivity, minor neuritis, neuralgia, and burning. #9 ER 911® has a quieting effect on the nervous system.

NET Remedies® #12 Flu Immune is for the relief of flu-related symptoms such as aches, pains, fever, and chills. The active ingredient in Flu Immune helps stimulate the body's immunity and is recommended as the first line of defense against flu symptoms. Recent clinical studies showed clear improvement in 48 hours of 63% of the patients treated with this remedy. #12 Flu Immune can also be used as a preventative; one dropper (10-13 drops) one time a week is generally recommended.

### **TRUTH...**

**CHIROPRACTIC...***puts nothing in the body...*

*takes nothing out of the body...treats no disease or symptoms of the body... makes no claim to heal...gives nature the credit...aligns the spine to restore vital nerve flow...gives nature a higher potential to heal the body.*

**PAIN...***Any pain whether emotional, physical or mental has a message.*

*Once we receive this message and follow its advice, the pain goes away.*

*A problem is an opportunity to discover your best effort!*



## September Is...

# "National Backpack Safety Awareness Month"

**It's back to school time, and kids are getting ready to fill up their backpacks.** Today, more and more schoolwork is given to kids and as a result, their backpacks get heavier and heavier. The heavier the backpack is, the more unnecessary stress is placed on the child's spine. **This can cause the misalignment of vertebrae of the spine (vertebral subluxations), which if left uncorrected can have serious health consequences.**

It may be difficult to control the amount of schoolwork your children receive. However, there are things that you can do to ensure that their backpacks do not cause damage to their spines.

**First...Limit the amount of weight that is placed in the child's backpack at one time.** Usually, ten percent of the child's body weight is appropriate. Occasionally, schools will allow you to purchase a second set of books so that it is not necessary for the child to carry the books back and forth between home and school.

**Second...Get your child a spinal checkup on a regular basis.** Carrying heavy backpacks can cause poor posture. Posture is one of the most overlooked keys to best health and performance. Good posture improves fitness, thinking ability, emotional state and general vitality. Parents who appreciate the importance of checkups for their child's teeth, hearing, eyes, ears, nose and throat draw a blank when it comes to their child's spine. In fact, a spinal checkup could be one of the most important of your child's life. Schedule an appointment with your family chiropractor today. Start the school year off on a healthy note. Bring your children in for a spinal checkup and give them the best possible chance to get healthy and stay healthy throughout the school year.



Whole Body Alignment

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## Mind And Body Are Heartfelt

While the health care revolution focuses on wellness and natural remedies, many scientific studies continue to reveal to us that dark emotions, stress and negative thoughts can absolutely endanger our health. Researchers at *Duke University Medical Center* in Durham, N.C. performed a research study. They utilized monitors to track cardiac activity in 58 male and female patients who kept diaries of their activities and emotions. Researchers found that such emotions as sadness, tension, anger and fear more than double a patient's risk of myocardial ischemia, a condition that restricts the heart's blood supply and can often cause a heart attack. When the patient expressed feelings of

happiness, tranquility and a perception of more control, their risk of myocardial ischemia was greatly reduced, as well as their risk for a heart attack.

"It's possible that chronic stress...increases an individual's cardiac risk," says James Blumenthal, Ph.D., Director of the Behavioral Medicine Program at *Duke University Medical Center*. Stress reduction techniques and activities, therefore, play an important role in avoiding or reducing the effects of unhappy emotions and helping you to get healthy and stay healthy!