



CHIROPRACTIC LIFE

THE NEWSLETTER ABOUT HEALTH,
WELLNESS, FUNCTION AND LONGEVITY.

"LIVE LONG AND PROSPER"

Well, here we are in February, 2014 already. The time just flies by. We wish you all health and success in the year ahead and want to thank you for your continued support of our mission at Straight Chiropractic. Your referrals have made it possible for us to continue helping people who have been suffering needlessly because they had no information about the positive results of Blair Upper Cervical Chiropractic care. You are to be commended for "helping your fellow man." A sincere thank you to all.

So what's ahead for the coming year... I want to share some "thots" with you about what we are planning. We welcome feedback from our "family" at Straight Chiropractic. Please feel free to share your "thots" and opinions with us.

I am going to have "Patient Education Nights" at the clinic. We will be inviting doctors from different specialties (holistic MD's, acupuncture, massage, personal trainers, therapists, laser technology, orthopedists, etc.) to make a presentation on their specialty and how it applies to preventative health care. These presentations will take place once a month and will be very informative for all of us. The only challenge we have is what day (or night) and the time to schedule them so that as many as possible are able to attend. Your suggestions would be most welcome. We'll let you know well in advance when we have our first get together and what you can expect.

Some of you have been referred to Ron Andrews, a holistic practitioner who specializes in cold laser therapy. He treated me last year when I had problems with my L5 disc and helped me get back to work in record time. I also had one of my boys treated and quite a few of our patients. Great results, especially when they were not subluxated! Today and in the coming years laser therapy will be employed more and more as a treatment to help alleviate musculoskeletal pain syndromes. In conjunction with UC care it greatly decreases the time it takes for the body to heal by using the process of photobio-regeneration to enhance cellular chemical processes for faster response by the body to inflammation, cellular degeneration and repair. It is a tremendous adjunct to U C Chiropractic care when necessary.

We will be letting you know when we will have our "Patient Appreciation Day". It's our way to show you how much we appreciate the trust you have shown by placing your health and that of your family in our hands. I'm sure it will be a fun day and that you'll all want to come by.

We are planning a "you tube" video on UC Chiropractic and the Blair Adjustment. It will be a series that are designed to take the viewer through the process of how our work can help people with all types of conditions. I'm looking forward to being able to spread the "Big Idea" to a lot of people at one time. I expect it to be a lot of fun and hopefully very informative.

Most of you know by now that we are using Cone Beam Computerized Tomography in the clinic and have probably seen me playing with the 3 D images of the cervical spine at the office. This technology is light years ahead of its time and I have seen excellent results with patients who have been adjusted using the scans. We are doing ongoing research to validate this technology so that all the UC Chiropractors can eventually use the scans exclusively. I feel that X-Ray will become outdated, especially with the advances that are being made with today's tech developments. There are only two of us who are using these Anatomage scans in the world, myself and Dr. David Topping in Yorba Linda. I hope that our work will enable other U C Blair Chiropractors to utilize the scans and enhance their clinical expertise. B. J. Palmer

would have been all over this if he was alive today! This work has given me an insight into what it must have been like for B.J. to accomplish what he did. He truly was a dedicated professional and a real humanitarian, to say nothing of his genius and innate ability to get people well. To follow in his footsteps is truly a gift and I owe a great debt of gratitude to Dr. Muncy who taught us the Blair work.

Did you know that the two most misunderstood systems of the body are the nervous system and the immune system? These systems are responsible for making, organizing and healing the body. The reasons why they are so feebly explained and misunderstood is a philosophical one. The presence of some non-observable power, which has an intelligence far beyond any conscious thought, with the ability to control trillions of cells and processes, actually debunks many scientific theories and/or facts. This is the "Innate Intelligence" that the true chiropractor must understand and work with every day. The shift to living more in tune with nature is becoming more popular. People know when they hear the truth. Never underestimate the power of the Innate Intelligence of the body to heal itself.....

On a lighter note – go dancing! There have several articles published about the benefits of dancing: decreased incidence of Alzheimer's and increased mental acuity, in addition to the benefits of physical activity. It's a great stress reliever and a wonderful way to spend some quality time with a loved one. Dance involves four of the five senses: sight, touch, hearing and smell. You've been dancing since you were 2 years old. You liked it naturally as a child; it's impossible not to like it. You might be uncomfortable and be really lousy at first, but you will get to like it soon enough. Accessing the child inside is essential for the adult to flourish.

FACTOIDS

Inflammation is a major contributor to numerous health problems, weight issues and reduced function on many levels. Strong evidence suggests that ketogenic diet are appropriate for weight reduction, reduced appetite, diabetes, heart disease, acne, headache, neurotrauma, Alzheimer's, Parkinson's, sleep disorders, autism, multiple sclerosis cancer and epilepsy. Wow!! What is a ketogenic diet? Olive oil, moderate red wine, green veggies and salads, fish as the primary protein, lean meat and fowl, eggs, shellfish and cheese. No sugar, flour, whole grains or legumes. No fruit. The application of this diet for 12 weeks led to weight loss and the resolution of metabolic syndrome and non-alcoholic fatty liver disease, demonstrating that this type of diet is highly anti-inflammatory. This diet contains less than 200 calories per day of carbohydrates, which is why fruit is not included. It is also helpful to supplement with magnesium, vitamin D, omega 3, chromium, lipoic acid, ginger, turmeric and garlic.(Getting to Ketosis, Dynamic Chiropractic Feb. 2014, David Seaman DC, MS, DABCN)

STRAIGHT CHIROPRACTIC

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