

Sept.
2013



CHIROPRACTIC LIFE

THE NEWSLETTER ABOUT HEALTH,
WELLNESS, FUNCTION AND LONGEVITY.

"LIVE LONG AND PROSPER"

It has been a while since we sent a newsletter. I am sorry for the delay. Hope you all find this issue worthwhile.

First of all, we want to say thank you to all our clients who have the "Big Idea" about Chiropractic. It is so important for us to have our nerve system checked on a regular basis. No subluxation means proper function and increased longevity.

Some of you may have heard that I have been having a problem with my L5 disc this past week. I haven't been able to work since Monday. I can't bend down to adjust. I am in the office on Tuesday, no matter what. Unfortunately, this will take quite a while to heal. I have been a "good boy" - Dr. Topping has been adjusting me when needed, Dr. Rigi has been giving me acupuncture treatments and I have seen Ron Andrews for cold laser treatments. I am standing up straight, but I'll have to see how things go by next week. Thanks to all of you who have called to see how I am feeling. You make my day.

I just want to let you know about the latest developments at the clinic. We have finally got the Titron working. We needed a new computer. It was meant to be because we now have graphic capability to do the 3 D scans of the cervical spine. I know some of you have seen the scans and we have scanned a number of patients. I'm so excited about this new research. It gives us everything we could possibly want for information about adjusting the cervical spine and we are checking our findings with the x-rays and other UC doctors for intra-examiner reliability. Our comparisons are right on! If B.J. Palmer were alive, there is no doubt he would be using this technology. We are going to try to present the information to the Blair society at our October convention to see if we can get all of the Blair chiropractors to use this. It will truly take UC chiropractic to a whole new level in helping people get well so much faster and with much more specificity. Am I excited or what©!!

Hard to believe that the summer is over. The older I get, the faster the summer flies by. Hope all of you had a wonderful time with your families. With the school year upon us, don't forget to bring in your children for the free "back to school" check-up. We are offering discount plans for our members starting this month to make it more affordable to come in and get checked. Suanne will give you the info on your next visit.

I thought you would like to know that our youngest patient was 2 days old when she received her first adjustment (my daughter, Teyeah) and our oldest adjusted patient is 97! I am so thankful that I am doing this work....

Say a prayer that I will heal soon. That would be a big help. See you soon, call Suanne and make an appointment for next week or whenever. God bless you all, thank you, and "live long and prosper".

THANK YOU

We want to express our gratitude to all those caring souls who have helped us spread the word about UC chiropractic.

I especially want to thank Fernando and Evilia Flores who were kind enough to travel with us when we went to TJ to help out with Chiropractic care for those in need.

It is such a joy to give something back and see the faces of the people after they get their adjustment!

FACTOIDS

Supplemental chlorella / spirulina provide protection against carcinogenic consequences for the radiation around us in our environment. detoxification secrets at www.viddler.com/explore/jacktips/videos/2/

Sugary drinks have been linked to more than 180,000 deaths worldwide. The US is third in the world with 25,000 annual deaths. Remember, we consume processed foods that contain far more sugars than other nations, our "hidden sugars". We should really be ranked first! Fructose, (esp. high fructose corn syrup) is where many Americans get most of their daily calories. And we are not considering 100% fruit juices, flavored milk, sweetened teas, and bottled plastic water as contributors to chronic degenerative conditions, childhood obesity, diabetes in children and adults, fatty liver disease, weight gain, high blood pressure. DRINK WATER, PREFERABLY FILTERED, NOT IN A PLASTIC BOTTLE!!! Or try sparkling mineral water with a squirt of lemon or lime. Use clear polyethylene or glass containers. You can read the full article in the American Chiropractor magazine in the office. Important changes we should all make to our lifestyles right away if we are not doing this already.

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