

Healthy Living Newsletter

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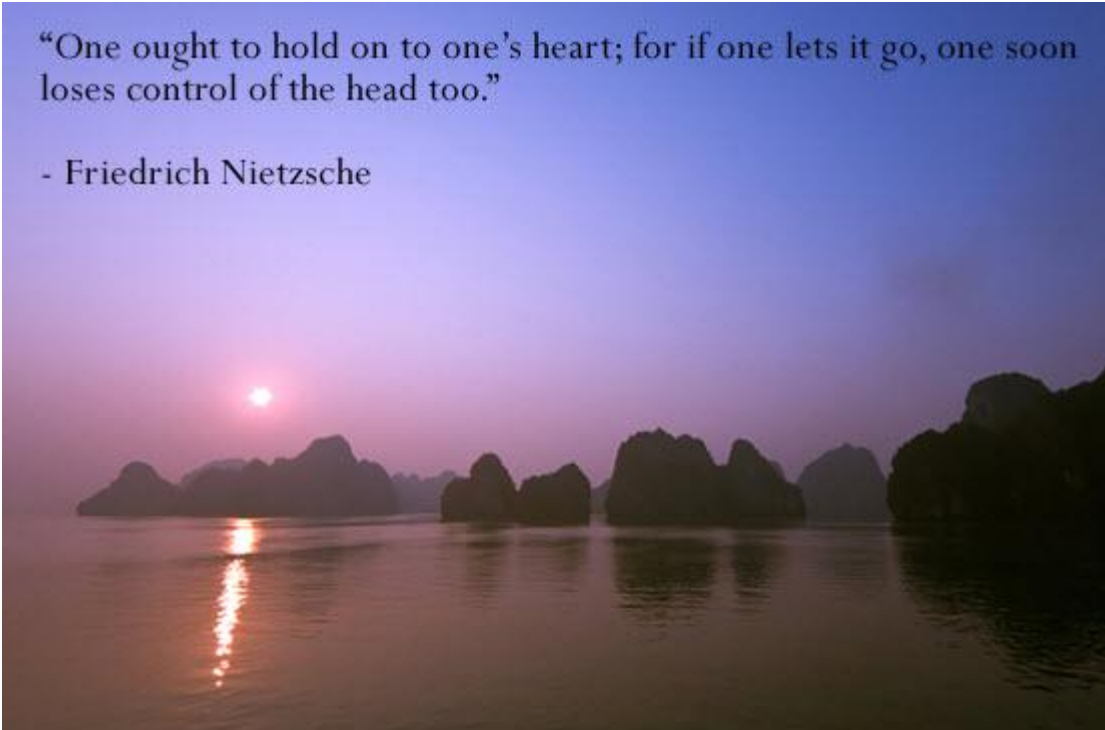
Tired of being sick and tired? Welcome to the world of chiropractic – discover how natural health can be.

What has made Chiropractic the second most popular healthcare system in the world? Why do tens of millions of people (and the numbers are growing!) visit their neighborhood Doctor of Chiropractic?

It's because Doctors of Chiropractic can locate and correct subluxations, small distortions in your spine and body structure that can cause tremendous health damage if not corrected.

“One ought to hold on to one's heart; for if one lets it go, one soon loses control of the head too.”

- Friedrich Nietzsche



This issue's table of contents



- Humor
- References

- Chiropractic is growing in popularity
- Are you vacationing?
- Shoulder, arm, hand problems and chiropractic
- Breastfeeding: saving lives and \$billions
- Very smart parents
- Gardasil vaccine
- Whooping cough in California
- Do statin drugs save lives?
- Another reason to get more sun (lose weight)
- Chiropractic research
- Words of wisdom



Chiropractic is growing in popularity



As more and more people embrace natural healthcare in their lives we see more and more people visiting chiropractors (as well as other natural healers), using natural childbirth, eating organic foods, finding drug-free alternatives and exercising. Increasing numbers of people are eschewing pills and drugs that merely mask or suppress symptoms (that turn up later in another form) and are seeking out true healing – the kind chiropractic offers.

So welcome to our chiropractic newsletter; we hope to introduce you to a healthier, safer, happier way of living.

Are you vacationing?

We hope so. Who doesn't like to go on vacation? Summertime is the best time to go on vacation. So is the winter. So are the fall and spring. OK, any time is the best time to go on vacation. It's always good to let go of day-to-day worries and cares and nurture ourselves.

Sages have said that we should spend a little time each day going



on vacation. Every day we should do something that we especially love to do, something that's deeply true to our purpose in life. Whether that's making music, meditating, praying, exploring, learning, sharing heartfelt time with someone or another healthy diversion, it should be done every day. Why? So our lives will have balance.

So if you're on vacation (or soon will be) remember to take that feeling home with you when you return to your "regular" life. Remember to keep a little place in your heart and mind where you'll feel a release from stress and joy in nature, where you feel happiness and a little carefree. You just need to do a little – it'll keep you warm on cold winter nights and keep you cool on hot summer evenings.

And thanks for letting us give you a little respite by caring for you and your family – letting the stress out and the healing in.

Shoulder, arm, hand problems and Chiropractic



Neuritis, bursitis, neuralgia, rheumatism, frozen shoulder, fibrositis, sprains, strains, "poor circulation" and rotator cuff problems are some of the terms used to describe shoulder, arm and hand conditions.

Don't blame joint problems on "old age" – you have many other joints (and organs) that are just as old that have no problems.

Whenever there's a problem always look for imbalances and interferences preventing the body from functioning and healing. When it comes to the shoulder, arm and hand the nerves that make up the brachial plexus should always be checked for interference caused by subluxations.

Subluxations are distortions in body structure. They can be caused by injuries such as falls, sports mishaps, car accidents, emotional stress, fatigue and sleeping in an awkward position. Even birth stress could cause subluxations that can affect the arms, shoulders and hands.

Which nerves?

Depending on which nerves are damaged there may be muscle weakness, neck pain or stiffness, shoulder, arm, wrist, hand or finger pain. Sometimes there's numbness, sometimes there's pain and numbness and sometimes there are odd sensations ("pins and needles"). (1-2)



Many other conditions

Because of the complicated way nerves interrelate, headache; migraine; facial pain; dizziness; limited, painful or stiff motion of the head and neck; throat conditions; thyroid and nasal problems; epilepsy and even lower back pain have been reported as a result of neck or brachial nerve plexus irritation. (3)

Carpal Tunnel Syndrome

Carpal Tunnel Syndrome or CTS symptoms include tingling and numbness in the hand, fingers and wrist; pain so intense that it awakens you at night and similar symptoms in the upper arm, elbow, shoulder or neck. "Faulty enervation caused by spinal joint lesions is one of the main factors in the production of wrist swelling, carpal tunnel syndrome, [and] tennis elbow." (4-5)



The Chiropractic Approach

Chiropractic's success with shoulder, arm, wrist and hand problems is well documented, (6-10) even though chiropractic is really not a "treatment" for those problems.

Your doctor of chiropractic is specially trained to locate and correct subluxations. Unless corrected, subluxations in your body can cause or contribute to many health conditions and prevent or interfere with the normal healing process. After your chiropractor has located your subluxations he or she will "adjust" or correct them. This will release structural and nerve pressure and help restore the healthy flow of nerve impulses between your brain and your body parts and help rebalance your system.

Breastfeeding: saving lives and \$billions



According to a new study published in the journal *Pediatrics* nearly \$13 billion in health care costs each year could be saved and nearly 1,000 infant deaths could be prevented if more mothers would breastfeed at least six months, beginning immediately after birth.

Why? Because breast milk is nature's perfect food. It supplies everything the baby needs for optimal brain and body

development. Breast milk contains antibodies that protect infants from bacterial and viral infections. More importantly, breast milk contains things necessary for

health that have not yet been discovered. Also breastfeeding benefits the child emotionally and helps neurological development. Formula simply does not give a child what he/she needs for optimal growth, development and health. Formula made from soymilk is especially damaging to infants and may cause developmental and sexual problems later in life. (11)

Very smart parents

The headline below (and excerpted article) is about parents in Marin County, CA, the “wealthiest and healthiest county in the state” where the parents are very well educated and large numbers of them choose not to inject their children with dangerous chemicals, thank you. The article is written with an obvious bias in favor of vaccination – most reporters are as in the dark about this issue as the general public (and MDs). Keep in mind that study after study shows that non-vaccinated children are far healthier than vaccinated children.



The pertussis (whooping cough) vaccine is considered the most dangerous vaccine – responsible for brain injury, allergies, asthma and death. Pertussis is, however, fairly mild in most children. It’s tragic when any child dies, yet those who die from pertussis are usually very ill to begin with and are under intensive suppressive medical care that often damages their immune system.

It is known that the pertussis vaccine kills children (often diagnosed as Crib Death). Pertussis-related deaths of children are often the result of the medical interventions meant to “save” them. Below is an excerpt of the article July 2010 *New York Times* article.

Vaccination Rate Lags As an Epidemic Spreads

A statewide whooping cough epidemic has not changed how Danielle Lawson of San Anselmo feels about vaccinating her 5 1/2-month-old daughter. Ms. Lawson has declined almost all of the standard vaccines recommended for infants, including DTaP, which protects against whooping cough.

“I haven’t categorically ruled them out,” she said. “But I just think at this point she’s too young, and her immune system is still developing. Nothing goes into my baby right now, except for breast milk, so I don’t feel comfortable injecting her with strange chemicals.”

...When Heather Chapman of Larkspur got notices from her children’s schools this spring about the whooping cough outbreak, she got her four children immunized.

Others remain unconvinced. Ms. Lawson now avoids taking her daughter to the pediatrician, taking her to see a chiropractor instead.

"My feeling is that the pediatrician's office is full of sick kids," she said, "and she's not sick, so there's really no point in going and exposing her to sick kids."

A wise mother. See the article in its entirety at

http://www.nytimes.com/2010/07/11/us/11bcwhooping.html?_r=1&ref=us&pagewanted=all

Does Gardasil Actually Increase Your Risk of Cervical Cancer?

According to information the manufacturer of Gardasil, a vaccine against human papillomavirus, presented to the FDA prior to approval, if a person has already been exposed to HPV 16 or 18 prior to injection, then Gardasil increases the risk of precancerous lesions, or worse, by 44.6 percent.

This information is not advertised, and the FDA has not recommended screening for HPV prior to vaccination. The FDA did not even demand that a warning be included in the package insert.

According to Examiner.com:

"Now, Merck's research is indicating that Gardasil may also 'provide cross-protection' against other strains of HPV that are closely related to HPV 16 and 18 ... This means prior exposure to these additional strains may pose an increased risk for cervical cancer also, if combined with vaccination."

Sources:

- » [Examiner.com June 30, 2010](#)
- » [Morbidity and Mortality Weekly Report, May 28, 2010](#)
- » [Waco Tribune-Herald, June 21, 2010](#)
- » [ABC News Health Medical Unit, August 19, 2009](#)

Whooping Cough Kills 5 in California -- State Declares an Epidemic

After the deaths of five infants, California health authorities have declared an epidemic of whooping cough, also known as pertussis.

The announcement came after authorities noticed a sharp spike in reports of pertussis, which often is mistaken for a cold or the flu and is highly contagious.

A CDC study suggests that the resurgence of whooping cough is due to the vaccine causing an increased and more virulent toxin.

The CDC acknowledges that whooping cough is recurring in highly vaccinated countries -- and that it is not just because some children are unvaccinated, although that can be a factor.

According to the CDC:

"The reemergence of pertussis has been attributed to various factors, including increased awareness, improved diagnostics, decreased vaccination coverage, suboptimal vaccines, waning vaccine-induced immunity, and pathogen adaptation ... Pathogen adaptation is supported by several observations."

In other words, vaccinating against the whooping cough pathogens has caused the pathogens to evolve with a more virulent strain.

Do statin drugs save lives?

Do you know anyone taking statin drugs (Lipitor®, etc.) to lower their cholesterol level?

A study reported In *The Archives of Internal Medicine* asked if taking those drugs actually saved lives. For this study they used people without a history of heart disease but who were still considered to be at high or intermediate risk for heart disease.



So what did they find? After reviewing the data from 65,229 people they found that there was no proof these drugs saved any lives. The conclusion from the study states: "This literature-based meta-analysis did not find evidence for the benefit of statin therapy on all-cause mortality in a high-risk primary prevention set-up." (12) In addition, an article from the *British Medical Journal* links statin (low-cholesterol) drugs to cataracts, liver dysfunction, intense muscle pain (myopathy) and kidney failure. (13)

Another reason to get more sun (lose weight)



In the ongoing Framingham Heart Study scientists showed that those subjects with lower levels of vitamin D tended to have increased waist circumference and higher serum insulin levels – two major indications of dangerous visceral fat accumulation. Sunshine is your single best natural source of D (and sunscreen can block the healthy UV rays needed for vitamin D formation). (14)

Chiropractic research

Why does chiropractic help so many people in so many ways? Because it is not for conditions or diseases but for the whole body. When the body functions closer to optimum, self-healing is maximized. Chiropractors remove interference to body function by correcting subluxations so the body can function closer to its optimal potential.



Otitis media (ear infection). A nine-month-old boy with a history of recurring ear infections was presented by his mother for chiropractic care. The child had antibiotic therapy and the MDs were suggesting ear surgery and tubes.

Chiropractic care was actually initiated during an episode of otitis media. Cranial adjusting and sinus work along with vertebral subluxation correction was utilized and within one week both ears were

reported clear. No ear infections have been reported since and the child is no longer on antibiotics and will not have surgery. (15)

Autism. A 6-year-old boy was brought to the chiropractor's office with reduced social interaction, altered behavioral patterns, language deficits and learning difficulties. He was diagnosed with autism by a neurologist. The child was fully vaccinated.

Chiropractic analysis determined the presence of vertebral subluxations in the child. Chiropractic adjustments along with dietary and supplementation recommendations were advised. Over the 16-week period improvements in learning abilities, social interactions, language skills and behavioral patterns were noted. (16)



Bipolar, seizure, sleep disorders and migraine headaches. A 23-year-old man was suffering from bipolar disorder, sleep disorder, seizures, migraine headaches, and neck and back pain following a head-first fall at age 17 while pole vaulting. Evidence of an upper cervical (neck) subluxation was found and corrected with chiropractic adjustments. All of the patient's conditions had completely resolved by the seventh month of care and remained absent at the conclusion of care at 18 months. (17)

Words of Wisdom

The only way to compel men to speak good of us is to do it.
– Voltaire



Humor



We won't stop being sick until we stop making ourselves sick. – Bill Maher

Bill Maher has created one of the funniest and best video rants ever on health. As he says, “If you believe you need to take all the pills the pharmaceutical industry says you do, then you’re already on drugs.”

See it on www.youtube.com/watch?v=rHXXTCc-IVg

Store Wars

Is it Star Wars or Store Wars? This is a pretty funny video.

http://www.organicconsumers.org/articles/article_21059.cfm

Children Discuss Relationships

HOW DO YOU KNOW WHO TO MARRY?

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming.
Alan, age 10

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with.
Kristen, age 10

WHAT IS THE RIGHT AGE TO GET MARRIED?

Twenty-three is the best age because you know the person FOREVER by then.
Camille, age 10

HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

You might have to guess, based on whether they seem to be yelling at the same kids.
Derrick, age 8

WHAT DO YOU THINK YOUR MOM AND DAD HAVE IN COMMON?

Both don't want any more kids.
Lori, age 8

WHAT DO MOST PEOPLE DO ON A DATE?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough.

Lynnette, age 8

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date.

Martin, age 10

WHEN IS IT OKAY TO KISS SOMEONE?

When they're rich.

Pam, age 7

The law says you have to be eighteen, so I wouldn't want to mess with that.

Curt, age 7

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do.

Howard, age 8

IS IT BETTER TO BE SINGLE OR MARRIED?

It's better for girls to be single but not for boys. Boys need someone to clean up after them.

Anita, age 9

HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T GET MARRIED?

There sure would be a lot of kids to explain, wouldn't there?

Kelvin, age 8

And the #1 favorite is ...

HOW WOULD YOU MAKE A MARRIAGE WORK?

Tell your wife that she looks pretty, even if she looks like a dump truck.

Ricky, age 10



Bye!!!

Please write or stop by and give us your feedback. Are there any subjects you'd like to hear about? Anything you dislike? Feedback is always important to us. And, of course, if you'd like hard copies of this newsletter stop by the office and we'll give you some for your friends and relatives. If they have email, have them write to us and we'll add them to our subscriber list.

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