



Healthy Living Chiropractic Email Newsletter

This newsletter is provided courtesy of Karl R.O.S. Johnson, D.C., L.C.P., (hon.)

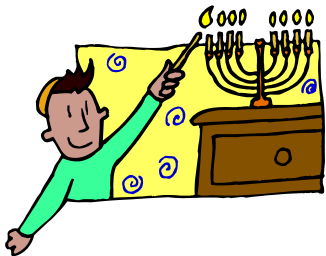
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Every heart that has beat strongly and cheerfully has left a hopeful impulse behind it in the world, and bettered the tradition of mankind. – Robert Louis Stevenson

The best and most beautiful things in the world cannot be seen nor touched...but are felt in the heart. – Helen Keller



Have a wonderful Holy-day season

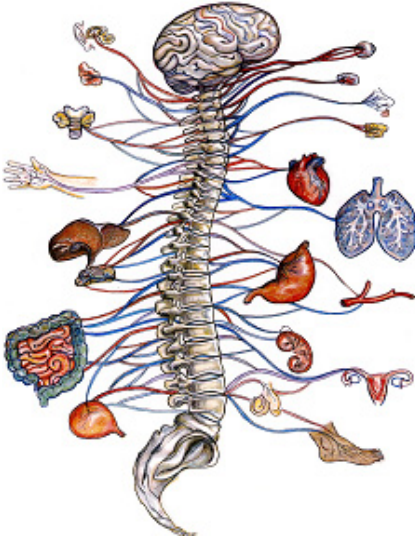
May this be a time for renewal, peace, wisdom and healing. Thank you for joining our practice and letting us introduce you, your friends and family to the wonders of chiropractic and the world of natural healthcare. If we haven't seen you in a while please stop by for a checkup (your body will thank you) and share season's greetings with us.

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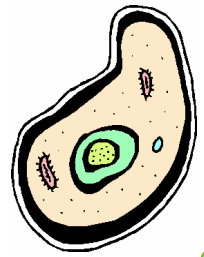
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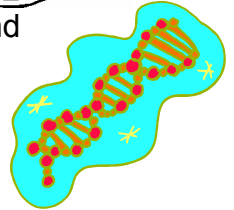
You Are Dancing All the Time



Your body is made up of billions of little packets of life called cells. These tiny bits of life are vibrating, singing and dancing as your life energies organize them from a formless mass into a *living body*. Your



cells are organized to form tissues, your tissues dance and vibrate together to form organs, organs are organized as systems (such as the digestive system, circulatory system, etc.) and when all your systems are working in a harmonious, coordinated fashion they create an organism – a healthy, living you.

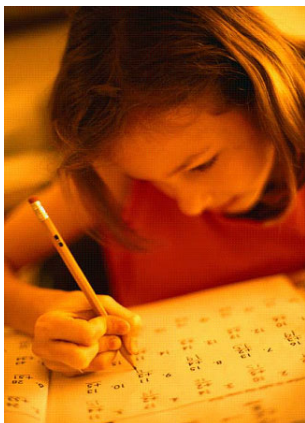


What is it that makes all these structures come "alive" and dance and work together? After all, a corpse has all its parts but it is not alive. What is missing?

The wisdom of your body (also called your innate intelligence) directs life energies and information that travels over your nervous system – your brain, spinal cord and billions of nerve fibers that go to your every nook and cranny. This flow of energy is necessary for organizing your many parts and the thousands of activities your body does every second. If your nervous system is stressed, this fantastic communications system has "interference" – your energies are disturbed and you suffer from dis-ease – and your parts aren't working in harmony.

The most common cause of nerve interference is a vertebral subluxation, a tiny distortion in your spine that stresses your nervous system. Chiropractors spend thousands of hours learning how to locate "subluxations" and correct them. Without nerve interference your body and mind are more organized, function with greater harmony and are better able to heal. See your chiropractor to get a spinal checkup to make sure your life energies are flowing without interference.

Children's Letters to God



"In Sunday school they told us what you do. Who does it when you are on vacation?" *Jane*

"How did you know you were God?" *Charlene*

"Dear God, I read the bible. What does begat mean? Nobody will tell me." Love, *Alison*

"Dear God, Instead of letting people die and having to make new ones, why don't you just keep the ones you got now?" *Jane*

"Dear God, Who draws the lines around the countries?" *Nan*

"Dear God, What does it means you are a jealous God. I thought you had everything." *Jane*

“Dear God, Is reverend Coe a friend of yours, or do you just know him through business?” *Donny*
 “Did you really mean do unto others as they do unto you, because if you did then I’m going to fix my brother.” *Darla*
 “Dear God, When you made the first man did he work as good as we do now?” *Tom*
 “Dear God, My grandpa says you were around when he was a little boy. How far back do you go?” *Dennis*
 “Dear God, How come you did all those miracles in the old days and don’t do any now?” *Seymour*
 “Dear-God-if-we-come-back-as-something-please-don’t-let-me-be-Jennifer-Horton-because-I-hate-her.” *Denise*
 “Dear God, My brother is a rat. You should give him a tail Ha Ha.” *Danny*
 “Dear God, Please send Dennis Clark to a different camp this year.” *Peter*
 “Dear God, Maybe Cain and Abel would not kill each other so much if they had their own rooms. It works with my brother.” *Larry*
 “Dear God, I want to be just like my Daddy when I get big but not with so much hair all over.” Sam
 “Dear God, I am doing the best I can.” *Frank* (1)

Chiropractic Questions and Answers

Can You Tell if You Need a Chiropractic Adjustment on Your Own?

Generally, no. A subluxation can be likened to a dental cavity: you may have one developing for a long time with no noticeable symptoms. That’s why periodic spinal examinations by a chiropractor are so often recommended.

However, after a period of time under chiropractic care, some people become much more spine conscious and can actually be able to tell when they need an adjustment. The effects of spinal nerve stress are often gradual and slowly eat away at your well-being in tiny increments. For that reason, an occasional spinal checkup by a chiropractor is advisable.



Did You Know...?



Your brain contains more than 100 billion nerve cells called neurons. Common “wisdom” was that every day thousands of your neurons died until you eventually lost brain function. Therefore, so the logic went, senility was inevitable. Fortunately for us all, this “wisdom” was incorrect. Recent research shows that, in fact, few neurons are lost as you age and your brain is reorganizing and rebuilding itself, even into old age. Although there is some cell loss, it’s far less than once believed and appears to be confined to certain highly select areas. Memory areas are spared, so don’t blame your forgetfulness on your age. (2)

Hysterectomy – Always Get a Second (or Third) Opinion

US hysterectomy rates are still higher than those of other countries – unnecessary operations are the reason. This news comes in spite of attempts to reduce hysterectomy rates over the last few years. The rate is more than three to four times the rate of other countries and represents more than 600,000 surgeries per year. (3)

Sex, alcohol and fat are good for you?

That’s right, many of life’s little pleasures may actually be good for you. New research is showing that sex, alcohol and high-fat foods may

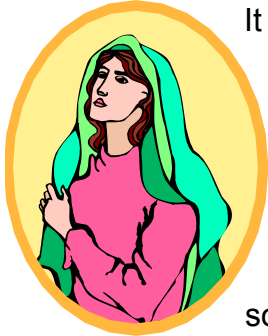


help people live longer, with less heart disease and stroke. So be gentle on yourself and enjoy life. Don't over do it, but don't under do it either. (4)

Nursing home residents get flu despite getting flu shot

Nearly all of the residents of a nursing home received flu shots before the outbreak occurred. No visitors were being allowed and all residents were taking antiviral drugs and eating meals in their rooms in an attempt to stop the spread of the virus. The quarantine comes two weeks after an outbreak of the flu led the Grand Island Veterans Home to take similar measures. The Grand Island home was quarantined after seven cases were diagnosed at the home of 340 residents even though 98% of residents were given flu shots. (5)

Prayer and Pregnancy



It was a finding that shocked researchers at Columbia University: women at an in-vitro fertilization clinic in Korea had a higher pregnancy rate when, unknown to the patients, total strangers were asked to pray for their success. Prayed-for women became pregnant twice as often as those who were not prayed for. The lead author of the report, Dr. Rogerio A. Lobo, Columbia's chairman of obstetrics and gynecology, said he and his colleagues had thought long and hard about whether to publish their findings, since they seemed so improbable. In the end, the differing pregnancy rates between the two groups of women proved too significant to ignore. "It was not even something that was borderline significant," Dr. Lobo said. "It was highly significant." (6)

Chiropractic and Spinal Research



Remember, a person with *any* kind of health problem needs chiropractic. Feel free to forward these studies to others.

Infertility. Two women deemed medically infertile were considering artificial insemination. Chiropractic evaluations were performed which detected spinal subluxations. Spinal adjustments were performed and during the course of chiropractic care both women were able to conceive. (7)

Ear infection. A baby boy, age 6 months, was scheduled for ear tube surgery for chronic ear infections. He was brought to a chiropractor and received a spinal adjustment. His ear infection completely cleared up by the next day. Tubes were never inserted. Two [girls], ages 3 and 4 with chronic ear infections and upper respiratory dysfunction, [received] upper dorsal and cranial adjustments. No more ear infections have occurred since the first visit. (8)

Migraine. This is a six month study of 127 migraine sufferers. Half received chiropractic care, while the other half did not (controls). Those who received chiropractic had decreased number of and shorter migraines. They had less disability and less medication use. Twenty two % reported more than a 90% reduction in migraines after two months of care; 50% reported significant improvement in severity of migraine episodes. (9)

Pregnancy and Delivery. This may come as a surprise but a secret AMA (American Medical Association) study revealed that pregnant women under chiropractic care have an easier pregnancy and delivery. Irvin Hendryson, MD, a member of the AMA Board of Trustees, did the study which revealed that pregnant women who received chiropractic adjustments in their third trimester were able to carry to term more frequently and deliver children with more comfort. This information was never revealed to the public and the AMA continued to attack chiropractic as "useless and dangerous." (10)

Words of Wisdom



If you want to know how rich you are, just count up all the things you have that money can't buy. – Daniel Webster

*A meowing cat catches no mice.
Laughing is easy, doing is tough.
Hit a cold stone, and you'll get a hot spark.
– Yiddish proverbs*

The unsuccessful are always busy running – in place.

Cooking is hard; eating is easy.

Early risers are blessed with luck.

– Ladino proverbs

Humor

BEST NEWSPAPER HEADLINES OF THE YEAR

1. Include Your Children When Baking Cookies
2. Typhoon Rips through Cemetery; Hundreds Dead
3. Police Begin Campaign to Run Down Jaywalkers
4. Drunk Gets Nine Months in Violin Case
5. Iraqi Head Seeks Arms
6. Prostitutes Appeal to Pope
7. Panda Mating Fails; Veterinarian Takes Over
8. British Left Waffles on Falkland Islands
9. Teacher Strikes Idle Kids
10. Clinton Wins Budget; More Lies Ahead
11. Local High School Dropouts Cut in Half
12. Miners Refuse to Work After Death
13. Juvenile Court to Try Shooting Defendant
14. Stolen Painting Found by Tree
15. Two Sisters Reunited after 18 Years in Checkout Counter
16. War Dims Hope for Peace
17. If Strike Isn't Settled Quickly, It May Last a While
18. Couple Slain; Police Suspect Homicide
19. Man Struck by Lightning Faces Battery Charge
20. New Study of Obesity Looks for Larger Test Group
21. Astronaut Takes Blame for Gas in Space



Have a joyous and loving holiday season. Please stop by for a spinal checkup and bring your friends and relatives. Everyone needs to be free from the damages caused by subluxations – even chiropractors go to chiropractors so we can function at our best when we take care of you. Here are a couple of bonus jokes to help you during the stress of the holiday season.

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely

turned and whispered, "The tooth fairy will never believe this!"

While walking along the sidewalk in front of his church, our minister's 5-year-old son and his playmates had found a dead robin. Feeling that proper burial should be performed, they had secured a small box and cotton batting, then dug a hole. The minister's son was chosen to say the appropriate prayers and with serious dignity intoned his version of what he thought his father always said: "Glory be unto the Faaaather, and unto the Sonnn.... and into the hole he gooooes."

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