

**Muncy
Chiropractic
Center**

Muncy Chiropractic Newsletter

April
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INSIDE THIS ISSUE:

Measles Epidemic Problem?	2
What is Health?	2
Laughter is The Best Medicine.	3
“Diet” Drink Dangers	3
When You’re Out of Tune...	4
Spring Cleaning.	4
Chiropractic – Many Levels of Healing	4

Why Are People Turning Away From Symptom Treatment And Choosing Natural Ways of Healing?

What can be wrong with treating symptoms?

On the surface it sounds great – being pain-free, no inflammation, no rash, no runny nose, no diarrhea, no vomiting, no aches, normal blood pressure, normal cholesterol – who doesn’t want to feel good by simply taking a pill, rubbing on an ointment or otherwise using an artificial chemical?

But there’s a big down side to artificially being symptom free.

For one thing symptoms are how your body tells you there is something wrong. Symptoms are like a fire alarm alerting you to trouble. Taking drugs to get rid of symptoms is like breaking the alarm. The cause – the “fire” – will continue to smolder and burn. The cause is not being addressed.

Symptoms are also how your body heals. Fever helps kill viruses and bacteria, a rash is how the body externalizes poisons, diarrhea and vomiting help expel toxins, cholesterol fights inflammation, blood pressure is a response to stress and dehydration and the list goes on and on. The body has wisdom, and the goal of all healers is to work with that wisdom rather than try to interfere with what the body is trying to do.

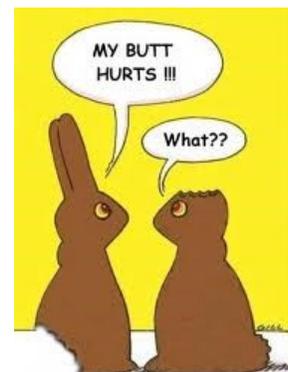
Respecting and working with the body, using expressive care (chiropractic, homeopathy, naturopathy, aroma therapy, etc.) rather than suppressive (medical) care is the best way to guarantee a healthier life for you and your family.



Office Hours:

Mon - Wed - Fri
8:30am - 11:30pm &
2:45pm - 6:30pm

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Measles Epidemic Problem?

Measles outbreaks are small, no one is hospitalized, and no one dies. Measles is generally a benign childhood rite of passage in nearly all children. What the media is often not telling you is that these recent outbreaks are happening in highly vaccinated populations.

Scientific evidence demonstrates that individuals vaccinated with live virus vaccines such as MMR (measles, mumps and rubella), rotavirus, chicken pox, shingles and influenza can shed the virus for many weeks afterwards and infect the vaccinated and unvaccinated alike.

A statement on the website of St. Jude's Hospital warns parents not to allow people to visit children undergoing cancer treatment if they have received oral polio or smallpox vaccines within four weeks, have received the nasal flu vaccine within one week, or have rashes after receiving the chickenpox vaccine or MMR vaccine.

"The public health community is blaming unvaccinated children for the outbreak of measles, but the illnesses could just as easily have occurred due to contact with a recently vaccinated individual," says Sally Fallon Morell, president of the Weston A. Price Foundation.

But There's Good News

According to the Weston A. Price Foundation, the best protection against an infectious disease is a healthy immune system, supported by adequate vitamin A and vitamin C. Well-nourished children easily recover from infectious disease and rarely suffer complications.

Studies show that having measles, mumps, chicken pox and other infectious diseases of childhood protects against cancer, heart disease and other illnesses in adulthood. Measles results in a stronger, cleaner, healthier body with a stronger immune system.

Conclusion – Evidence indicates that recently vaccinated individuals should be quarantined in order to protect the public.



What is Health?

Chiropractic is a healthcare profession – a profession whose goal is to help you regain and maintain health. How does it do that? First, we need to explain what health is all about.

Health is your body functioning at 100% efficiency on every level. That means you have lots of energy, you can digest foods to obtain nutrients, your immune system is keeping you free from invaders and toxins (fever, diarrhea, etc.), your muscles and joints are balanced and your brain is working to keep you awake, alive and happy and communicating with all your body parts.

Communication is important. Your brain sends nerve messages to coordinate the function of every muscle, gland, bone, joint and body part. Your body parts also send messages to your brain so everything knows how things are going.

Chiropractors have recognized a serious communication disorder that prevents your body from working at its optimum: subluxations. Subluxations are areas of spinal, structural and nervous system stress that interfere with your internal communications – interference between your brain, spinal cord and internal organs.

Without good communication, your body begins to malfunction. A subluxation undermines your health, interferes with your ability to function at your optimum and causes dis-ease or body malfunction.

Chiropractors specialize in locating and correcting/adjusting subluxations. Subluxations are often painless – you and your children may have many and not know it – until disease symptoms occur. Make sure you and your family members (especially if they are pregnant) are functioning without subluxations. Come in for a fun, pain-less, drug-free chiropractic checkup.



Laughter is The Best Medicine.

The Montana Department of Employment, Division of Labor Standards claimed a small rancher was not paying proper wages to his help and sent an agent out to conduct a wage and hour audit.

Government agent: "I need a list of your employees and how much you pay them."

Rancher: "Well, there's my hired hand who's been with me for 3 years. I pay him \$200 a week plus free room and board.

Government agent: Anyone else?

Rancher: "Then there's the mentally-challenged guy. He works about 18 hours every day and does about 90% of all the work around here. He makes about \$10 per week, pays his own room and board, and I buy him a bottle of bourbon every Saturday night so he can cope with life. He also sleeps with my wife occasionally."

Government agent: "That's the guy I want to talk to – the mentally-challenged one."

Rancher: "That would be me."

Two hillbillies walk into a restaurant. While having a bite to eat, they talk about their moonshine operation.

Suddenly, a woman at a nearby table, who is eating a sandwich, begins to cough.

After a minute or so, it becomes apparent that she is in real distress. One of the hillbillies looks at her and says, 'Kin ya swallar?'

The woman shakes her head no. Then he asks, 'Kin ya breathe?'

The woman begins to turn blue, and shakes her head no.

The hillbilly walks over to the woman, lifts up her dress, yanks down her drawers, and quickly gives her right butt cheek a lick with his tongue.

The woman is so shocked that she has a violent spasm, and the obstruction flies out of her mouth.

As she begins to breathe again, the hillbilly walks slowly back to his table. His partner says, 'Ya know, I'd heerd of that there 'Hind Lick Maneuver' but I never seed nobody done it.

"Diet" Drink Dangers

Diet Sodas and Juices Are Linked to Higher Stroke Risk, Study Says

Researchers found that older women who drank more diet drinks had a higher risk of stroke and heart disease, as well as a higher risk of dying early from any cause, compared to women who drank fewer of the drinks.

Researchers studied data from more than 81,000 post-menopausal women. After an average follow-up of nearly 12 years, the scientists found that women who drank two or more artificially sweetened drinks a day had a 23% higher risk of having any type of stroke, and a 31% increased risk of having a stroke due to clotting in brain blood vessels, compared to women who reported drinking fewer than one beverage a week (or none at all).

A Daily Diet Soda Habit May Be Linked to Dementia – Both Sugar and Artificially Sweetened Drinks Might Have Negative Effects On The Brain

MRI scans and cognitive exams of about 4,000 people ages 30 and up found that people who consumed more than three sodas per week – or more than two sugary drinks of any type (soda, fruit juice, and other soft drinks) per day – were more likely to have memory problems, a smaller brain volume and a smaller hippocampus (an area of the brain used in learning and memory).



When You're Out of Tune...

You can't sleep, your energy levels are low and you're finding it harder to make it through your day. The specialists insist there's nothing wrong, but you innately feel like something's out of tune. Maybe it's time to call the Chiropractor.

D.D. Palmer, the father of Chiropractic, recognized that repetitive physical, emotional and chemical stress can alter the normal 'tone' within a person's Nerve System (a.k.a. Subluxation). This persistent irritation can lead to poor physical, mental and emotional performance. The solution? Restore normal tone to the Nerve System with specific, Chiropractic adjustments and better health will naturally follow!

Health is the 'music' that plays when all your cells, tissues and organs vibrate perfectly in unison - orchestrated by a finely tuned Nerve System. If you're feeling sluggish, weak and tired, a trip to the Chiropractor is what YOU need to get back in key.



Innate Intelligence is like the conductor of a great symphony orchestra. The conductor's job is to make sure that all the instruments are playing the proper notes at the proper time. The result is beautiful music. The purpose of your innate intelligence is to make sure every cell, tissue and organ in your body is functioning in harmony with each other. The result is abundant health.



Spring Cleaning.

It's that time of year. Time for spring cleaning! As the weather switches from cold to warm, nature goes through the process of renewal. At this same time our bodies also go through a physiological change, or renewal. Spring is the time for growth and renewal.

Now that spring is arriving our body may go through the process of eliminating all the "gunk" that has built up over the winter months. An internal spring cleaning.

Renewal occurs because spring brings about more nutrient dense foods which naturally promote growth and detoxification. We get outside more now that the weather is warming up, allowing for fresh air to clean our lungs and oxygenate our bodies. Plus we become physically more active, allowing the body to remove toxic build up in the muscles and lymphatics that has occurred from being stagnant over the winter.

How is it that our bodies know how to do this every year? Innate Intelligence! This internal intellect is what controls everything within our bodies, it is self healing and self regulating. If there is interference with your nervous system (subluxation) your body cannot function as it was intended and is no longer self healing and self regulating.

If you want your body to be able to clean itself to it's fullest ability, give your chiropractor a call. Only Chiropractors have the ability to locate and adjust subluxations. Once the subluxations (interference) is removed, your body can regain its self healing and self regulating properties, thereby allowing you to enjoy optimum health and well being.

Chiropractic – Many Levels of Healing

Chiropractic care can help your body function in many ways. It can help promote detoxification, relaxation, emotional healing and a deeper connection to oneself and others.

Chiropractic care helps people become more physically balanced. This often increases their energy and permits them to relax – both physically and emotionally.

The mental/emotional benefits of chiropractic have been noticed since its inception. Correcting subluxations was noticed to improve mental function and relieve depression.

One of the most powerful phenomenon of healing is **Retracing**, – where old pains, diseases or traumas come "to the surface" to be released. Retracing is one of the signs of complete healing and even though it may be (temporarily) uncomfortable, it leaves in its wake a stronger, healthier, happier person.