

Muncy Chiropractic Newsletter

March 2019

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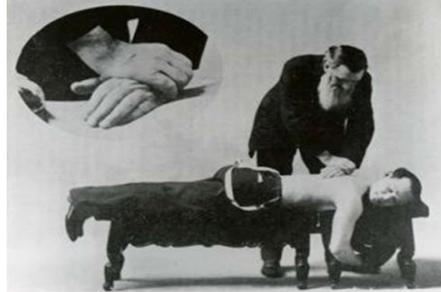
Shining your light with chiropractic

Chiropractors correct subluxations, which are distortions in the body that interfere with the nervous system and stress the entire body. Another way of defining subluxations is as follows: sub = less than, lux = light. Subluxations give us less light.

Your chiropractor will correct your subluxations so you may radiate your light as strongly as you possibly can.



The First Chiropractor



Here is a photograph of the discoverer of chiropractic, Dr. DD Palmer, of Davenport, Iowa demonstrating spinal adjusting. Dr. Palmer (called "DD") accidentally discovered chiropractic when he restored the hearing of a man who had been deaf for 17 years.

DD originally thought he had discovered a cure for deafness, but after patients with heart problems, asthma, menstrual cramps, infertility, headaches, back and neck problems and many other conditions were restored to proper function from Dr. Palmer's "hand treatments" (as he first called them), he realized he had discovered something far more reaching.

Soon people were flocking to his office from far and wide. After many entreaties

Dr. Palmer agreed to teach his discovery and began the Palmer School of Chiropractic, which is still in existence.

Most of Dr. Palmer's first students were medical doctors, osteopaths and other natural healers. In time the Palmer school accepted individuals without advanced degrees. Why? Because, as BJ Palmer, DD's son and future head of the school said, "Humanity needs more chiropractors."

Chiropractic went from one lone practitioner in Davenport, Iowa in 1895 to become the largest drug-free healthcare system in the world. Millions of people visit their neighborhood chiropractors every year – the numbers are growing.

And yet many more millions have no idea how chiropractic can help them and their families live more natural, drug-free lives. Instead we see so many "walking drugstores," suffering from side effects, not knowing that chiropractic can help turn on their "inner drugstore" – their own natural healing ability.

Please help us help them by referring those you care about.

*Dr. Ernie Laubach &
Dr. Kristopher Laubach*
Office Hours:

M-W-F
9am - 12pm & 3pm - 7pm
570-546-2727

Referral Reward Program

To express our gratitude for referring your family and friends to our office, you will receive a complimentary office visit for your referrals.

Thank you for honoring us with your referrals.



If you'd like to receive a monthly email version of the newsletter along with any notifications of special events, give us your email address and we will add you to our list.



Are You Scared of Germs?

We're full of germs, bugs, micro-organisms, viri, bacteria, protozoa and more at all times. Billions of these tiny life forms cover every part of our bodies on the outside and on the inside. In fact, germs outnumber our body cells by about 10 to 1. There are more bugs in our bodies than there are cells of us. We can't get rid of germs and shouldn't get rid of germs. Without all these germs in our bodies we would die – we need them, they are a necessary part of living.

Do germs make us sick? If germs made us sick, there wouldn't be a person alive who wasn't lying in bed sick and moaning with a fever, diarrhea, achiness, rashes, eruptions and more. Germs

live in an ecological balance inside and outside us. If we have a good balance of germs we will be healthy. If we are toxic and chemically out of balance these germs that live quietly within us will multiply and become out of balance.

When the body becomes out of balance with these germs it is better to do the proper things that will help detox and add support rather than suppress with medications.

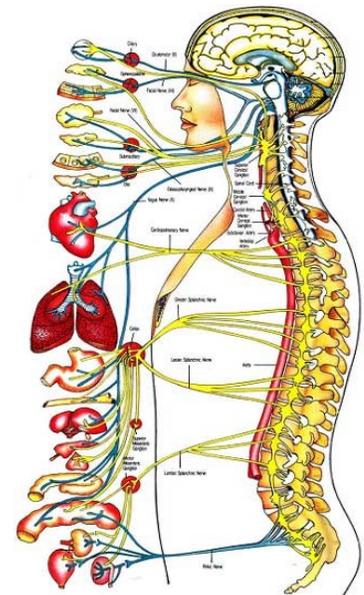
The 6 best things that keep everything in balance are; eat healthy foods, drink plenty of water, exercise, get plenty of sun light (without sunscreen), keep a positive attitude and (of course) chiropractic.

You are the world's greatest drug store

Your body manufactures antibiotics, insulin, painkillers, blood pressure and heart drugs, and hormones and chemicals to regulate your brain chemistry and mood, digestion, elimination, growth and blood chemistry (as well as hundreds of other drugs, many still undiscovered). The greatest drug store in the world is your own marvelous body, as long as your body is functioning properly. That's where chiropractic care helps.

Chiropractors help keep your internal drug store functioning optimally by locating and correcting a very common condition that causes your body to malfunction. That condition is called a subluxation. A subluxation is usually found in your spine and although it often causes pain, it may also be painless.

Want to keep your internal drug store making and delivering all the drugs you need for your whole life? In addition to a nutrient-rich diet, make sure your body is free of subluxations – that's the specialty of your chiropractor. Get adjusted regularly. Your internal drug store will thank you for it.



Laughter Is The Best Medicine

When I was a boy, I would lay in my twin sized bed and wonder where my brother was.

I like rice, rice is great when you're hungry and you want 2,000 of something.

I'm against picketing, but I don't know how to show it.

I have a vest. If my arms got cut off, it would be a jacket.

The thing that's depressing about tennis is no matter how good I get, I'll never be as good as a wall.

If I had nine fingers missing, I wouldn't type any slower.

I went to the doctor and all he did was suck blood from my neck. Do not go see Dr. Acula.

I think Bigfoot is blurry, that's the problem. It's not the photographer's fault.

A severed foot is the ultimate stocking stuffer.

Wearing a turtleneck is like being strangled by a really weak guy. All day.

My roommate said to me, "I'm gonna go shave and use the shower. Does anyone need to use the bathroom?" It's like some weird ass quiz where he reveals the answer first.

I like refried beans. That's why I want to try fried beans, cuz maybe they're just as good, and we're wasting time

Nourishing Traditions

It's official – saturated fat is good. The Dietary Guidelines Advisory Committee recommends dropping limits on dietary cholesterol, citing "no appreciable relationship between dietary cholesterol and serum cholesterol or clinical cardiovascular events in general populations." Enjoy saturated fat, something our ancestors have known for hundreds of generations.



There's more. A meta-analysis of 21 studies published in 2010 in the American Journal of Clinical Nutrition concluded: "consumption of saturated fat had no observable correlation to [stroke] and heart issues" after observing 347,747 people for 14 years.

The real cause of health problems – CARBS. The authors write, "high carbohydrate intake was associated with higher risk of total mortality, whereas total fat and individual types of fat were related to lower total mortality."

The ketogenic diet is a powerful, anti-inflammatory and anti-cancer diet. The high fat, moderate protein, very low carb diet is referred to as the ketogenic diet because when your body digests fats (from food and from your own waistline) you produce ketones that are a better source of energy than carbohydrates. The better quality fats and oils you eat (butter, cream, tallow, lard, avocado, coconut, etc.) and the less carbohydrates (sugars) you eat, the healthier, thinner and more energetic you will be.

Enjoy coconut oil, butter, cream, tallow and lard, replacing carbohydrates with these good quality fats. Especially avoid cooking with or eating foods made with vegetable oils including canola, soy, cottonseed, sunflower seed and others. Go to www.westonaprice.org or www.mercola.com for more information.

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.

The Magic of Retracing

Retracing is a fascinating healing phenomenon that is found in all natural healing arts. It is seen as a person develops increased balance, harmony and strength. It is especially seen in chiropractic. What exactly is it?

Retracing is when old physical injuries, emotional pain, stress and toxins leave the body as it heals. It is a wonderful thing, even though it may feel uncomfortable, because in its wake it leaves a healthier, stronger, cleaner and happier person. The phrase "better out than in" is a good description of retracing.

Sometimes retracing is dramatic – people laugh or cry, feel old aches and pains, relive an accident or trauma or detoxify with diarrhea, vomiting, fever and flu-like symptoms. That is rare, but when it occurs it is often seen in a person with a lot of vitality who has the strength to handle it.

Sometimes retracing is subtle. A person who may feel "no different" after an adjustment and then have powerful dreams that evening is releasing deep emotional stress, or conversely, they may report better sleep than they had in years. Retracing is a very individual affair.

But don't let it scare you. Sometimes patients have contemplated leaving care because of it. Don't! It's good for you and it means you are on the right path to healing. If you experience any uncomfortable symptoms after care please bring it to our attention. Retracing is almost always temporary and you'll feel much better after it passes.



How Effective is Back Surgery?

Although thousands of back operations are performed each year studies have yet to show it to be effective. In fact, research reveals that spinal surgery has a high failure rate, with the pain coming back after the surgery, sometimes immediately, sometimes a few months later, sometimes after a year or more. Too many people are told they need a second, or even a third operation. It is so common that back and spine surgery is repeated because the pain returns, that this recurrence has a special name: Failed Back Surgery Syndrome.



How common is it?

The failure rate for spinal surgery averages around 50%. However, that depends on how the studies define success. Some researchers will say the surgery was successful if the patient remained pain-free for one or two years. The pain returned but the surgery was still considered “successful.”

In one recent study the failure rate was 46%. Follow-up surgery has an even more dismal success rate with:

...no more than 30%, 15%, and 5% of the patients experience a successful outcome after the second, third, and fourth surgeries, respectively. (Daniell J, Osti O. Failed back surgery syndrome: a review. *Asian Spine J.* 2018;12(2):372-379.)

Get a second, even a third opinion

While surgery is sometimes necessary, it is always a good idea to never rush into an operation unless it's an emergency! Get more opinions. For example, Nancy Epstein, MD, a neurosurgeon and editor of *Surgical Neurology International*, did a survey to see if recommended spinal operations were necessary after the patient received a second opinion. She found that 94% of the time surgery wasn't necessary. As she writes:

Increasingly, patients, spine surgeons, hospitals, and insurance carriers are not only questioning whether spinal operations are “unnecessary,” but also whether the “wrong” (e.g., overly extensive cervical or lumbar multilevel fusions, anterior vs. posterior surgery, etc.) or “right” (appropriate) operations are being recommended to patients.

Of 183 second opinions seen over 20 months, the second opinion surgeon documented that previous spine surgeons recommended “unnecessary” (60.7%), the “wrong” (33.3%), or the “right” (6%) operations.

Because so many back operations are unnecessary and so many back operations fail, always get a second and even a third opinion. Make sure a Doctor of Chiropractic is consulted – it might save you from an unnecessary operation or a failed back surgery.

Chiropractic Q & A



Q. Is it safe to have chiropractic care if I had back surgery?

A. In most cases it is perfectly safe for a person who had spine and/or disc surgery to receive chiropractic care.

Since back surgery has such a high failure rate (see above), many people find that their pain and disability returns. In many cases their MD (usually an orthopedic surgeon) will recommend a second (even a third or a fourth!) operation.

Wait! Before rushing to surgery again, why not explore chiropractic care? While chiropractic is well known to help people with spine and disc problems avoid a back operation, what about people who have already had spine and/or disc surgery and are still suffering? Is it too late for them?

Happily, there is often help. Even if a person had prior spine surgery chiropractic may still help them!