

May
2019

Muncy Chiropractic Newsletter

Spring is more than our northern hemisphere turning its face to the sun – it reminds us of rebirth, repair and renewal. May this spring remind you of all that inspires you about life and propels you forward to recreate, heal and grow.

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Office Hours:

M-W-F

9am - 12pm & 3pm - 7pm

570-546-2727

Office News:

The Office will be closed May 27th for Memorial Day.

You can now find a PDF version of this newsletter on our website.

www.muncychiropractic.com



Holistic vs Reductionist

The world of health care tends to be divided into two primary schools of thought: *Holistic vs Reductionist*, *Vitalistic vs Mechanistic* or *Expressive vs Suppressive*.

With holistic thinking, the practitioner understands that one can not possibly know all of the minute details of each person's body chemistry. It is understood that when you affect one part of the body, you affect all parts of the body, even though you may not completely understand the physiological connection. For this reason, the holistic practitioner focuses on the *whole person* from every aspect including nutritional, mechanical and emotional.

Reductionist thinking does not honor the biochemical individuality or the physiological entanglements of all of the organ systems, tissues, and cells of the body. For example, a reductionist practitioner might be inclined to surgically remove a diseased gallbladder, while a holistic practitioner would tend towards recovering the gallbladder. If the gallbladder is eliminated without consideration to the fact that it has a purpose, that patient may subsequently suffer from chronic digestive distress. Without a gallbladder, the body will have difficulty emulsifying fat unless some type of outside intervention is made to normalize digestion.

KST chiropractic operates from a holistic position, taking the guesswork out of finding the right solution to health problems, whether it be mechanical (subluxations), emotional or nutritional.

What's unique about our chiropractic technique (KST) is that we don't have to diagnosis your problem before we begin care. Instead we ask your body to show us what it needs to be healthy. This approach promotes health and healing naturally from within.

What is the World's Greatest Drugstore?

What would the world's greatest drugstore be like? Well, it'll have every drug and chemical you need to live a long, healthy life, free of disease, pain and disability. The drugs from this drugstore would never have a side-effect. This drugstore would be open 24 hours a day, never close and be at your beck and call – delivery would be instantaneous. Also, all the drugs would be free.

Well, such a drugstore does exist! It's your own body!

Yes, every drug and chemical you need to live a long and healthy life is made by your body, in the exact right amount, just when you need it, 24 hours a day.

Your body makes drugs (chemicals) to raise your blood pressure and lower your blood pressure, relax you and make you hyper-vigilant (for example, when you are in danger); drugs to create inflammation and drugs to dissolve inflammation, painkillers and pleasure creators as powerful as heroin. Further, your body manufactures chemicals that create tumors and chemicals that dissolve tumors; chemicals to raise and lower your blood sugar; raise and lower your cholesterol and even ... drugs to make you hungry, to make you feel satiated, drugs to build up bone, drugs to break down bone, drugs to build muscle, drugs to break down muscle, drugs to stimulate you as well as drugs to depress you.

These drugs are perfectly designed for your unique needs, your unique genetic expression – and they have no side-effects or adverse reactions.

Further, these drugs are made in the exact right amount and delivered to the exact part of your body that needs them at the exact moment it needs them. Some of these drugs are unique to you – no one else has them. No man-made pharmacy can do that.

Yes, get your body working at its full potential and it'll provide you with all the drugs you need, in the right amount and tailored to your unique body – and all these drugs are natural and organic!

Americans spend millions of dollars on tons of synthetic (unnatural) drugs each year. Every prescription and OTC (over-the-counter) drug has the potential to cause a bad reaction. In fact, tens of thousands of people die from reactions to properly prescribed medications every year. They are taking unnatural drugs because their internal pharmacy is not working to its fullest potential.

Chiropractic care, by correcting subluxations, helps to “wake up” your internal pharmacy so it will function closer to its potential. Subluxations are misalignments of your body structure that interfere with the energy and communication that travels over your brain, spinal cord and spinal nerves. Without proper communications your internal pharmacy may not get the right information to give you everything you need at a moment's notice in the exact amount.

For your internal pharmacy to be working at 100% (or as close to it as possible) you need a body free from subluxations. For that reason, regular chiropractic care is needed by everyone!



Happy Mother's Day

Sunday May 12th

Mother's Day arose in the 1900s as a result of the efforts of Anna Jarvis. Following her mother's 1905 death, she conceived of Mother's Day as a way of honoring the sacrifices mothers make for their children. After gaining financial backing from John Wanamaker, a Philadelphia department store owner, in May 1908 she organized the first official Mother's Day celebration in Grafton, West Virginia. That same day also saw thousands of people attend a Mother's Day event at one of Wanamaker's retail stores in Philadelphia.

Saturday May 18th



Monday May 27th



Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have – life itself. ~ Walter Anderson

Coconut Oil

To keep your internal drugstore working you need your information channels functioning without subluxations and you also need good raw ingredients. With great nutrition, your internal pharmacy will create the best quality drugs.

There are many “superfoods” in nature. An excellent one for your body chemistry is coconut oil. In addition to having many nutrients that are good for many organs, especially your brain, cooking with and adding coconut oil to your foods will ensure that your internal pharmacy gets excellent raw materials to make the best drugs possible.

For example, coconut oil is shown to balance your hormones, aid detoxification, make your skin look younger, help you lose weight, control your appetite, increase muscle mass, combat yeast infections, protect your heart, manage diabetes, strengthen bones, maintain healthy teeth, fight (and prevent) kidney infections, fight inflammation, boost your immune system, protect against cancer as well as alleviate age-related cognitive deficits and neuro-

degenerative diseases such as Alzheimer’s disease and Parkinson’s.

In one study researchers found significant improvements in Alzheimer’s patients after 45 to 90 days of using coconut oil in the form of medium chain triglycerides (MCT oil).

An easy way to use coconut oil is to add it to your morning coffee. A great recipe to keep you healthy and “well oiled” is to add one tablespoon of coconut oil and one tablespoon of organic, grass-fed butter or ghee to a big mug of coffee. The butter or ghee has its own special benefits. Now you put it in a blender and blend it up (it’ll taste like a latte). Add some stevia, monk fruit or other natural sweetener instead of sugar if desired. You can find some recipes at <https://www.thecookierookie.com/bulletproof-coffee-recipe/>. Don’t like coffee? Use an herbal coffee substitute or tea. Check out these recipes at <https://www.theorganickitchen.org/bulletproofing-for-coffee-and-non-coffee-drinkers/>.

Toe Walking, Meningeal Tension and Chiropractic

Toe walking, as is seen in some children, may be a sign of stress or tension on the brain and spinal cord. It is often caused by the tightening of their meninges. The child is relieving the stress by standing on his/her toes.

What are the meninges? The meninges are sheets of connective tissue that wrap around the brain and spinal cord. The outer layer (dura mater) is like a tough, inelastic sheet. The meninges have many functions, one of which is to protect the nervous system from physical stress and chemical toxicity.

What causes this tension? Serious injuries and burns, infections, toxins and childhood vaccination have all been observed to be linked to meningeal tension.

Toe walkers generally have numerous subluxations. All toe walkers need chiropractic care to help release the meningeal tension on their brain and nervous system. With less stress on their brain and nervous system they will function closer to their optimal.

Fermented Foods

There is a tight connection between immunity and our gut flora. In fact, about 80 percent of our immunity is located in the gut. Our intestinal flora is the right hand of our immune system. Without it, our immune system simply cannot function. Without beneficial gut flora, the two major arms of the immune system get out of balance. Fermented foods help keep your intestinal flora healthy and balanced.

Fermented foods are absolutely essential for your health and should be a part of every meal. They are found in every culture. Among the most popular fermented foods are sauerkraut, pickles, yogurt, kefir, kombucha, sourdough, beer (traditionally made), even root beer and other soft drinks (not the commercial stuff). Even ketchup was originally a fermented sauce. You can make your own!

Nearly any food can be fermented or pickled. Two good books are *The Complete Idiot’s Guide to Fermenting Foods* and *The Art of Fermentation* both by Warden Harmon. Also go to www.westonaprice.org for more information on fermented (and fermenting) foods.



Measles is Good for A Child

There is a lot of concern about measles. Why? Apart from it being a mild condition with a slight fever and some rash for a few days, and the benefit of not having to go to school, getting measles is associated with protection from cancer, stroke and heart disease later in life. The biomedical journals have many such reports:

Contracting measles in childhood reduces the risk of developing lymphatic cancer in adulthood. (1)

Having proper measles, with rashes and fever, protects against cancer, degenerative diseases of bone and cartilage. Measles that has a slight fever has a higher mortality than measles with a strong fever. (2)

Measles and mumps, especially in case of both infections, were associated with lower risks of mortality from atherosclerotic CVD (cardiovascular disease). (3)

Having measles and other infectious diseases of childhood strengthens a child's immune system and detoxifies their body.

In addition, according to a MedAlerts search of the FDA Vaccine Adverse Event Reporting System (VAERS) database as of 2/5/19, no children have died from measles and yet the measles, mumps and rubella vaccines caused 93,929 adverse events, 1,810 disabilities, 6,902 hospitalizations and 463 deaths. The measles vaccine is much, much more dangerous than getting measles.

1. Montella M, Maso LD, Crispo A, Talamini R, Bidoli E, Grimaldi M, Giudice A, Pinto A, Franceschi S. Do childhood diseases affect NHL and HL risk? A case-control study from northern and southern Italy. *Leuk Res.* 2006;30(8):917-922.

2. Tove R. Measles virus infection without rash in childhood is related to disease in adult life. *Lancet.* 5 January 1985;325(8419):1-5.

3. Kubota Y, Iso H, Tamakoshi A. Association of measles and mumps with cardiovascular disease: The Japan Collaborative Cohort (JACC) study. *Atherosclerosis.* 2015 Aug;241(2):682-686.

It's not the germs (virus, bacteria, etc) that cause illness, but the condition of the body at the time it's exposed to the germs. ~ Pasteur

Your body has a built in system for destroying germs, it's call your Immune System. Maintaining a healthy mind, body and spirit is the best prevention of illness.

Laughter Is The Best Medicine. - Mom Jokes

Q: What do you call a mom who can't draw?

A: Tracy.

Q: Why did the baby strawberry cry?

A: Because his mom was in a jam!

Q: What did the baby Egyptian say when he got lost?

A: I want my mummy.

Q: What book do moms like the most?

A: "Their husbands checkbook!"

Q: What did mommy spider say to baby spider?

A: You spend too much time on the web.

Q: On what day of the week do mothers give birth to their sons?

A: Sunday.

My mother said, "You won't amount to anything because you procrastinate." I said, "Oh yea" ... Just you wait."

My mom likes to play this game called "Yell from four rooms away" and get upset when I can't hear her.

My mom says its her house but when its time to clean it magically becomes my house too.

"Mom, are bugs good to eat?" asked the boy.

"Let's not talk about such things at the dinner table, son," his mother replied. After dinner the mother inquired, "Now, baby, what did you want to ask me?"

"Oh, nothing," the boy said.

"There was a bug in your soup, but now it's gone."