

MUNCY CHIROPRACTIC NEWSLETTER

MUNCY CHIROPRACTIC CENTER June, 2019



This is what you were born for ...

You are born to live a life of vitality, strength, peace and happiness! It is your birthright, your natural state. That life should be long and full of joy, excitement, pleasure and fulfillment.

But it doesn't always seem that way. Too many people are not living to their potential; too many people are living lives wracked with physical and mental dis-ease.

In order to discover physical and mental health you need to remove anything interfering with your proper function.

The chiropractic profession has discovered a serious condition that interferes with your proper function. It is an internal distortion of your spine and body structure – a subluxation. Subluxations are structural distortions that stress your nervous system – your brain, spinal cord, cranial nerves and related structures.

Subluxations are caused by any stress your body cannot handle: a difficult birth, a fall, an accident, emotional upset, chemical toxicity, overwork, or a combination of stresses (i.e.

physical, chemical or emotional stress while you are tired, overworked, malnourished, etc.).

Chiropractic subluxation correction (an adjustment) improves your health in many ways.



In over a hundred years of clinical experience, millions of patients have praised chiropractic for helping them with menstrual problems, a more comfortable pregnancy and labor/delivery, ear infections, high blood pressure, fevers, asthma, colic, eczema, headaches, migraines, back pain, arthritis, stress, sleeplessness, dyslexia, vision, learning disorders and so much more.

But it's more than pain and sickness. Chiropractic is an excellent way to maximize sports performance, improve overall health and enhance balance, strength and fitness.

Subluxations are epidemic in our society; most people have them in their body and don't know it. For that reason, everyone needs periodic chiropractic checkups to locate and correct their subluxations.

Inside this issue:

Chiropractic Q & A	2
Nourishing Traditions	2
Chiropractic and Allergies	3
Humor	3
Office News	3
Vitamin D	4
Safe Sunscreens	4

Office Hours:
Mon - Wed - Fri
8:30am - 11:30pm &
2:45pm - 6:30pm
570-546-2727

Happy Father's Day Sunday, June 16th

www.muncychiropractic.com



Chiropractic Q & A

Question: How can you tell you need a chiropractic visit?

Answer: There are many ways. Some are obvious, some are not so obvious. Many people visit chiropractors because they are suffering, in pain or ill. Those are serious symptoms that you can't miss. Everyone who is expressing symptoms needs a body free from subluxations (spinal nerve stress).

But there are also subtle signs something is not quite right – that you have subluxations – and if addressed early, will prevent or mitigate serious symptoms. These include:

- Can you turn your head more to one side than the other?
- Is one hip higher than the other?
- Is one shoulder higher than the other?
- Does one arm move out or up more than the other when walking?
- Are you having trouble concentrating on simple tasks?
- Is there a lack of energy?
- Are you unusually clumsy?

There are many other subtle body functions that chiropractors are trained to look for to determine if you need a chiropractic adjustment. Many are not painful – but they can ultimately wear down the body and create dis-ease or overall body malfunction that can lead to disease.

Some people “live with it” and hope their symptoms will go away. In many cases what we call disease are really disease symptoms. Rather than considering them as bad or something to get rid of, we should appreciate symptoms because symptoms are mechanisms the body uses to restore balance, detoxify and heal.



Nourishing Traditions

People ask me all the time, “what are some things I can do to eat healthier?” One of the things I tell everyone is to switch to healthy oils/fats and try to avoid commercial vegetable oils.

Commercial fats and vegetable oils such as corn, canola, margarine, soy, cottonseed, sunflower, Crisco™ and others (not olive or flax seed oil) are inexpensive compared to animal fats but are some of the worst things you can cook with or put on your salad.

Commercial vegetable oils are produced under high pressure and temperature and have been found to increase the growth rates of tumors. Vegetable oils are polyunsaturated fats (PUFAs) and are high in Omega 6 fatty acids. PUFAs are highly volatile and easily go rancid in the body. It was found that PUFAs cause the highest levels of free radicals which inflame the cellular structures involved. Inflammation has been recognized as a cause of chronic illness such as cancer, heart disease, diabetes, arthritis, obesity and other conditions.

What should you use? The healthiest fats are the saturated fats such as butter, coconut oil, avocado oil, cream, ghee, tallow and lard. These oils and fats don't oxidize easily, and cause less inflammation and free radical formation in the body. They are also nourishing and help transport essential vitamins to all your cells.



Chiropractic and Allergies

Your immune system keeps you a 100% natural, organic, unadulterated you! It recognizes and destroys anything not supposed to be in you: bacteria, virus, pollutants, dust, pollen, drugs, tumors, and even artificial hearts and donor organs. (Metal and plastic, however don't normally trigger an immune reaction.)

The most common immune system disorder is the allergy. That occurs when the immune system overreacts to an allergen (dust, pollen, milk, dog or cat dander, strawberries, peanuts, etc.) and produces too many neutralizing chemicals (especially histamines) to counteract it.



The Medical Approach

Because runny eyes, irritation, redness, fullness in the sinuses and other allergy symptoms are caused by chemicals we produce known as histamines, antihistamines are often prescribed to counteract the symptoms caused by histamines. However, antihistamines can cause serious heart problems and should not be used with alcohol, sedatives or tranquilizers. Antihistamines

do not get to the cause, but only deal with the symptoms of allergies.

The Chiropractic Approach

The cause of the allergies, the over-acting immune system, needs to be addressed and that is why allergy sufferers have praised chiropractic care for over a century. The goal of chiropractic care is to locate and correct a serious type of spine and nervous system stress called a subluxation. By releasing stress on the nervous system, chiropractic permits the immune system to function more effectively—something all allergy sufferers need. A nervous system with less stress improves immune system function.

Your nervous and immune systems are interrelated and the health of one affects the health of the other. For over a hundred years chiropractors have, by reducing the nervous system stress caused by subluxations, helped people adapt better to all the stresses in their environment, including those relating to allergies.

Humor

A Dad joke is an embarrassingly bad joke, often read through the eyes of a dad's lack of comedy. Brave yourself through this awfully bad list of dad jokes.

- I just watched a program about beavers. It was the best dam program I've ever seen.
- Did you hear about the restaurant on the moon? Great food, no atmosphere.
- Whenever the cashier at the grocery store asks my dad if he would like the milk in a bag he replies, "No, just leave it in the carton!"
- What do you call a fat psychic? A four-chin teller.
- To the man in the wheelchair that stole my camouflage jacket... You can hide but you can't run.
- The rotation of earth really makes my day.
- I thought about going on an all-almond diet. But that's just nuts
- I've never gone to a gun range before. I decided to give it a shot!
- Why do you never see elephants hiding in trees? Because they're so good at it.
- The shovel was a ground-breaking invention.
- Did you hear about the kidnapping at school? It's fine, he woke up.

Office News

You can now find a PDF version of this newsletter on the home page of our website. This makes it easier for everyone instead of having it sent via email.

Muncy Chiropractic first opened its doors June 5th 1972 in a house located on Washington St. Due to parking issues the office was relocated to its current location on September of 1978.

We would like to thank all those that have been part of this family for the last 47 years, and we look forward to helping many more that join in the future.

Vitamin D

Vitamin D is needed for improved muscle coordination, calcium absorption (to prevent osteoporosis) and for protection from cancer, heart disease, autoimmune diseases and radiation-induced tissue damage.

Our primary source of vitamin D comes from the sun. UVB exposure, as opposed to UVA, is the only spectrum of UV light which facilitates vitamin D production. UVA rays are the one linked to skin cancer.

When our skin is exposed to sunlight our body converts cholesterol into vitamin D. Other sources include eggs (free-range), liver and oily fish (mackerel, salmon, sardines). Vitamin D3 can be purchased in supplement form and is better than vitamin D2, which your body has trouble processing. Again make sure the supplement is from an organic, whole food source.

Vitamin D is the only vitamin that can be created and stored by our body. Some authorities believe it's a hormone rather than a vitamin. Our body can create and store enough vitamin D through sun exposure to get us through the long winter season when the sun is too low in the sky to be of benefit. The winter blah's is a sign of vitamin D deficiency.

Vitamin D deficiency is a serious health risk that is responsible for a wide range of health problems from brittle bones to cancer. Research has shown that vitamin D deficiency is on the increase in populations that use sunscreen. Seeing that most sunscreens block UVB rays not UVA rays. It appears that Sunblock does what it's designed to do - block the Sun.

For optimal vitamin D production from sunlight, expose as much of the body as possible **without sunscreen** near solar noon, the time when one's shadow is shorter than one's height, for 10-30 minutes depending on skin pigmentation, being careful not to burn.



Safe Sunscreens

Are all sunscreens safe? The answer is NO!

Avoid buying sunscreens that has one of these 4 ingredients — **avobenzone**, **oxybenzone**, **octocrylene** and **ecamsule**. A pilot study by the U.S. FDA shows these four common active ingredients in sunscreen get absorbed into your blood at levels that could potentially pose health risks, especially to children.

When selecting a sunscreen, remember there really are only two known safe sunscreen ingredients. Your safest choice is a lotion or cream with **zinc oxide**, as it is stable in sunlight and provides the best protection from UVA rays. Your next best option is **titanium dioxide**. Just make sure the product does not contain nano-sized particles and protects against both UVA and UVB rays.

Consider the use of an "internal sunscreen" like **astaxanthin** or **lycopene** to gain additional sun protection.

Foods that contain generous amounts of astaxanthin are: Wild-caught Alaskan salmon, Trout, Krill (or krill oil), Shrimp & Crayfish. If you choose to go the supplement route, I strongly recommend getting the ones made from the *Haematococcus pluvialis* microalgae.

Astaxanthin can also be applied topically, which is why it's now being incorporated into a number of topical sunscreen products.

Foods that contain lycopene are: watermelon, red bell peppers, tomatoes, papaya, pink guava and pink grapefruit. Watermelon is especially rich in lycopene, it contains 40% more than tomatoes.

Give your body a chance to produce vitamin D before you apply sunscreen. Expose large amounts of your skin (at least 40 percent of your body) to sunlight for short periods daily.

*“Medicine is the study of disease and what causes man to die.
Chiropractic is the study of health and what causes man to live.”*

- B.J. Palmer