



July 2019

# Muncy Chiropractic Newsletter

Muncy Chiropractic Center

## Chiropractic and Disc Problems

You have discs – spongy pads found between most of your vertebrae (spinal bones), in your jaw joint (TMJ) and between your pubic bones (in women, they separate a little during the birth process).

The discs help give your spine its curves and flexibility and make it better able to withstand stress. Discs also prevent your vertebrae from crashing into each other (that would hurt a lot!). And they also help create spaces (foramina) through which your nerves travel on their way to your internal organs.

But there are times your discs can cause you pain. If your discs flatten out, are twisted or bulge or are otherwise distorted, you can suffer from a lot of neck, back, leg and other pain.

### Do You Have a “Slipped” Disc?

A disc cannot "slip" since it is knitted into the vertebrae from both above and below. What sometimes do slip are the vertebrae, which may stress the disc and contribute to its damage. Many "slipped discs" would be more accurately called slipped vertebrae or subluxations.

### Disc Damage

Disc damage may be due to an accident or fall (called macro-

trauma) or from doing the same thing over and over (called micro-trauma). In addition, long-standing subluxations (tiny spinal distortions) can cause disc damage.

Disc damage may cause pain. The pain can get so bad people have resorted to surgery. But there’s another approach to disc problems – chiropractic!

Chiropractic has been a blessing to millions of people with spine and disc problems, often saving them from neck or back surgery (which has a very high failure rate, meaning the patient is as bad or worse after the surgery).

Chiropractors have various techniques to restore the natural curve to your spine, take pressure off of discs and begin a process of healing. Before anyone you know considers back surgery, please tell them about chiropractic care.

**Office Hours:**  
M-W-F  
8:30-11:30 & 3-6:30  
570-546-2727

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**Thanks for the Referrals!**

The ultimate compliment is when our patients tell their friends and families about chiropractic.



## Happy 4th of July - America is an idea

America is unique in human history, a “great experiment” as Abraham Lincoln called our nation. America is unlike other countries that were founded on geography or race.

To be an American is to accept the unique ideas or principles on which America was founded. Philosopher Dennis Prager calls them “The American Trinity” and describes them as:



**Liberty** – personal freedom, a free economy, a small government, and the pursuit of happiness.

**In God We Trust** – America’s founders were all deeply religious and in agreement that the universal values that America embodies were derived from Biblical God-based principles and that America would lose its way and ultimately fail if it became godless.

**E Pluribus Unum** – out of many, one. No matter what our backgrounds and beliefs we come together as Americans.

America was founded on these ideals; it has not been a perfect land (no land is) but has become a “light unto the nations” as it strives to achieve them. Many people gave their lives to defend and protect these ideals. We can take pride that America fought for liberty, stood strong and saved the world from the horrible isms of the last decades – Nazism, Fascism and Communism.

The values that made America the unique land of freedom and opportunity it has become, and as a result the land of great wealth, continue to make it a magnet to millions of people all over the world searching for a better life. These values need to be taught to our children and their children so they are never forgotten.

*America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves. – Abraham Lincoln*

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## Chiropractic Q and A



**Question:** What is the goal of chiropractic care?

**Answer:** The goal of chiropractic care is to locate and correct areas in your body that have a severe form of stress called a subluxation. Subluxations are usually spinal bones (vertebrae) that are not moving properly, are jammed, fixated or distorted and are causing inflammation and stress to your spinal nerves and brain.

Most people have subluxations in their spine and body structure and don’t even know it because many times subluxations are painless. But all the while the inflammation, the interference with nerve function, and the muscle, joint and fascia (connective tissue) stress grows and grows, in many cases causing body and organ malfunction (dis-ease).

The purpose of the chiropractor is to locate these areas of stress or blockage and release or adjust them back into proper motion and alignment, freeing your nerves, bones, fascia, discs and other tissues from stress.

The chiropractic adjustment can be very powerful and very healing. All people need a spine and body free from subluxations no matter what their health is – good or bad or somewhere in the middle.

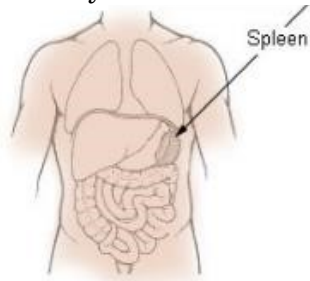
Know someone that may be subluxated? Tell them about chiropractic and how it has helped you.



## Did You Know?

Inside your body is an amazing incredible blood recycling organ. It's your spleen! Why is it so amazing? Your spleen is found behind the top of your stomach. It is large – five inches long, three inches wide and one inch thick. All your blood passes through your spleen where it is filtered.

Healthy red blood cells pass through just fine but unhealthy, broken, misshapen or old red blood cells are filtered out and recycled by your white blood cells. All the usable elements of your blood, especially the valuable iron of your blood, returns to the bone marrow and lungs where red blood cells are made (iron is needed to make hemoglobin).



If you lose a lot of blood your spleen serves as an emergency blood supply; it releases its contents, helping you stay alive. It's as if you have your own little blood bank.

## Third court decision links Roundup™ to cancer

Monsanto (recently purchased by Bayer) was sued by people who claim that Roundup™ use caused their cancers. Bayer has now lost three court cases and has been ordered to pay \$billions in damages. So far.



**Glyphosate has been linked to autism, cancer, infertility, and Parkinson's Disease!**



because they (Monsanto) knew their product was carcinogenic for years. When Bayer purchased Monsanto they also purchased all their liabilities. That was obviously not a good decision. (Bayer's share price has so far dropped 40%.)

The product Roundup™ (glyphosate) is the most used weed killer (herbicide) in the world.

waiting their turn to sue Bayer for the cancers and other conditions they claim Roundup™ caused. This has the potential to bankrupt the company.

Please stop using this dangerous chemical in your garden and lawn. There are many safe, natural products you can use. One of them is vinegar!

There are at least 13,000 people

In our opinion they deserve it

## Band Aids don't heal you

When you get a cut the natural thing to do (after getting over the pain) is clean it up and put a Band Aid on it to protect it from getting irritated. After a few days when the bandage comes off, the cut is hardly noticeable. The question is, did the *Band Aid* do the healing?



Band Aids and Chiropractic adjustments have something in common... neither one have the ability to heal you. Sure, both are helpful after an injury. But they can only provide an environment conducive for healing to take place. Band Aids approximate damaged skin to optimize the mending, adjustments approximate misaligned vertebra to optimize nerve flow - but it's the innate healing power of life inside you that scripts the repair.

The next time you come for an adjustment to instantly ease your headache, your sciatic or your sleeping problem, understand it's *not* the adjustment that produces the result. Chiropractors don't perform miracles. The doctor inside you is the one who does that work.

## *Laughter is the best medicine*

A rookie police officer pulled a biker over for speeding and had the following exchange:

Officer: May I see your driver's license?

Biker: I don't have one. I had it suspended when I got my 5th DUI.

Officer: May I see the owner's card for this vehicle?

Biker: It's not my bike. I stole it.

Officer: The motorcycle is stolen?

Biker: That's right. But come to think of it, I think I saw the owner's card in the tool bag when I was putting my gun in there.

Officer: There's a gun in the tool bag?

Biker: Yes sir. That's where I put it after I shot and killed the dude who owns this bike and stuffed his dope in the saddle bags.

Officer: There's drugs in the saddle bags too?!?!?

Biker: Yes, sir.

Hearing this, the rookie immediately called his captain. The biker was quickly surrounded by police, and the captain approached the biker to handle the tense situation:

Captain: Sir, can I see your license?

Biker: Sure. Here it is. It was valid.

Captain: Who's motorcycle is this?

Biker: It's mine, officer. Here's the registration.

Captain: Could you slowly open your tool bag so I can see if there's a gun in it?

Biker: Yes, sir, but there's no gun in it. Sure enough, there was nothing in the tool bag.

Captain: Would you mind opening your saddle bags? I was told you said there's drugs in them.

Biker: No problem. The saddle bags were opened; no drugs.

Captain: I don't understand it. The officer who stopped you said you told him you didn't have a license, stole this motorcycle, had a gun in the tool bag, and that there were drugs in the saddle bags.

Biker: Yeah, I'll bet he told you I was speeding, too.

***And now for a little something different.*** A joke from comedian Anthony Jeselnik.

One of my next-door neighbors is a 90-year-old man suffering from Alzheimer's. Every single morning at 9 a.m. he knocks on my door and he asks me if I have seen his wife. Which means that every single morning at 9 a.m. I have to explain to a 90-year-old man suffering from Alzheimer's that his wife has been dead for quite some time. Now, I've thought about moving. I've thought about not answering my door in the morning. But to be honest, it's worth it just to see the smile on his face.



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## *Cholesterol is good for you*

The fear of cholesterol might sell drugs but it is little more than propaganda. Cholesterol-phobia is designed to sell statin drugs, not save lives from heart attacks and cardiovascular disease.

Statin drugs cause muscle pain, fatigue, memory loss, cognition difficulties, cataracts, liver problems, impotence and immune weakness. And they are bad for your heart too!

You need cholesterol, it is good for you – it is a natural substance made in nearly every cell to produce hormones, vitamin D, neurotransmitters and healthy cell membranes. Without it you would die.

Most people who die of sudden heart attacks have normal or low cholesterol.

What causes heart disease is sugar, vegetable oils such as canola and corn oil, margarine, partially hydrogenated and hydrogenated foods and other inflammatory (junk) foods. Consuming a lot of carbs raises triglyceride levels and high triglycerides are far more a danger for heart disease than high cholesterol ever was.

Good fats help protect against heart disease. 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.