

August 2019

Muncy Chiropractic Center

# Muncy Chiropractic Newsletter

## *The Power of an Adjustment* by Dr. Ernie

This occurred a few years ago. I had a lady under my care whose husband, a retired anesthesiologist from Philadelphia, came along to see what I was doing that was helping his wife.

After observing my care of his wife he told me his story. He said, "I've had constant low back pain for 30 years that at times will get so intense that it's disabling. One time while assisting a surgery my pain got so bad that the surgeon gave me a shot to get me through the surgery."

I asked him if I could check him over. He agreed. I asked his body if there were any subluxations causing his pain. His body said Yes. I asked where and his body responded with forth lumbar vertebra on the right. I made an adjustment and then asked if there was something more involved. His body said No. I scheduled him to come back in three days as I was sure there was something more that needed to be addressed.

He was quite happy when he returned. He said his pain was gone by the time he got home. Upon checking him his body said there was nothing more that needed to be done.

Two years later his wife returned for care and stated that her husband was still pain free and ecstatic over his results.

Since that time I have never under-estimated the power of a single adjustment.

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### **Office Hours:**

M-W-F

8:30 - 11:30 & 3 - 6:30

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Visit our website at

[www.muncychiropractic.com](http://www.muncychiropractic.com)

Where you can view this month's newsletter along with past months.



## *Are You Telling Your Friends?*

Are you telling your friends about us? I know there is this stigma about chiropractic that it's only for neck and back pain.

Hopefully by now you have discovered that this is not true.

The real power of KST chiropractic, is its ability to wake up your innate healing and repairing processes. Regardless of the type of problem you have, a fully functioning Immune System will help you get well faster than a weak Immune System.

The next time a friend starts telling you about all their health problems - ask them if they have ever considered chiropractic and then tell them about us. It was probably a friend who referred you to this office. So, do the same for a friend. Give them a copy of this newsletter and tell them how we helped you.

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## *Fermented Food*

Do you have fermented foods with every (or nearly every) meal? You should – fermented foods are an inexpensive, effective and simple way to optimize your gut microbiome (micro-organism population) that is absolutely essential for your physical and mental health.

For every cell that is you there are ten times more bacteria, fungi, viruses and other tiny life forms inside you. You are a walking multi-species transport system with billions of micro-organisms on your insides and outside (all over your skin, hair and in every nook and cranny).

Over the past several years, research has revealed that the microbes inside you — bacteria, fungi, viri and others — are essential for proper body function. They make vitamins, keep the bad “bugs” under control, help you get rid of toxins and affect your weight and mood. When your GI tract is not properly balanced, a wide range of health problems can appear, from allergies to autoimmune diseases.

That’s why fermented foods are so important. They are full of beneficial micro-organisms that most people do not get elsewhere; they replenish the good micro-organisms and keep you in balance.

Just one-quarter to one-half cup of fermented vegetables one to three times per day and you’ll probably notice improvements in your energy levels, mental clarity, digestion, elimination and immunity.

Although common in traditional diets in every culture throughout the world, the preparation of fermented foods is becoming a lost art. But it is an art that is easily re-discovered. Go to [www.westonaprice.org](http://www.westonaprice.org) and other websites (a quick search will give you a wealth of information) for information on making your own fermented foods.

Fermented vegetables include sauerkraut, kimchi, and pickles; fermented dairy products include yogurt, kefir, buttermilk, and cheese; fermented beverages include kombucha, kvass, and lacto-fermented sodas. Even lacto-fermented meat and fish can be beneficial.

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## *Chiropractic Helps Put You Together*

All your parts are connected. You touch your little toe and feel it because messages from your toe go up to your brain. All parts of your body are connected to your brain. Right now messages are whizzing around all over your body, most of them so deep and so complex that you have no idea it’s happening.

Every second you are juggling hundreds of millions, even billions, of chemical reactions – all coordinated by your brain.

The role of the chiropractor is to make sure this communication system – brain, spinal cord and nerves – is not interfered with. A common type of interference are subluxations – spinal distortions that stress, irritate, inflame and interfere with messages that travel through the nerves.

The role of the chiropractor is to check you for interferences in your spine and structural system and correct or release your interferences so you will function better and have improved healing, balance and energy.

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## *Humor*

I’m at Wal-mart buying a bag of dog food. While in the check-out line, a women behind me asked if I had a dog. Why else would I be buying dog food, RIGHT??? So on impulse I told her that no, I didn’t have a dog. “I’m starting the dog food diet again. I probably shouldn’t because I ended up in the hospital last time. I lost 50 pounds before I woke up in intensive care with tubes coming out of most of my orifices and IVs in both arms.” I told her that it was essentially a perfect diet. “All you do is load your pockets with food nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well, and I am going to try it again.” (I should add that practically everyone in the line was now enthralled with my story.) Horrified, this lady asked if I ended up in ICU because the dog food poisoned me. I told her, “no, I stepped off a curb to sniff a poodle’s butt and a car hit me.” I thought the guy behind her was going to have a heart attack he was laughing so hard.

## *The Earthquakes in Your Life*

How many earthquakes rumble under your feet every year? Every day? Let's find out.

The magnitude or strength of an earthquake is measured using the Richter scale. Each numerical jump in this scale is in the order of ten (i.e. a 7.0 earthquake is ten times more powerful than a 6.0).

Since 1900 the earth has averaged one "great" (Richter scale 8 and higher) earthquake a year! Those are the earthquakes that literally rock our world to its foundations – buildings and highways collapse, pipes burst, fires spread from ruptured gas lines, electricity stops, and death, homelessness and countless tragedies follow in its wake.

Richter 8 earthquakes are thankfully rare, and often occur in desolate areas. But that's just the tip of the iceberg.

Our planet experiences 18 "major" earthquakes (measuring 7-7.9) each year. These massive shifts in the earth usually make the news, often resulting in much death and destruction. But that too is just the tip of the iceberg.

120 "strong" (6-6.9) earthquakes occur each year, about 1,500 "moderate" (5-5.9) earthquakes occur each year, 6,200 weak (4-4.9) earthquakes occur each year and an astounding 49,000 "minor" earthquakes (3-3.9) occur each year! Imagine experiencing 49,000 earthquakes a year!

But that's practically nothing compared to the 1,000 magnitude 2.0-3.0 earthquakes that occur each day. You read that right – each day!

And if that isn't enough each day 8,000 "very minor" (1.0-2.0) earthquakes occur as well!

Our seemingly safe, secure and stable planet is anything but that; our earth is constantly vibrating, shuddering and shaking. It all serves a necessary

purpose – to release stress that otherwise would build up to the point where a monster earthquake is needed to let it out.

Aren't our lives like that? Cataclysmic "great" events that shake us to our very core are mercifully rare. Less rare are "major" and "strong" challenges that may loosen the floorboards under us. More often still are the smaller "minor" and "very minor" events that we may feel on a daily (or even hourly) basis.

People are like the earth. Even the most complacent, dull-appearing individual is, under the surface, a roiling, crashing, cascading collection of dreams, passions, desires, fears, tragedies, hopes, failures and triumphs.

Beneath the stultifying tedium that too often seems to crush our spirits we will always find a noble soul yearning for freedom and exhilaration. Always.

Will we break through our denials and fears and embrace the wonder, excitement and mystery of life? Too many answer "no." They choose to exist: safe, predictable and increasingly numb. For them, experience brings no insight, age brings no wisdom; there is no epiphany, not in this world. They live and die with many of their pains unhealed and many of their joys not experienced.

Some people only need a gentle shaking or a slight sense of unease to repair their lives. Some need a great cataclysm, a severe illness or terrible suffering to declare, "I will not merely exist, I will not live as if I were a helpless being waiting for death. I will awaken, heal, grow, thrive and enjoy every moment of being alive."

May we only need the slightest nudge to learn our lessons; but if we do experience a cataclysm, may we glean every bit of wisdom, strength, growth and healing that it brings to us.




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## *How Safe is Chiropractic?*

This may seem a little grim, but it is a well-known fact that the best way to determine the safety of healthcare professions is by comparing malpractice premiums.

Chiropractors pay a small fraction of the malpractice premiums that medical doctors pay, especially orthopedists, surgeons and osteopaths.

In fact, chiropractic is one of the safest, if not the safest, of all the healing arts.

## Are You Taking Enough Drugs?

### (Or are you getting enough chiropractic?)

A pharmaceutical consultant recently remarked that MDs (and drug companies) believe a person should be on one prescription drug for every 10 years of their life. So a forty-year-old should be taking four prescription medications, a sixty-year-old should be taking six prescription drugs and so on. What if a person is on seven or eight or more drugs? Then, the consultant said, he's considered to have an exceptionally good doctor.

This state of affairs is not that unusual; we all know people who are walking medicine cabinets. So many children are on numerous medications for physical and mental/emotional conditions.

To make things worse, many people are taking drugs to deal with the symptoms (adverse reactions) caused by the other drugs they are taking. There's even a name for this insanity: "Polypharmacy." The result is that many tens of thousands of people are drugged to death each year. We're not talking adverse reactions to improperly taken medications, we're talking about drugs

that are properly prescribed and taken according to the doctor's orders. Adverse reactions to medications kill many more tens of thousands on their own.

The number injured is many times the number killed. Too many people are sick all the time because of the drugs they are taking.

### What do drugs do?

Most drugs are given to suppress uncomfortable symptoms. However, uncomfortable symptoms – fever, sweating, diarrhea, malaise, vomiting, rashes,

pus, mucus, inflammation, cough, pain and other yucky body expressions – serve a purpose: they are how the body heals itself. When symptoms are suppressed with drugs we risk not only covering them up (and therefore staying sick) but driving them deeper into the body. Suppressing acute (uncomfortable but temporary) illness has been known to lead to chronic disease, which never goes away.

For too many taking drugs is a sure prescription for a life of suffering and chronic illness. If drugs made you healthy shouldn't you eventually stop taking them? But look around – those on the most drugs are the

sickest. Most drugs make you sick and keep you sick; their purpose is to alter body chemistry, and too often interfere with natural healing.

The famed health freedom attorney Jim Turner states, "Pick any of the major diseases people suffer and die from. For any one disease there is a natural approach which is more effective, safer and cheaper than the standard medical approach."

***"For any one disease there is a natural approach which is more effective, safer and cheaper than the standard medical approach."***

Old age doesn't have to mean sick age. Many elderly people remain active and healthy and are not burdened with prescriptions and medical care.

No matter what else you do, please respect your body and work with it to heal. Chiropractic care helps turn on your "inner drugstore" by removing a major cause of interference to normal body function: the subluxation.

Your body is the world's greatest drugstore making all the drugs and chemicals you'll ever need to have a long, healthy, happy life.

So how many drugs do you need? Thousands – made by your body at the right time and in the right amount.

What is the ideal number of prescriptions a person should be on? None!

*Even though you may want to move forward in your life, you may have one foot on the brakes. In order to be free, we must learn how to let go. Release the hurt. Release the fear. Refuse to entertain your old pain. The energy it takes to hang onto the past is holding you back from a new life. What is it you would let go of today?*

Mary Manin Morrissey

