

September 2019

# Muncy Chiropractic Newsletter

M U N C Y C H I R O P R A C T I C C E N T E R

*Dr. Ernie Laubach & Dr. Kristopher Laubach*

## **DID YOU KNOW?**

Did you know you have nerves going to every nook and cranny of your body? Most of your nerves travel from your brain, down your spine (as the spinal cord) and emanate throughout your body as spinal nerves. These spinal nerves connect to your organs, muscles, blood vessels and glands to keep you functioning at your peak.

Your nerves are your internal communications system keeping your brain and body connected so you can function at your optimum – with high resistance to disease, good digestion, elimination and respiration, lots of energy and radiant health.

But what if there's a disconnect?

If there's a disconnection, information and energy cannot properly flow through

your body and your parts won't work together at 100% efficiency; you have lowered resistance to disease, less energy, and less health.

The most common form of disconnection (nerve interference) is the subluxation – a distortion that causes stress to the nerves. Locating subluxations is the specialty of the Doctor of Chiropractic.



That's why it is so important to get a chiropractic checkup to locate (and then correct) subluxations. That is why we see infants, toddlers and children, pregnant women, athletes, the elderly – well, everyone – in our office. Everyone needs to see a Doctor of Chiropractic for a checkup to ensure they are free from subluxations; it can make the difference between a life of sickness and a life of health.

**OFFICE HOURS: M-W-F 8:30AM-12PM & 3PM-6:30PM 570-546-2727**

## **LABOR DAY**

For a lot of people, Labor Day means two things: a day off and the end of summer. But why is it called Labor Day? Labor Day is a day set aside to pay tribute to working men and women. It has been celebrated as a national holiday in the United States and Canada since 1894.

President Grover Cleveland signed a law designating the first Monday in September as Labor Day nationwide. This is interesting because Cleveland was not a labor union supporter. In fact, he was trying to repair some political damage that he suffered earlier that year when he sent federal troops to put down a strike by the American Railway Union at the Pullman Co. in Chicago, IL on May 4, 1886. That action resulted in the deaths of 34 workers and became known as the Haymarket Massacre.

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## BACKPACK SAFETY

Backpacks come in all shapes, sizes, colors, and fabrics and help kids of all ages express their own personal sense of style. And when used properly, they're incredibly handy.

When worn correctly, the weight in a backpack is evenly distributed across the body, and shoulders, with injuries less common than if someone carrying a briefcase or purse.

To know how heavy backpacks can affect a kid's body, it helps to understand how the back works. The spine is made of 24 movable bones called vertebrae, and between the vertebrae are discs that act as natural shock absorbers.

When a heavy weight, such as a backpack filled with books, is incorrectly placed on the shoulders, the weight's force can pull a child backward. To compensate, a child may bend forward at the hips or arch the back, which can cause the spine to compress unnaturally. The heavy weight might cause some kids to develop shoulder, neck, and back pain.



Kids who wear their backpacks over just one shoulder — as many do, because they think it looks better or just feels easier — may end up leaning to one side to offset the extra weight. They might develop lower and upper back pain. This could even lead to scoliosis.



Improper backpack use can also lead to poor posture. Girls and younger kids may be especially at risk for backpack-related injuries because they're smaller and may carry loads that are heavier in proportion to their body weight.

**\*\*** The backpack should weigh no more than 15% of the carrier's weight. **Weight of child X .15 = weight of pack.** If the child is leaning forward to carry the pack, it is too heavy.

**\*\*** Backpacks should be loaded with the heaviest books in first and closest to the body.

**\*\*** Shoulder straps should be worn at all times. Never sling the backpack on one shoulder.

## CHIROPRACTIC Q & A

**Question:** Are people under chiropractic care healthier?

**Answer:** Not only healthier but happier too!

Making chiropractic care a regular part of your life will help you and your family on many levels. Keeping your spine and nervous system free of subluxations (nerve interference) is good for your brain, organs, and entire body and mind.

Studies reveal that people under chiropractic care experience wellness in many areas of their lives. For example, chiropractic patients in two studies reported improved physical and mental/emotional health, better ability to deal with stress and more life enjoyment.

Another study revealed that chiropractic patients reported improved physical functioning, less bodily pain, improved general health, greater vitality, better social functioning and improved mental health.

Chiropractic has been especially effective with improving the life of the elderly. In one study of people 75 years of age and older, those under chiropractic care enjoyed better overall health, fewer chronic conditions, less days in nursing homes and hospitals, more mobility and were less likely to use prescription drugs than non-chiropractic patients. 87% of chiropractic patients described their health as excellent compared to just 67.8% of non-chiropractic patients.

**What can YOU expect?**

Chiropractic care is individualized; the care you receive will be unique for your body and needs and the benefits you receive will be unique for you. Be sensitive to your body and communicate with us – tell us what changes you experience after your visits.

## THE MAGIC OF CHIROPRACTIC

### The magic of the chiropractic adjustment

At the moment that you receive a chiropractic adjustment to correct your subluxations, hundreds, if not thousands, of your body functions and activities are affected. The flow of nerve impulses over your brain, spinal cord, spinal (and other) nerves to your internal organs and tissues is normalized, and your body begins to rebalance, renew and rebuild itself.

Many patients report a feeling of relaxation, or a warm soothing feeling in various parts of their bodies. Some feel very relaxed or energetic, or both! Most people find that the health conditions that brought them to their chiropractor soon begin to lessen. Some people however, may initially feel no difference. A person may initially feel muscle soreness or some other uncomfortable feeling after an adjustment.

### What causes these reactions?

Some reactions are a detoxification; it's good to drink a lot of water afterwards. Sometimes weak, underused muscles may become sore for a brief period as they strengthen.

Old injuries that haven't healed completely may "reawaken" for more complete healing. Memories and feelings associated with the original injury may also come to the surface. This phenomenon is known as "retracing" and is part of the healing process.

Some people are in such good general health that they may feel no difference, while others may feel no difference for the opposite reason - they are so ill or toxic that they have lost sensitivity to their body.

### As you continue your care...

As you continue your care you may begin to notice:

- Better balance, smoother movement and more energy.
- Increased awareness of your spine and body stress.
- Increased ability to breathe more deeply.
- An increased desire to exercise, go for walks and play.

### The most important benefits

The true benefits of the adjustment are usually found below the level of consciousness. It is when the nerve communication to the heart, lungs, joints, sexual organs, skin, eyes, ears and the brain itself are improved that the true benefits of chiropractic are experienced.

## HUMOR

This little old lady goes to the Chiropractor and says, "Doctor I have this problem with passing gas, but it really doesn't bother me too much. It never smells and it's always silent. As a matter of fact I've passed gas at least 20 times since I've been here in your office. You didn't know I was passing gas because it doesn't smell and it's silent."

The Chiropractor makes some adjustments and says "Take these supplements and come back next week."

The next week the lady goes back. "Doctor," she says, "I don't know what you did, but now my passing gas... although still silent, it stinks terribly."

"Good", the doctor said, "now that we've cleared up your sinuses, we'll start to work on your hearing."



## ***FIGHTING DISEASE: A FRUITLESS EFFORT.***

By Kevin Donka D.C.

*How Do You Remove The Darkness From a Room?* Easy question, eh? The answer is totally obvious. In fact, I'll bet you didn't even hesitate with your response. The answer, of course, is that you turn on a light! But notice something very interesting and important about your answer. You didn't really remove the darkness. Instead, you added light. And, as you add light, darkness automatically leaves because **darkness and light can't exist in the same place at the same time.**

While we understand and accept this to be true about darkness and light, most of us have never applied this concept to other areas of our lives. This principle of adding (or creating) what we DO want, instead of focusing on eliminating or preventing what we DON'T want is universally effective in bringing us to where we want to be. It is simple really, **when you fill a space with one thing, it must displace whatever was there before!**

Here is another example. If you are stressed out and you would rather be in a peaceful state of mind, begin creating peace. That is, do things that actively and progressively produce peace, and as peace comes, stress will automatically leave - just as when we add light, darkness leaves! If you are spending the majority of your time thinking, saying and doing things that bring you and those around you peace, there will be very little time left for you to be stressed. Mother Theresa understood this principle and applied it to every area of her own life. She was once asked if she would participate in a protest march against the Vietnam War. She replied, "No, but if you have a march for peace, let me know." Remember, when we fill a space with one thing, it must displace whatever was there before.

Chiropractic care is all about applying this concept to your health. Many people spend large amounts of time, energy and money trying to get rid of their pain and illnesses. But, in a very real way, we can add light to this situation as well, rather than trying to remove the darkness. You have inside of you a powerful Life Force that runs, regulates, heals and grows your body. We call this your Innate Intelligence. When this Life Energy is fully expressing or, "turned on," it is like turning on a light inside of you that displaces any darkness (sickness/pain) that was there before. You see, your Innate Intelligence is perfect - it always knows what to do to keep you running at your highest level, including healing you when you're sick. BUT, we in chiropractic do not actually focus on healing you, we simply seek to make sure your Life Energy is flowing - that your Light - your Power - is on. Then, your Innate Intelligence goes to work healing you.

We accomplish this by giving what are called chiropractic adjustments that re-establish the neurological CONNECTION between your brain and your body and allow your Life Force to again flow freely to all of your cells. THAT'S IT! That's all chiropractic is about. It's about making sure that the miracle-producing Life Force inside you has a chance to do its best to move you progressively toward optimal health, happiness and the full expression of your potential and your purpose in life!

So, if you, your family or your friends have been frustrated by continually trying to remove darkness (disease), maybe it's time to take a different approach - maybe it's time to turn on your Light and watch the darkness just fade away.

***Bye!!!***

All newsletters can now be found on the front page of our website. Please give us your feedback. Are there any subjects you'd like to hear about? Anything you dislike? Feedback is always important to us.