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MUNCY CHIROPRACTIC CENTER

Muncy Chiropractic Newsletter

Flu – uncomfortable, yeechy but rarely serious

Soon flu shot season will be upon us. Millions of people will line up for this useless, dangerous, toxic chemical concoction. Don't fall for it – few people get the flu, and although it is uncomfortable, and may even lay us in bed for a few days, it is ultimately good for us – it is a detoxification.



This was revealed in a British Medical Journal report by researcher Peter Doshi that created tremors through the halls of the Centers for Disease Control (CDC). The CDC has been reporting that thousands of people in the US die every year from the flu. But it's simply not true.

In his paper, "Are US flu death figures more PR than science?" Dr. Doshi writes:

[The CDC claims] that influenza and pneumonia took 62,034 lives in 2001 – 61,777 of which were attributable to pneumonia and 257 to flu, and in only 18 cases was the flu virus positively identified.

The CDC combines both flu and pneumonia deaths even though almost all the deaths are from pneumonia. This has created "killer flu" headlines that may sell newspapers but it's an absurd headline. Out of 62,034 deaths only 18 revealed the presence of an influenza virus.

The next time you hear in the media that 36,000 people die from the flu every year in the US be aware that laboratory tests reveal that the number is closer to 20.

It's possible that more people die as a result of complications of the flu shot than ever die of the flu.

If you do get a cold or the flu there are things you can do to help speed up your recovery or even prevent one in the first place. Just flip over to page 4 for information on how to boost your immune system.

Referral Reward Program

To express our gratitude for referring your family and friends to our office, you will receive one complimentary office visit.

Thank you for honoring us with your referrals.



Reminder

- Daylight Saving Time - Sunday, November 3rd. So remember to turn you clocks back an hour.

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All newsletters can now be found on the front page of our website at:

www.muncychiropractic.com

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Better out than in department

Acute and chronic illness

Chronic illnesses are always there. They are considered to be so deep that our natural healing system cannot push them out or externalize them. Examples are allergies, asthma, skin conditions, MS (multiple sclerosis), cancer, heart disease, Parkinson's, ADD and others that usually never go away. The opposite of a chronic illness is an acute illness.

Acute illnesses are often very uncomfortable and dramatic but temporary; they go away. Examples are colds, flu, measles, mumps, chicken pox, infections, a 24 (or 72) hour "virus," and many others. The symptoms may include fever, vomiting, diarrhea, malaise (feeling yucky), fatigue, skin eruptions, coughing, sneezing and sweating.

Acute illness is the most powerful anti-toxicity therapy we know. After the acute illness is over we find a healthier (cleaner) and happier person in its wake.

That's why growth spurts (both physically and mentally) have been noticed after a child has measles or other acute childhood illness. Measles has also been observed to cure kidney disease.

The powerful ability of fever to heal was observed by a NY surgeon, William Coley, who noticed that after a high fever with skin eruptions (erysipelas) tumors disappeared.

The difference between medicine and natural healthcare

Western medicine sees symptoms as bad – fever must be lowered, skin eruptions must be suppressed, coughs must be stopped – and yet this anti-symptom approach often drives disease deeper into the body.

Chiropractic and other natural healthcare systems view symptoms as essentially good for you (within limits of course) and should be respected and managed.

Suppression of acute illness using drugs has been linked to chronic illness. With all the drugs and vaccines given children and adults, is it any wonder that over half of all Americans have chronic illness?

Chiropractic

Chiropractic is the most popular natural healthcare system in America. Doctors of Chiropractic locate and correct a serious interference with your body's ability to function normally – subluxations. Subluxations weaken your body, interfere with proper function (including detoxification) and lower your resistance to disease.

No matter what disease or symptoms you have, chiropractic care, with its ability to remove subluxations, should always be an essential part of your family's healthcare.

Last resort

We often hear, "I hope you can help me, I've tried everything else and no one can help me." We love to take on these cases of "last resort."

What we usually hear is that after months of pain and discomfort and thousands of dollars in medical expenses, their doctor finally tells them there isn't anything they can do. More times than not we are able to help these people achieve the results they want at an affordable cost.

FIRST RESORT

Our office should be your first resort for any health issue or painful condition. We can quickly assess your situation and determine if its something we can help or if you need medical attention.

Your body has an intelligence within that knows exactly what is best for you. We talk to that intelligence to determine your best course of care.

For example a mother brought her son in holding his arm because he fell. She wanted him checked to see if there was anything we could adjust to help his arm heal. After a quick check it was determined that it was not safe to adjust and that the child needed an x-ray. A fracture was discovered and his arm was put in a cast. Once the arm was put in a cast he was okay to adjust.

Many times people come to us to figure out why they have an "acute illness" before taking meds or running to the MD.

It's more than just the guns

Nearly every mass shooting incident shares one thing in common: all of the perpetrators were either actively taking powerful psychotropic drugs or had been at some point in the immediate past before they committed their crimes.

Multiple credible scientific studies going back more than a decade, as well as internal documents from certain pharmaceutical companies that suppressed the information, show that SSRI drugs (Selective Serotonin Re-Uptake Inhibitors) have well known, but unreported, side effects including but not limited to suicide and other violent behavior. One need only search relevant keywords or phrases to see for themselves.

www.ssristories.com is one popular site that has documented over 4500 "Mainstream Media" reported cases from around the world of aberrant or violent behavior by those taking these powerful drugs.

Psychiatric Drug Facts with Peter R. Breggin, M.D.

Psychiatric drugs such as Prozac, Paxil, Zoloft, Adderall, Ritalin, Concerta, Xanax, lithium, Zyprexa and others may spellbind patients into believing they are improved when too often they are becoming worse. Psychiatric drugs drive some people into psychosis, mania, depression, suicide, agitation, compulsive violence and loss of self-control without the individuals realizing that their medications have deformed their way of thinking and feeling.

Read more at <https://breggin.com/medication-madness/>

Halloween humor

What do you call a witch's garage?
A broom closet.

Why don't mummies take time off?
They're afraid to unwind.

Why did the ghost go into the bar?
For the Boos.

Why do skeletons have low self-esteem?
They have no body to love

What's it like to be kissed by a vampire?
It's a pain in the neck.

A ghost had been staying in a bed and breakfast hotel and when he came down for dinner he asked the waitress, "Please can I have two eggs, one tough and one rubbery, really tough bacon and burned, fried bread?"

The waitress said, "Sir, we really can't serve that kind of horrid food here."

The ghost replied, "Well, you did yesterday!"

Last Halloween there was a knock on the door. I looked out of the window and then shouted upstairs to my wife, "Honey there's a witch at the door. What shall I do?"

She shouted back, "Just give her some candy and tell her to get lost."

My mother-in-law hasn't spoken to me since.

I'm not saying my wife is ugly... but on Halloween she went to tell the neighbors to turn their TV down and they gave her some candy.

High Blood Pressure? Risk of Stroke? Drink Water

During summer and winter stay hydrated! In the book "Your Body's Many Cries for Water," (this book is available in our lending library) F. Batmanghelidj, M.D. observes that lack of adequate hydration can cause the blood to thicken, making the blood more compact and heavier. As a result, the body needs more blood pressure to force the heavier blood through the body.

Researcher Mona Bahouth, M.D., comes to a similar conclusion:

About 60% of people are dehydrated at the time of stroke ... proper hydration at the time of stroke is linked to better stroke outcomes. It's possible that dehydration causes blood to be thicker causing it to flow less easily to the brain through the narrowed or blocked blood vessels.



Don't miss if you're sick



If you ever thought about canceling your appointment because you were sick and didn't want to spread your germs to everyone in the office, think again. It's actually the BEST time to come in.

The field of neuro-immunology has well established the connection between a healthy nerve system and normal immune function. Chiropractic adjustments boost your ability to fight off colds and flus by unlocking your spine, clearing nerve tension and unleashing your immune POTENTIAL. And doesn't it make sense to keep your immune system working its best so you can get better faster?

You wouldn't cancel a dentist appointment because your tooth hurt. Likewise, don't cancel your chiropractic appointment when your nerve system is fighting to get you well. Even if you're under the weather, try not to miss your adjustments... and don't worry about the other folks in the office getting sick - everyone here will be adjusted, so their immune system is functioning at it's best.

There are other ways to boost your immune system which are mentioned below.

Immune boost

If you get a cold or the flu here are things you can do to help speed up recovery or you can do to minimize or even prevent one in the first place:

Chiropractic ~ Adjustments help restore optimal body function for higher resistance to disease, which is the best defense against the common cold or flu.

Vitamin D ~ 4000 mg/day. The majority of this vitamin is formed in the skin when exposed to the sun. During the fall and winter months we get less Vit. D from the sun, so we must supplement (always choose vitamin D3) from Oct. to Apr. Foods that are rich in this vitamin are; free range eggs, liver, whole or raw milk (never skim, low fat or 2%) and fatty fish (sardines, salmon, tuna, etc).

Vitamin C ~ 2000 mg/day. 1,000 mg of vitamin C twice a day effectively relieves, or even prevents, cold & flu symptoms. Eating vitamin C-rich foods, such as broccoli, peppers, citrus fruits, strawberries and Brussels sprouts, is always a great idea.

Ginger Root ~ Used for the treatment of digestive problems, upset stomach and nausea for more than 2,000 years, ginger has long been a popular natural remedy for a variety of ailments. A powerful anti-inflammatory and anti-viral, ginger has been widely used for generations to help treat the common cold, flu-like symptoms, headaches and painful menstrual periods. Best consumed fresh (chew pieces of ginger root), and is also effective when added to a tea.

- Boil two or three 1/4 inch thick slices of root in about 3 cups water for 10 min., pour into mug and add your favorite tea. Reheat excess water for a later cup. Add lemon and raw honey to taste and for additional immune support.

Echinacea ~ An herbal supplement used to increase immune response. Echinacea strengthens your immune system by stimulating the production of T-cells. It also increases the ability of your white cells to fend off pathogenic invaders.

Goldenseal ~ Goldenseal's numerous uses are attributed to its antibiotic, anti-inflammatory and astringent properties. One benefit is it soothes irritated mucus membranes aiding the eyes, ears, nose and throat. I always recommend Goldenseal with Echinacea 2 times a day at the first sign of a cold or when everyone around you is getting sick.

Bone broth ~ Traditionally made bone broths support healthy inflammatory response and normal immune system function. They even promote healthy sleep, boost energy during the day and support a healthy mood. If you don't want to take the time to make your own, check with your local health food store they should have some. Now a days you can find bone broth in the organic section of any grocery store.

Elderberry syrup ~ Not just for jelly, elderberry is a favorite recommendation among herbalists for it's anti-viral, anti-inflammatory and antioxidant properties. Safe and effective for young and old. For prevention take 1 Tablespoon a day. If illness strikes take 1 Tablespoon every 2 hours until relief is felt.