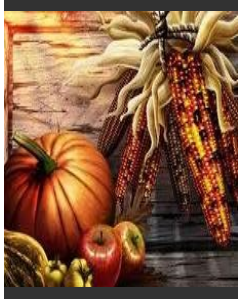


**November
2019**



MUNCY CHIROPRACTIC CENTER

Muncy Chiropractic Newsletter

Well, summer has gone away and autumn is unfolding. It's beautiful! The winds are picking up a bit and the morning has more of a cool bite (as does the evening). Where has summer gone? It's on vacation; it's visiting the lands down under where spring is warming the earth.

Remember, change of seasons is stressful on our systems and it's very important to ensure that you and your family are functioning at your peak. Come on in for a chiropractic checkup. We'd love to see you.

Gratitude: some mental hygiene

A grateful mind is a great mind which eventually attracts to itself great things. – Plato

Our minds often need a break from our thoughts. We seem to be programmed to complain, worry, criticize and doubt. These thoughts do serve a purpose – making us aware of danger and preventing mistakes. But this defense can get out of hand and dominate our thoughts, weigh us down and make us miserable. Life can lose its luster as we get caught in our own minds.

Plato's observation above is an excellent mental exercise to balance our thoughts and enhance personal peace and contentment. Research reveals that people who feel grateful have higher levels of well-being and are happier, less depressed, less stressed and more satisfied with their lives.

Expressing gratitude also leads to enthusiasm and inspiration, because it promotes the savoring of positive experiences, no matter what the present circumstances are in life.

But why wait for gratitude to hit us? We can deliberately cultivate gratitude, and increase our well-being and happiness right now. How? It's easy.

Start by writing three or four things you are currently grateful for. Don't have pen, paper or screen to write on? Reflect on the little things as well as the big things in your life that are going well:

- People who have touched your life in a good way: teachers, mentors, friends, even your dog or cat
- Things that went well today or yesterday
- Goals you have achieved
- Things you like about yourself
- What you like about where you live
- And your wonderful caring chiropractor (I had to add that)

Do it once a day, a few times a week or once a week or any time. Here's a key for success: write with a friend. Ancient wisdom has shown us that learning with a study-partner improves our success in any endeavor.



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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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The Flu Shot and Alzheimer's

Sorry, No Flu Shots Here!



Since flu shot season is once again upon us and the media is once again parroting the same, tired, "get your flu shot" sales message, we thought it appropriate to remind you why you should avoid this useless, ineffective and dangerous injection.

According to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has had five consecutive flu shots their chance of getting Alzheimer's disease is ten times higher than if they had no shots.

Dr. Fudenberg reports this is due to the mercury in flu shots (and many childhood vaccines and RhoGam shots). In time the vaccine toxins build up in the brain and eventually cause cognitive dysfunction and brain damage. With all the toxicity we're exposed to it's no wonder that Alzheimer's is increasing – let's do all we can to protect ourselves from that memory-destroying sickness.

In last month's newsletter I had an article on how to boost your immune system. You can find that newsletter on our website. Plus we have information on a homeopathic alternative that works better than the shot and with none of the dangers.

What is The 3 DAY RULE?

Any new problem that does not begin to feel better within 3 days should be checked. This usually means that a subluxation is present and is interfering with your healing process. When we say "new problem" we mean anything that is out of the norm such as sore muscles, colds, fevers, etc, that does not improve with in three days. Have you ever had a couple days were you just felt "off"?

We have found that if you get checked right away this prevents a more serious and costly problem from happening later on.

Vitalistic - vs - Mechanistic Views of Life

There are two philosophies when it comes to healthcare: mechanism and vitalism. Our "healthcare" system today is a mechanistic model. Below is a breakdown of how these two philosophies differ.

Vitalistic view of life

1. View the universe as a living system.
2. View body as bioenergetic information whirlpool.
3. Whole > sum of parts.
4. Deals with wellness care, address primary cause (life force/innate). Expression of symptoms essential for restoration of integrity.
5. Disease seen as a process, a manifestation of underlying disharmony.
6. Trust in every interaction.
7. Individualization
8. Philosophy, science, art, technology
9. Alive, warm, personal, casual, practical, inexpensive
10. Chiropractic, naturopaths, classical homeopaths.

Mechanistic view of life

1. View the universe as a giant clock.
2. View the body as a machine.
3. Whole = sum of parts
4. Deals with crisis care through the treatment of effects by suppressing symptoms, sickness and disease.
5. Disease seen as an entity and event. Judged as abnormal.
6. Fear in every interaction.
7. Normalization
8. Technology, science, art, philosophy
9. Sterile, cold, impersonal, uniform & ritual, expensive
10. Orthodox MD's

Functional Imbalance

Everyone comes to our office for the same reason - they want to feel better. The services we offer depend on how far you want to go with your health.

So, what is health?

Health depends on the level of stress you have in your life. You're considered "Healthy" when your body can neutralize all the stress produced by your lifestyle.

Your "Total Stress" level is a combination of emotional, physical and chemical stresses. If your total stress is greater than the ability of your body to neutralize it, an imbalance will occur. As your total stress level begins to increase your body diverts energy from lesser important organs and functions to the more vital areas, causing what is known as a "Functional Imbalance". As an example: to protect the functions of the brain your body may rob energy from your muscular system. This functional imbalance could produce symptoms like fatigue, pain, inflammation or high blood pressure, to name a few. Prolonged or severe stress can exhaust your energy reserves resulting in a cascading of functional imbalances pushing you closer to the final stage.

This is the place you never want to visit. This is the

stage where diseases like, cancer, heart disease, diabetes and more occur.

Functional imbalances may be present for decades before symptoms begin to manifest and in some cases the first symptom is the disease.

When functional imbalances do occur, being able to identify and correct them as soon as possible can prevent them from getting worse and pushing you towards the final stage. This is where our care comes in.

We are "Health Enhancers". It is our intention to enhance your health and the ability of your body to heal itself. We help the body bring itself back to balance.

We use a multi-layer approach in the assessment of the cause of your health problems. Chiropractic procedures are used to correct subluxations, which are a major source of stress within the muscular-skeletal, immune and nervous systems. Functional & Nutritional procedures are used to correct chemical imbalances within the digestive, immune, eliminative, & hormonal systems. Energy balancing procedures are used to de-stress the many Bioenergy systems controlling organs and other system functions.

Do You Fart In Bed?

This is a story about a couple who had been happily married for years, the only friction in their marriage was the husband's habit of farting loudly every morning when he awoke. The noise would wake his wife and the smell would make her eyes water and make her gasp for air.

Every morning she would plead with him to stop ripping them off because it was making her sick. He told her he couldn't stop it and that it was perfectly natural. She told him to see a doctor, she was concerned that one day he would blow his guts out.

The years went by and he continued to rip them out. Then one Thanksgiving day morning, as she was preparing the turkey for dinner and he was upstairs sound asleep, she looked at the innards, neck, gizzard, liver and all the spare parts, and a malicious thought came to her.

She took the bowl and went upstairs where her husband was sound asleep. She gently pulled the bed covers back, then pulled back the elastic waistband of his underpants and emptied the bowl of turkey guts into his shorts. Sometime later she heard her husband waken with his usual trumpeting which was followed by a blood curdling scream and the sound of frantic footsteps as he ran into the bath room.

The wife could hardly control herself as she rolled on the floor laughing, tears in her eyes! After years of torture she reckoned she had got him back pretty good. About twenty minutes later, her husband came downstairs in his blood stained underpants with a look of horror on his face. She bit her lip as she asked him what was the matter.

He said, Honey you were right all these years you have warned me and I didn't listen to you. What do you mean? asked his wife. Well, you always told me that one day I would end up farting my guts out, and today it finally happened, but by the grace of god, some Vaseline and two fingers. I think I got most of them back in...



"The Chiropractor Will Kill Your Baby"

In addition to the research we give you every month, we thought a personal story would be a nice addition. Thank you to our colleague Guy Furno, DC for this story.

An 8-month-old girl was not speaking any words, was not hitting her developmental milestones, couldn't sit up on her own, could not hold her head up for too long, never turned her head to the left, held her breath, had rashes, and was constipated. When she would be in the high chair being fed, she would arc her whole body backwards and pass out unconscious.

The pediatrician and pediatric neurologist said the child needed proton pump inhibitors but that they would have to wait another 6 months to do an MRI because they needed to anesthetize her.

The parents asked about chiropractic care but both

Chiropractic Q&A

Question: Is chiropractic dangerous?

Answer: No!

The American Medical Association would like you to think it's dangerous. A study done by the World Health Organization, published in the journal *Spine*, found there was no evidence of excess risk of vertebrobasilar artery (VBA) stroke following chiropractic spinal adjustments. In the study, researchers noted that patients are no more likely to suffer a stroke following chiropractic care than they would after visiting their family doctor's office.

Cassidy JD et al. Risk of vertebrobasilar stroke and chiropractic care: results of a population-based, case-control and case-crossover study. *Spine*. 2008;33(4S):S176-S183.

And they say homeopathy is dangerous. The 35th annual report from the American Association of Poison Control shows zero deaths from homeopathic remedies, vitamins, Asian medicine or Ayurvedic medicine. There was 3,209 poisoning deaths from pharmaceuticals.

Gummin DD et al. 2017 Annual Report of the American Association of Poison Control Centers. National Poison Data System: 35th Annual Report. *Clinical Toxicology*. 2018 Dec 21;1-203.

Change Is The Most Difficult Time



"What is the one season where people are sickest?" A pharmacist was asked that question and instead of a season he answered, "When the seasons change, that's when we sell the most prescriptions."

There is a lot of wisdom there. The process of adapting to changes in the weather can stress us to our limits. For that reason a healthy nerve supply is essential during changes in season. Why? Because adaptation to environmental stressors is one of the functions of your nervous system. If your body has subluxations, which interfere with nervous system function, you won't be able to handle other kinds of stress as well.

Chiropractors specialize in locating and correcting subluxations. Want to be healthier this season? Come in for a chiropractic checkup. Bring in the family.

MDs told them that a chiropractor "would kill her."

The parents were terrified, but eventually they came to my office because the baby was getting worse and modern medicine offered no answers.

The parents brought in the child. I adjusted her at C1 to correct the subluxation. It took less than a minute. The parents asked, "that's it?" and I told them "that's it."

The parents called me that night to tell me that she was able to sit and eat without going unconscious and that she already had a bowel movement. Four days later at her next visit she was now rolling onto her belly, lifting her head while prone, turning her head to the left, and was no longer passing out. She was having about three bowel movements per day and, miracle of miracles ... I didn't "kill her."

Thank You!

Thank you for honoring us with your referrals.

To express our gratitude we are offering you a referral reward program.

For referring your family and friends to our office, you will receive one complimentary office visit.