

December
2019



MUNCY CHIROPRACTIC CENTER

Muncy Chiropractic Newsletter



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Are you telling your friends?

Are you telling your friends about Chiropractic? I know there is this stigma that it's only for neck and back pain. Hopefully by now you have discovered that this is not true.

The real power of chiropractic, especially KST chiropractic, is its ability to wake up your innate healing and repair 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.

With KST we can quickly determine if a problem you have is something that we can help you with or if you need to see another kind of health practitioner.

The next time a friend starts telling you about all their health problems - ask them if they have every 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 one of our "Welcome" brochures and tell them how KST chiropractic helped you.

Winter Hydration

Now that winter is upon us, it's time to think about your winter hydration needs. Because of the dry heat produced by your heating system, dehydration is a major concern during the winter months. Low humidity and not feeling thirsty can entice you down the road to dangerous levels of dehydration.

Every function in your body requires "water". Insufficient hydration can cause your skin to become dry, your muscles to ache, your joints to feel stiff and sore, and many other symptoms. To learn more about hydration pick up our brochure "Are You Drinking Enough Water?". For a more detailed explanation on the dangers of dehydration I recommend reading the book "Your body's many cries for water", by Dr. F Batmanghelidji.

Winter Hydration Guidelines:

1. Increase your water intake. At first you will be making more trips to the bathroom, this is normal. As you increase your fluid intake your body is going to begin to flush out toxins that have been building up over time. Once these toxins are removed and you become more hydrated your trips to the bathroom will become less frequent.
2. Break out the humidifiers and buy a hygrometer to measure the humidity levels within your home. Ideally the humidity levels should be between 40 and 50 percent.

Office News

The office will be closed Wednesday,
12/25 and 1/1/20.



Office Hours:

Mon - Wed - Fri
8:30am - 11:30pm &
2:45pm - 6:30pm

570-546-2727

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Your Inner Healer – Let it out

I desired to know why one person was ailing and his associate, eating at the same table, working in the same shop...was not. Why? What difference was there in the two persons that caused one to have [disease] while his partner...escaped? Why? ~ D.D. Palmer, Founder of Chiropractic

Are you healthy if you feel good? If you said, "Yes," ask yourself if you ever felt good one day and then came down with a cold, the flu or some other condition the next.



What about people who "feel good" one moment and have a heart attack or stroke the next? It's obvious that health is much more than how you feel. So, what is health? Health is your ability to adapt to or handle physical, chemical and emotional stress without losing your physical, chemical and emotional balance.

Your Innate Intelligence

What does adaptation look like inside you? It's thousands of different chemicals being balanced every second, millions of cells dying every second, millions being born every second and billions of nerves firing messages to every part of your body every second. Your lunch is somehow turned into eye, muscle, heart, bone, skin and blood; damaged tissues are being repaired; blood vessel linings are being smoothed; germs and tumors are being destroyed; and all the things that your cells produce are being monitored and balanced while you read a book, sleep or run a race.

What Keeps Track of All This Activity?

A wondrous intelligence organizes this activity. As Lewis Thomas, MD writes in *The Medusa and the Snail*, "[There is] a kind of super intelligence that exists in each of us, infinitely smarter and possessed of technical knowledge far beyond our present understanding." Chiropractic refers to this as our innate (inborn) intelligence. With it running things, your body is a complicated, living, adapting, growing being – without it, you would be no more than a pile of chemicals worth a few dollars.

How Does Your Inner Wisdom Communicate with Your body?

There is a part of your body that is especially intimate with your inner wisdom: your nervous system, composed of your brain, spinal cord and the billions of nerves that emerge from them. Your nervous system touches every nook and cranny of your body, and your innate intelligence uses this vast communications system to organize your billions of parts into a healthy, adapting, living being. True health or adaptation can only emerge when your innate intelligence can communicate to your body parts without interference or "static."

A complete loss of communication happens in death; a partial loss results in a general deterioration of health – or "dis-ease" – you are less alive and less able to cope with life's stresses. Eventually a dis-eased state turns into disease conditions.

Subluxations are a common, often painless condition that stresses your spine and nervous system and causes "static," dis-ease or body malfunction. Doctors of Chiropractic spend years of training learning how to locate and correct your subluxations, freeing your body from dis-ease and helping you better reconnect to your inner healer. Make sure you and your family are free of subluxations – visit Muncy Chiropractic Center for regular adjustments.

A Tale of Two Nurses' Stations

Two nurses' stations in the same hospital revealed significant differences between the south ward nurses and the north ward nurses.

The south ward nurses had lower blood pressure, lower heart rates, less sleepiness and a superior mood compared to the north ward station nurses.

They also laughed more and communicated better. There was also a reduced number of medication errors.

The difference? The south ward nurses' station had windows that looked out to the sky and a courtyard. The north ward nurses had T8 fluorescent bulbs mounted into the ceiling as their only light source.

The disease is over when we think we have it

We know the names of what are referred to as childhood diseases: measles, mumps, chicken pox and whooping cough/pertussis. But did you know that by the time a child is said to “catch” these diseases of childhood with their characteristic rashes, skin eruptions, fever and general malaise (overall yucky feeling), the disease is over?

The natural way people get these diseases is that germs come in contact with the mouth and throat (nasopharynx) where your tonsils, adenoids and other immune tissues reside. They alert your body to the invaders and you mount an offense.

The symptoms that we associate with a disease are not the disease, they are the body ridding itself of the disease waste. In the words of Hippocrates, considered the father of medicine: “We call them diseases but they are the cure of disease.” The disease is actually over; the body has confronted the germ invaders, has won the war and is doing cleanup.

The symptoms we associate with the disease are really the discharge of waste after the disease is over. The wastes leave through the skin (perspiration, rashes, pustules), are burnt up by fever, discharged by diarrhea, and take our energy so we feel fatigue and other unpleasant body expressions. We may dislike those symptoms, but they are good for us. The result is a healthier, stronger, cleaner person.

That’s why growth spurts, in body and mind, are often seen after a child experiences a childhood disease or even a fever. The body has detoxified and can now move on to a stronger level of health and wellness.

How does vaccination affect childhood diseases? Do vaccines prevent disease?

Vaccines inject viri and bacterium, toxins associated with the virus and other chemicals deep into the body, into the bloodstream where they are not supposed to be. Because it is so deep the body is not able to mount a proper offense; the disease may never leave. Vaccines do not prevent disease; they drive disease deeper where more damage may occur. That is why studies show vaccinated children are the ones who have autism, allergies, asthma, ear infections, arthritis, diabetes, ADD/ADHD, dyslexia, stuttering and other conditions. The vaccine toxins damage the nerve and immune system and the result is a less healthy child.

They still get the disease, but are unable to perform a detox so they don’t get the symptoms we associate with the disease. Therefore, they are sicker deeper in their body, longer (chronically) and often permanently.

Of course symptoms of body discharge must be respected – a child who is going through a post-illness detox must be properly nourished, given rest and have procedures promoting a complete detoxification and cleansing. Never should these processes be suppressed by drugs.

“Diseases are crises of purification, of toxic elimination. Symptoms are the natural defenses of the body. We call them diseases, but in fact they are the cure of diseases.” ~ Hippocrates

Don’t miss if you’re sick



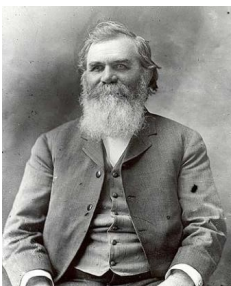
Have you ever thought about canceling your appointment because you were sick and didn't want to spread your germs to everyone in the office? Think again. It’s actually the BEST time to come in.

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 adjustments... and don't worry about the other folks in the office getting sick - everyone here will be adjusted and protected.

Chiropractic Q & A

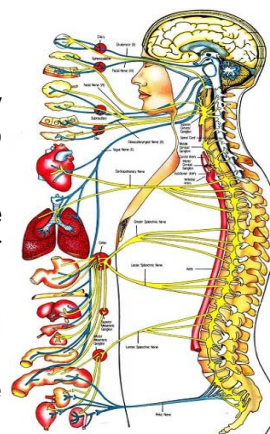
Question: What do these images have to do with chiropractic?



Answers: The photo is of Dr. DD Palmer, the man who discovered chiropractic in 1895. He had to deal with much anger and animosity from established medical practitioners who have historically fought to retain their monopoly and restrict any competition.

Dr. Palmer spent his life promoting his new, drug-free healthcare system that concentrated on locating and releasing interference or blockages (subluxations) in the spine and body structure.

The illustration is of the spinal column (also known as the vertebral column or "backbone"). Included in the illustration are the nerves coming out of the spinal cord and brain that transmit information and energy to internal organs. Also pictured are some internal organs.



Chiropractors locate subluxations along your spinal column and release (or adjust) these blockages, permitting your entire body to function with maximum communication between your brain and internal organs.

We are always open



What happens here at the Muncy Chiropractic Center when there is a severe storm (rain or snow) that knocks out power and/or phone lines? NOTHING! As the title says we are always open. We have things set up here at the office that allows us to remain open regardless of the situation.

If the power is out, assume we are open. If you can not get through because phone lines are down, assume we are open. If there is snow on the roads, assume we are open.

We will contact you if we need to close. So please make sure we have a phone number on file, so we can reach you during business hours. This could be cell, work or home, which ever is the best way for us to get a hold of you.

Now please do not come to the office if you feel conditions are not safe for travel.

Humor - Cold Winter

The Indians asked their Chief in Autumn if the Winter was going to be cold or not. Not really knowing an answer, the chief replies that the Winter was going to be cold and that the members of the village were to collect wood to be prepared.

Being a good leader, he then went to the next phone booth and called the National Weather Service and asked, "Is this winter to be cold?" The man on the phone responded, "This Winter is going to be quite cold indeed." So the Chief went back to speed up his people to collect even more wood to be prepared.

A week later he called the National Weather Service again, "Is it going to be a very cold winter?" "Yes", the man replied, "it's going to be a very cold Winter." So the Chief goes back to his people and orders them to go and find every scrap of wood they can find.

Two weeks later he calls the National Weather Service again: "Are you absolutely sure that the Winter is going to be very cold?" "Absolutely," the man replies, "the Indians are collecting wood like crazy!"

According to a news story, if global warming continues, in 20 years the only chance we'll have to see a polar bear is in a zoo. So in other words, nothing is going to change.

Bonus Page

Colds, Flu and Chiropractic

Chiropractic for the flu and common cold? Absolutely! "But isn't chiropractic just for backs?" we hear you ask. Chiropractic is for the entire body. Many people seeing chiropractors for pain find a general improvement in their health that includes fewer and less severe colds, flu and other respiratory problems.

What Causes the Common Cold?

It's not just germs. For germs to grow in you, you must first be fertile soil. For example, cold viruses were placed on the mucous lining of the nose in test subjects, yet only 12% got a cold. Obviously, there is more to the cold than germs. For that reason, chiropractic doesn't "treat" the common cold. It does, however, help awaken your inner healer, your natural resistance – the only "cure." Natural resistance is the only reason why your cold goes away rather than lasts for weeks, months, years or your entire lifetime!

Chiropractic helps raise your natural resistance to disease by removing a serious interference to your proper body function (subluxations), permitting your body's natural resistance to disease (immunity) to function at greater efficiency.

There are numerous case histories of chronic cold and flu sufferers having less or no colds after chiropractic care. If you want protection from colds and flu, see your chiropractor for natural healing and prevention!

Benefits of getting colds and Flu

It's been said that there can be no cure for the common cold because the common cold is the cure. This is nothing new or really unusual. This approach has been known for thousands of years. Hippocrates, the "father" of medicine wrote: "Diseases are crises of purification, of toxic elimination. Symptoms are the natural defenses of the body. We call them diseases, but in fact they are the cure of diseases."

Symptoms are defense mechanisms, helping us detoxify and destroy infection. An infectious disease leaves a healthier person in its wake. In one study, a history of common colds or influenza was associated with less stomach, colon, rectum, breast and ovarian cancer.

Other researchers found that having two childhood viral infections reduces the coronary risk by 40%, four infections reduced it by 60% and six viral infections lowered the risk by 90%.

If you have a cold come in for chiropractic care. A chiropractic adjustment could make the difference between a quick recovery and a lingering illness. Especially do not interfere with your body's natural healing ability with drugs; permit the symptoms of colds and flu to take their natural course. Do everything to give comfort and build up your natural immunity (chiropractic, hydration, proper nutrition, essential oils, homeopathy, rest). The result will be a healthier and stronger body.

Smell Something Burning?



A family physician tells his patient "there are 3 stages of pain. The first stage, the pain is bad enough to catch your attention. The second stage it takes hold of you, and at the third stage it finally compels you to do something about it." The patient asks his doctor, "when it gets to stage three what should I do?" Without a blink, the doctor turns to him and says, "Take some Motrin." (True and sad story)

The worst part is the patient thought it was good advice. When he relays the story to his Chiropractor, the Chiropractor responds, "If your smoke detector went off in the home, the 1st time it would catch your attention, the 2nd time it would most likely take a hold of you. But if it went off a 3rd time and you were finally compelled to do something, would you take the batteries out so you wouldn't have to hear it anymore?" "Of course not," the patient replied "that would be stupid." The patient got the point.

The moral of the story... Symptoms are your body's attempt to save itself. Masking your symptoms (whether it be pain, nausea, diarrhea, fever, etc.) with drugs doesn't fix the problem, it can actually make the situation worse. It's smarter to get to the CAUSE of the problem and deal with it the RIGHT way. That's why they call Chiropractors DC's, because they are **Doctors of finding the Cause.**