

February
2020

The Spine Whisperers

Muncy Chiropractic Center

Our unique heritage

America is a unique nation – founded on the recognition that all people have inalienable rights: life, liberty and the pursuit of happiness. But what does inalienable mean? It means that the government doesn't give us those rights; we have them by right of birth. Our founders understood that our rights are derived from our Creator; they are our natural rights.

Government, kings, potentates, parliaments, committees, politicians, dictators, etc. can take our natural rights away. History is replete with such abuses. The American government was founded to protect our inalienable rights. Government, laws and courts are created to protect those rights. Once our unique constitutional system was put into place, the definition of that principle, and its limits, needed to be understood by all.

How does this relate to healthcare?

The more we give politicians, bureaucrats and "professionals" permission to control and manage our lives, the less free, the more dependent and the less capable we become.

The world-renowned sociologist Ivan Illich, Ph.D. applied this understanding to health in his famous book *Medical Nemesis*:

A world of optimal and widespread health is obviously a world of minimal and only occasional medical intervention. Healthy people are those who live in healthy homes on a healthy diet in an environment equally fit for birth, growth, work, healing, and dying; they are sustained by a culture that enhances the conscious acceptance of limits to population, of ageing, of incomplete recovery and ever-imminent death. Healthy people need minimal bureaucratic interference to mate, give birth, share the human condition, and die.

May 2020 be a year of increased freedom from drugs and surgery, and from sickness, weakness and dependency, and may 2020 be a year of ever-increasing physical, emotional and spiritual health and happiness for you and your loved ones.

“Chiropractic is the science, philosophy and art that utilizes the inherent recuperative power of the body to heal itself without the use of drugs or surgery.” ~ BJ Palmer

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Office News

A new decade is upon us and we have decided to give the inside a fresh coat of paint. The yellow and green is gone, replaced with blue and grey. Next to come is carpet. The new carpet will have a feature build in that will allow us to do away with the entryway rugs, thus preventing any possible tripping hazard.

The beginning of the month Dr. Ernie will be out of the office. He will be soaking up extra Vit D while in a warmer climate.

Office Hours

Mon - Wed - Fri
8:30 - 11:30 Mornings
2:45 - 6:30 Evenings



Herbs that help you eliminate the misery of joint pain

Arthritis is more than a single disease and is an informal way to refer to joint diseases and pain. There are over 100 different types of arthritis and related medical problems. In fact, over 50 million adults have arthritis and deal with symptoms like joint pain, reduced range of motion, stiffness, and swelling.

Although many medications are used to treat the different types of arthritis, for individuals looking for natural options, a variety of supplements and herbs exist. Many herbs can help to eliminate the misery that comes with joint pain and additional symptoms associated with arthritis.



It's time to take turmeric and ginger seriously – when it comes to joint pain turmeric and ginger are perhaps two of the most widely studied herbs for reducing joint pain, and both are hailed for their powerful anti-inflammatory properties.

Turmeric is a root of a plant that's related to ginger, and it's the curcumin in it that offers the anti-inflammatory benefits. Multiple studies have found that taking curcumin regularly works as well as nonsteroidal anti-inflammatory drugs (NSAIDs) and without the side effects

Ginger, another anti-inflammatory that's related to turmeric – has also been studied as a treatment for reducing inflammation and decreasing joint pain. This wonderful herb has properties that work in a similar way to celecoxib and ibuprofen and works to turn off specific inflammatory genes – making it an excellent pain reliever. For example, studies have found that taking 500 – 1,000 mg of ginger extract can help to reduce disability and pain in individuals with knee and hip osteoarthritis, and it's been found to offer excellent anti-inflammatory effects in people with rheumatoid arthritis, too.

Additional herbs and supplements for pain relief

While turmeric and ginger may be two of the most well-known herbal treatments for joint pain, a variety of additional herbs and supplements show promise as well, including:

Willow Bark: A study published in the journal of Phytotherapy Research found that willow bark was effective at reducing joint pain associated with rheumatoid and osteoarthritis. The most active compound in aspirin, acetylsalicylic acid, was originally isolated from the bark of a willow tree.

Fish Oil: There's significant evidence surrounding the use of fish oil for reducing inflammation and joint pain since omega-3s help block many of the sources of inflammation.

Capsaicin: Found in chili peppers, capsaicin, when applied topically, can effectively reduce joint pain in individuals with fibromyalgia, rheumatoid arthritis, and osteoarthritis.

Bromelain: Found in pineapple, this group of enzymes has been shown to help reduce pain and swelling in people with osteoarthritis and rheumatoid arthritis.

It's important to note that not every natural treatment works for every person, but these herbs do show significant promise backed up by plenty of research. It may take some trial and error to find the supplements that work best for you, but there is hope that natural treatment can help reduce inflammation and eliminate that miserable pain.

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.

Chiropractic & Valentine's Day



Valentine's Day is all about being connected to the ones you love.

What's the connection between chiropractic and Valentine's Day? It's simple; chiropractic removes interference – permitting you to connect with yourself.

Chiropractic fosters internal connections (your brain and body are talking to each other without interference) and that fosters external connections – so you can communicate better with those around you.

When you feel good about yourself it's easier to feel good about others. The more connected you are to yourself the more you can connect with others sharing more love, intimacy, openness and honesty. Emotionally grounded, relaxed and flexible you reflect more of your natural state as you radiate happiness, joy, hope, optimism and compassion.

Isn't that what every relationship needs?

The happier you are the healthier and longer you will live. Sensitivity, inspiration, empathy, compassion and intuition increase. You experience more synchronicity (meaningful coincidences), reflecting your connection to your purpose in life.

The beauty and magic of winter

Some people love the winter: the cold weather, going outside in the snow, the darkness. Some people hate the winter: the cold weather, having to go outside in the snow, the darkness.

But winter has a beauty and a purpose. Winter is part of the cycle of life. In the winter nature goes deep into a special sleep, a sleep of preparation for growth. After all, without winter there wouldn't be a beautiful spring with the expansion of life, growth and restoration.

If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome. ~ Anne Bradstreet

From another perspective, winter is a time of introspection, going internal, going into our hearts, our souls, a preparation for the rejuvenation that is coming.

In winter we patiently await our return to greater life and healing. That is the message of winter. May we use our winter wisely so we may embrace a flowering, flourishing spring.

Laughter is the best medicine



Simplified Urine Test

For those men that can't get to a urologist here is a simplified urine test.

Go outside and pee in the garden:

- If ants gather – diabetes.
- If you pee on your feet – prostate.
- If it smells like a barbecue – cholesterol.
- If when you shake it, your wrist hurts – osteoarthritis.
- If you return to your room with your penis outside your pants – Alzheimer's.

Gardasil deaths and injuries continue to grow

According to the federal Vaccine Adverse Event Reporting System (VAERS), as of 7/14/2019 there had been 62,687 reported adverse incidents with HPV vaccines (i.e. Gardasil®), including 510 deaths, 15,413 emergency room visits, 6,309 hospitalizations and 3,031 permanent disabilities.

According to Dr. David Kessler, who was the head of the FDA under Presidents George H. W. Bush and Bill Clinton, these injuries are probably less than 10% of the actual number. The safety record for HPV vaccines is so troubling that Japan ended their recommendation of HPV vaccination for Japanese girls in 2014.

Gardasil testing data leads to questions about the safety of this vaccine. Merck, the developer and maker of the vaccine, is charged with submitting fraudulent documents in the licensing process. A lawsuit is under way in California, Robi v. Merck, that alleges that Merck submitted fraudulent safety and efficacy data to the federal government.

Chiropractic Q & A

Question: What is a subluxation and why are they so dangerous?

Answer: A subluxation is a distortion in your spinal column and body structure that affects your brain, spinal cord and nervous system. Chiropractors spend years learning how to locate and adjust subluxations using various physical testing devices, body biofeedback and other instruments as well as X-rays and imaging devices. Why are subluxations so bad?

Disconnection

The subluxation is a “communication disorder” wherein your parts have become disconnected; your parts, muscles, disks, ligaments and organs aren’t working together as efficiently as they could be working; there may be too much or too little cerebral spinal fluid, lymphatic fluid and/or blood flow to vital body organs.

When you are disconnected your resistance to disease lowers, your ability to detoxify from life’s stresses drops and you are less alive. The term used to describe this is dis-ease.

The goal of the chiropractor

The goal of the chiropractor is to locate and remove subluxations so you may be better connected to yourself.

What is the best age for chiropractic care?

Everyone needs to be checked for subluxations and to have them adjusted by a chiropractor.

Whether you are sick or apparently healthy, subluxations are interfering with your health. There is no age limit for a person to get chiropractic care: 1 day old or 120 years old.

Everyone needs chiropractic checkups: pregnant women, professional athletes, kids—it is essential for everyone to be subluxation-free. That could make the difference between having energy or being exhausted all the time, between living a life of health or a life of sickness, between healing or deteriorating.



“Brain Fog”?

Have you ever put your car keys in the freezer by mistake, looked for your car in the wrong section of the parking lot, or simply couldn’t think clearly for no reason at all? You may be able to relate to this article.

Brain Fog is characterized as mild confusion, forgetfulness, or a diminishment in one’s ability to concentrate or stay focused. In general you feel “out of sink” or “not quite all there”. In some people a dull headache or vision and hearing issues may be present.



The primary cause of Brain Fog is cranial (head) and cervical (neck) subluxations. These are usually the result of some form of physical and/or emotional stress.

The good news is that Brain Fog clears up almost immediately once the offending subluxations have been identified and corrected.

The worst case of Brain Fog that I've seen was in a lady who had a concussion. Reading became a challenge as she could not stay focused or comprehend what she was reading. It took two

adjustment sessions to clear her subluxations and she is now delighted to be able to read again.

Brain Fog is a common occurrence after an auto accident or after any type of head or neck trauma.

Children playing contact sports or participating in any type of vigorous activity are especially prone to Brain Fog. It can affect their school work and social interactions. Unfortunately, they are rarely aware that something is wrong. If your child demonstrates a change in behavior or is struggling in school you should have them checked for head and neck subluxations.

If you are experiencing any of the mentioned symptoms of Brain Fog - be sure to tell your chiropractor. If you suspect any of your family or friends may be suffering from Brain Fog, encourage them to get a chiropractic checkup.

It's common for our patients to report that after getting adjusted they feel more relaxed, more focused and more in the present moment.