

The Spine Whisperers

March 2020

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Shining your light with chiropractic

Chiropractors correct subluxations, which are distortions in the body that interfere with the nervous system and stress the entire body. Another way of defining subluxations is as follows: sub = less than, lux = light. Subluxations give us less light.

Your chiropractor will correct your subluxations so you may radiate your light as strongly as you possibly can.

The First Chiropractor



Here is a photograph of the discoverer of chiropractic, Dr. DD Palmer, of Davenport, Iowa demonstrating spinal adjusting. Dr. Palmer (called "DD") accidentally discovered chiropractic when he restored the hearing of a man who had been deaf for 17 years.

DD originally thought he had discovered a cure for deafness, but after patients with heart problems, asthma, menstrual cramps, infertility, headaches, back and neck problems and many other conditions were restored to proper function from Dr. Palmer's "hand treatments" (as he first called them), he realized he had discovered something far more reaching.

Soon people were flocking to his office from far and wide. After many entreaties

Dr. Palmer agreed to teach his discovery and began the Palmer School of Chiropractic, which is still in existence.

Most of Dr. Palmer's first students were medical doctors, osteopaths and other natural healers. In time the Palmer school accepted individuals without advanced degrees. Why? Because, as BJ Palmer, DD's son and future head of the school said, "Humanity needs more chiropractors."

Chiropractic went from one lone practitioner in Davenport, Iowa in 1895 to become the largest drug-free healthcare system in the world. Millions of people visit their neighborhood chiropractors every year – the numbers are growing.

And yet many more millions have no idea how chiropractic can help them and their families live more natural, drug free lives. Instead we see so many suffering from drug side effects, not knowing that chiropractic can help turn on their "inner drugstore" – their own natural healing ability.

Please help us help them by referring those you care about.

Office Hours

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

570-546-2727



www.muncychiropractic.com

*"Medicine is the study of disease and what causes man to die.
Chiropractic is the study of health and what causes man to live."*

5632 Clarkstown Rd. Muncy, PA 17756



Are You Scared of Germs?

We're full of germs, bugs, micro-organisms, viri, bacteria, protozoa and more at all times. Billions of these tiny life forms cover every part of our bodies on the outside and on the inside. In fact, germs outnumber our body cells by about 100 to 1. There are more bugs in our bodies than there are cells of us. We can't get rid of germs and shouldn't get rid of germs. Without all these germs in our bodies we would die – we need them, they are a necessary part of living.

Do germs make us sick? If germs made us sick, there wouldn't be a person alive who wasn't lying in bed sick and moaning with a fever, diarrhea, achiness, rashes, eruptions and more. Germs

live in an ecological balance inside and outside us. If we have a good balance of germs we will be healthy. If we are toxic and chemically out of balance these germs that live quietly within us will multiply and become out of balance.

When the body becomes out of balance with these germs it is better to do the proper things that will help detox and add support rather than suppress with medications.

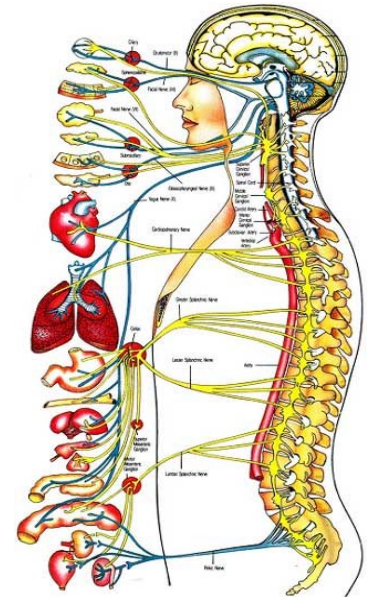
The 6 best things that keep everything in balance are; eat healthy foods, drink plenty of water, exercise, get plenty of sun light (without sunscreen), keep a positive attitude and (of course) chiropractic.

You Are The World's Greatest Drug Store

Your body manufactures antibiotics, insulin, painkillers, blood pressure and heart drugs, and hormones and chemicals to regulate your brain chemistry and mood, digestion, elimination, growth and blood chemistry (as well as hundreds of other drugs, many still undiscovered). The greatest drug store in the world is your own marvelous body, as long as your body is functioning properly. That's where chiropractic care helps.

Chiropractors help keep your internal drug store functioning optimally by locating and correcting a very common condition that causes your body to malfunction. That condition is called a subluxation. A subluxation is usually found in your spine and although it often causes pain, it may also be painless.

Want to keep your internal drug store making and delivering all the drugs you need for your whole life? In addition to a nutrient-rich diet, make sure your body is free of subluxations – that's the specialty of your chiropractor. Get adjusted regularly. Your internal drug store will thank you for it.



An Eternal Spring

Spring, summer, fall, winter—those are the seasons and the cycles of life. Birth, growth, decay and death, these are the seasons of our lives. Yet our macrocosm is a reflection of our microcosm because every organ, tissue and cell has its own cycle of life. Throughout our lives, there is constant birth, growth, decay, death and rebirth. Your body is alive but not static, it must replace its parts all the time.

Every cell in your body is replaced at least once every 7-8 years. But some are replaced at an astounding rate. For example, your body replaces about 4 million red blood cells every day, your stomach cells are replaced every 2-4 days. You have a new skin every 10-30 days, a new cervix

every 6 days, new taste buds every 10 days.

There are just a few parts of your body where the cells are not replaced: you don't replace lens cells or oocytes in the ovaries—they are for life.

The key to healing is to replace sick or damaged cells with healthy cells. How do we do that? Chiropractic care and a healthy diet.

Chiropractic helps to keep your body properly balanced, so life energy and information may flow to all your parts and you become healthier day by day.

"You are what you eat!" In order to rebuild healthy cells you must eat healthy food. See page 3 for more dietary information.

The Marilyn Monroe Diet

She was considered one of the most beautiful women in the world and is still idolized by millions. Do you know her dietary secrets?

The September 1952 Pageant magazine highlighted the "Marilyn Monroe diet" in which she described her eating habits in her own words:

For breakfast.

Before I take my morning shower, I start warming a cup of milk on the hot plate I keep in my hotel room. When it's hot, I break two raw eggs into the milk, whip them up with a fork, and drink them while I'm dressing. I supplement this with a multi-vitamin pill, and I doubt if any doctor could recommend a more nourishing breakfast for a working girl in a hurry.

(No white omelets or skimmed milk for her.)

Dinners. Instead of opting for the best restaurant food which she undoubtedly could easily afford, this is what she would do:

My dinners at home are startlingly simple. Every night I stop at the market near my hotel and pick up a steak, lamb chops or some liver, which I broil in the electric oven in my room. I usually eat four or five raw carrots with my meat, and that is all. I must be part rabbit; I never get bored with raw carrots.

For occasional treats, ice cream sundaes were her favorite on the way home from her evening drama classes. No mention of any bread, cakes, pastries, cookies or pies, low fat foods, bagels, crackers and other refined carbs.

In summary, her diet was high in fat and nutrient-rich with animal foods. She avoided processed and refined foods, grain-based and starchy foods. Ms. Monroe spent only 10 minutes each morning working out with small weights. Light jogging, yoga and horseback riding were other active pursuits she enjoyed: no special trainers, heavy lifting or sweaty workouts.

Marilyn Monroe focused on simple, self-prepared, whole, high-fat, low-carb nutrient-dense foods. Without knowing it she was following a ketogenic lifestyle.



The ketogenic diet is a powerful, anti-inflammatory and anti-cancer diet. The high fat, moderate protein, very low carb diet is referred to as the ketogenic diet because when your body digests fats (from food and from your own waistline) you produce ketones that are a better source of energy than carbohydrates. The better quality fats and oils you eat (butter, cream, tallow, lard, avocado, coconut, olive, etc.) and the less carbohydrates (sugars) you eat, the healthier, thinner and more energetic you will be.

Enjoy coconut oil, butter, cream, tallow and lard, replacing carbohydrates with these good quality fats. Especially avoid cooking with or eating foods made with vegetable oils including canola, soy, cottonseed, sunflower seed and others. Go to www.westonaprice.org or www.mercola.com for more information.

Laughter Is The Best Medicine

These funny questions will make you laugh and they will make you think.

Do they have reserved parking for non-handicapped people at the Special Olympics?

Is it true that cannibals don't eat clowns because they taste funny?

Since light travels faster than sound, is that why some people appear bright until you hear them speak?

Why do you press harder on a remote-control when you know the battery is dead?

Is it wrong for a vegetarian to eat animal crackers?

Why doesn't Tarzan have a beard?

Why do banks charge you a "non-sufficient funds fee" on money they already know you don't have?

Do burn victims get a discount at crematoriums?



How Effective is Back Surgery?

Although thousands of back operations are performed each year studies have yet to show it to be effective. In fact, research reveals that spinal surgery has a high failure rate, with the pain coming back after the surgery, sometimes immediately, sometimes a few months later, sometimes after a year or more. Too many people are told they need a second, or even a third operation. It is so common that back and spine surgery is repeated because the pain returns, that this recurrence has a special name: Failed Back Surgery Syndrome.



How common is it?

The failure rate for spinal surgery averages around 50%. However, that depends on how the studies define success. Some researchers will say the surgery was successful if the patient remained pain-free for one or two years. The pain returned but the surgery was still considered “successful.”

In one recent study the failure rate was 46%. Follow-up surgery has an even more dismal success rate with:

...no more than 30%, 15%, and 5% of the patients experience a successful outcome after the second, third, and fourth surgeries, respectively. (Daniell J, Osti O. Failed back surgery syndrome: a review. *Asian Spine J.* 2018;12(2):372-379.)

Get a second, even a third opinion

While surgery is sometimes necessary, it is always a good idea to never rush into an operation unless it's an emergency! Get more opinions. For example, Nancy Epstein, MD, a neurosurgeon and editor of *Surgical Neurology International*, did a survey to see if recommended spinal operations were necessary after the patient received a second opinion. She found that 94% of the time surgery wasn't necessary. As she writes:

Increasingly, patients, spine surgeons, hospitals, and insurance carriers are not only questioning whether spinal operations are “unnecessary,” but also whether the “wrong” (e.g., overly extensive cervical or lumbar multilevel fusions, anterior vs. posterior surgery, etc.) or “right” (appropriate) operations are being recommended to patients.

Of 183 second opinions seen over 20 months, the second opinion surgeon documented that previous spine surgeons recommended “unnecessary” (60.7%), the “wrong” (33.3%), or the “right” (6%) operations.

Because so many back operations are unnecessary and so many back operations fail, always get a second and even a third opinion. Make sure a Doctor of Chiropractic is consulted – it might save you from an unnecessary operation or a failed back surgery.

Chiropractic Q & A



Q. Why do chiropractors spend so much time working on my back?

A. Because that's where the nerves are. There's a common misconception that because chiropractors work on the spine their care is limited to spinal pain and spinal problems such as backache, disc problems, sciatica, hip or neck problems.

But that is an incomplete way of looking at things. We chiropractors locate and release spinal nerve pressure. Your body functions in a more balanced manner, with less stress on the entire system especially your internal organs. So you can heal yourself, no matter what the condition.

That's why you'll see children in our office with asthma, allergies, ear infections, pneumonia, colds, flu—and adults with immune conditions, headaches, migraines, infertility, menstrual problems and more!

We work on your spine, because that's where the nerves can get irritated and interfere with the information going to (and from) the internal organs. That's why we give you adjustments there.