

THE SPINAL COLUMN

Hello Everyone!

This is our first 1988 newsletter. I'm writing in vertical columns to help you read easier. I promise not to talk about the office too much, but give you more diverse facts from the health care fields.

All of you have experienced the construction delays coming from the south to our office. My suggestion is to take Central to the Bethany exit in Allen, then go back south on Hwy. 5 to reach the office.

New time and date changes for my Spinal Care Class.* Days are first Thursday and last Wednesday of each month. Times are changed to 8:00 - 9:00 p.m. Pick up a list of discussion topics on your next visit, so your favorite subject can be discussed after the videos.

Researchers say pesticides can penetrate the protective clothing that workers wear. It was found that even the most protective of covering used - layers of clothing, overalls, and rubber gloves was penetrated. Therefore, agricultural workers and even home gardeners are receiving higher doses of toxic substances than previously thought. Here's another reason to avoid these man-made poisons & clean up the environment.

*Starting March, '88



Headaches. This health problem is one most often seen in chiropractic offices, and one of the best responsive to treatments. Causes can be spinal nerve interference (most common), cranial faults, allergies, TMJ (jaw) problems, eyestrain, blood flow imbalances in the head, emotional, toxic overload, nutrient deficiencies. Let me help you with your headaches!

Now I've heard it all! If this can't convince you to stop smoking, it's hopeless. Doctors at U. of Mass. report that radioactive substances are "highly concentrated" on particles in cigarette smoke. These include polonium - 210 (from fertilizers) and lead - 210. Those who smoke 1 1/2 packs per day receive a radiation dose each year equal to 300 chest x-rays! Put that in your pipe and smoke it!

Have you had your colonic yet? We are now able to accommodate your schedule six days a week. You're running out of excuses! Let's make

1988 the year of the healthy colon. Do you realize a healthy colon is in the shape of an upside down smile?

Under stress in the work place? The Japanese are discovering their executives are dying three times faster than before. This correlates with increasing stress loads, especially concerning the economy. One solution is to laugh more. Therefore, how about a cartoon break every four hours?! If not practical, see me about a nutrition/vitamin program to combat stress, it works!



Pollution levels in modern, well-insulated homes may be cut by the use of common household plants. I wrote an article years ago about the toxic home, but this comes as good news. Experiments show that offending substances such as NO², CO and formaldehyde were greatly reduced by spider plants. 8 to 15 well placed plants would be necessary to control these pollutants and more in the average home. Other plants that work well include Chinese evergreen, golden pothos, and the peace lily. Credit this research to NASA.

Do you exercise? If you exercise to stay healthy, good for you. But don't expect exercise to solve all your health problems. There's been too many athletes dying suddenly, and very young in spite of exercise. I'll say it again about the wonders of a good diet program, your health and longevity are directly related to a balanced nutritional intake. If you follow the food charts I developed and supplement your diet where necessary, the need for exercise decreases. That's right, the better you eat, the lower the need for exercise!

Do you know that the human body needs sunlight as much as a plant does? True, we don't do photosynthesis, but certain frequencies of light energy are needed to charge water molecules in the blood and tissue to allow more efficient release of the oxygen. Also, without daily light exposure, our daily biorhythms go out of sync. That translates to poor digestion, fatigue, decreased mental function, weight gain and more. If prolonged cloudiness comes, consider using a full-spectrum light source such as Kiva or Vita lights.



B.V. HOLT



"Your approach was all wrong, Murray... You should have used a five iron."

I bet you don't digest your food efficiently. Common causes include drinking beverages with your meals, poor food combinations, over-eating, too much meats and poor enzyme function. This last cause is present in the vast majority of people. It's an established fact that by the time you're 65, you have lost 50% of your stomach acid production. This leads to allergies, a variety of mineral and vitamin deficiencies, and poor pancreatic insulin secretion. The symptoms mimic an over acid stomach, and fools people into taking an antacid.



The best solution is to supplement digestive enzymes. Good multiple vitamin preparations usually contain some enzymes. However, in some individuals additional supplemental enzymes may be necessary. A good blood test can help determine your needs. Consult with me about your enzyme potential.

One last note. If you attend a Spinal Care Class, your visit rate is reduced by 10% from that point on. Good Deal!!

Prepare him for the world he'll face tomorrow



The same environmental conditions that threaten your health as an adult are also unhealthy for your children. The air we breathe, the water we drink and the food we eat all impose similar, maybe even greater, burdens on their developing systems. Children must also struggle with their own forms of stresses and pressures which can drain their bodies of valuable nutrients. A child's diet must provide adequate nourishment to build a strong, healthy body capable of coping with our unhealthy world.

You can make a difference today in the future health of your children. By encouraging them to eat a proper diet now, you may establish healthy eating habits that will last a lifetime. You can promote an early awareness of their health and the factors they can control to enhance it. You can plan family activities that encourage exercise. And, you can ensure complete nutrition every day with VitaSquares.

VitaSquares were developed by Neo-Life to meet the specific nutritional needs of children. These fresh-tasting, chewable tablets offer an

excellent, basic plan of vitamin and mineral supplementation. VitaSquares contain the entire spectrum of B-complex vitamins and also supply a chelated form of iron to encourage absorption. VitaSquares feature a unique square shape that makes them easy to recognize and a tangy, citrus taste that your children will look forward to each day.

Prepare your children for a lifetime of health with your good teaching and Neo-Life VitaSquares.

