

THE SPINAL COLUMN

Hello to everyone!

Here we go again with another journey into the fascinating and trivial of the world of health and humans! But first I need to get some announcements out of the way.

We are in the process of forming our own co-op. It would be limited to about 100 families, but oh how lucky those people will be! For a small, yet to be established, membership fee, the member can order food and more for significant savings over retail. Here is the power of group purchasing and capitalism at work. Keep an eye open for further info.

I just recently had an anniversary! I am now into my seventh year of practice. We have treated over 2,000 new patients with more than 21,000 patient visits. And to think my hands don't get tired! Please keep sending those new patients, as the MAJORITY of the population have never been to a Chiropractor yet. We still have plenty of room every week to get you in, it's just everyone likes the first half of the week. We see two times as many of you the first half of the week over the second, so if possible schedule some visits Thurs, Fri or Sat.

Yes folks there is a cure for gravity! This constant stress on your body from birth to death, relentless from morning to night can be cured. Chiropractic reduces stress damage to the structure of the body. Invest in your anti-gravity visits now!

Young teenage Mexican children, totally weaned from milk after nursing, have higher calcium levels than milk-drinking teens in Michigan, US of A! Caramba!

If eggs are cooked so that the yolk is still soft, more nutrients are retained.

I love this one! You can suffer side effects from the drug your spouse is taking! A young man in perfect health complained of breast development. MD's were baffled until they learned his wife was using an estrogen cream for treatment of menopausal symptoms. She applied the cream at night, and some would rub onto his body. When she switched to applying it in the morning, the poor lad returned to his regular manly self.

I told you so, but another study shows vitamin & mineral supplementation can affect children's intelligence. This data from England demonstrates that children given supplements increase significantly in their non-verbal intelligence. Jolly good show!

There are no absolutely 100 percent safe drugs. Every year almost half a million people land in the hospital as a consequence of adverse drug reactions. Anywhere from 60,000 to 140,000 die! What about that sentence in the Hippocratic oath that says: First, do no harm.

And now for one of those subjects we all talk about with our friends, yes it's parasites! Eminent doctors around the world, including a panel of 75 experts from England's Royal Society, have warned that "parasites plus a clogged colon can be the cause of many misdiagnosed diseases."

Contrary to popular opinion, the United States is not super-sanitary and free of parasites. Over 10 years ago a major survey noted that "one in every six people studied" had at least one kind of parasite living somewhere in their body. Today it approaches one in four!

Parasites feed on encrusted waste matter in the intestinal tract. These critters range in size from microscopic to more than 20 feet in length. They

feed on your food and poison your system with their excrement in return! Talk with me about tests to determine if parasites plague your body, and steps to remove them. This is war!



'Good news, Mr. Fornsbey ... a team of doctors thinks you're strong enough to see the hospital bill!'

Don't blame your ancestors if you're putting on too much weight. Researchers from Laval U., Quebec, took a variety of weight measurements from 1,698 people who were related either genetically or by adoption or marriage. They concluded only about 5% of subcutaneous fat had genetic roots. They found that food consumption and exercise rather than genes were the "major determinants of body composition."

If you switch from cigarettes to a pipe or cigar, you do little good towards improving your risk of coronary heart disease. The reason: inhalation. The evidence indicates men who switch to cigars from cigarettes are more likely to inhale than cigar smokers who never smoked cigarettes. It keeps coming back to that inevitable conclusion: Get rid of those CANCER sticks and start taking care of this wonderful body we were given for our earthly stay. There, I feel better now.

Tea inhibits absorption of calcium & iron. Add lemon to black or green teas to break down polyphenolic molecules which binds these minerals.

You know those Type A personalities, the aggressive, success-minded person we all know. Well, studies by psychologist show these folks have a tough time in their personal and marital relationships. Is this a surprise? Type A's have a better chance of living happily with Type B's— people less domineering than themselves. Did I ever tell you chiropractic is great for working out stress. Better yet, have a massage before your treatment, oh how wonderful the world seems again.

The winged bean, a plant in little demand a few years ago, is making a dramatic showing in more than 70 countries. It is called a "supermarket on a stalk" because it combines desirable characteristics of the green bean, garden pea, spinach, mushroom, soybean, bean sprout and potato. Virtually the entire plant is fit to eat. This comes from the New York Times. Have you seen any of the little beans at the store yet? We'll keep watch. Move over soybeans!

We did a survey in the Spring of 1988 on credit cards. I thought you might like to know 61% of you would not use a credit card here if offered. Also, over 86% said they would not come in more frequently for necessary care by using their credit cards. Ok, so we won't offer credit card services, at least not yet.

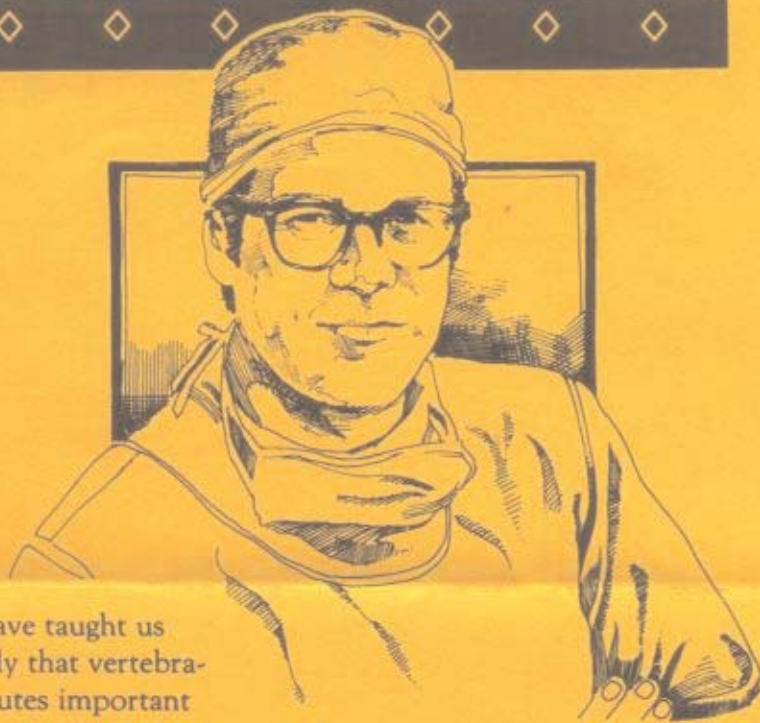
Do you know what's more important than saving money for a rainy day or retirement? How about investing less than 10% of your daily food budget in vitamin supplementation! Do you know where most of the retired person's money goes? If you guessed for health care, you're following me already. Forget about insurance taking care of you when you're old. The payments, deductibles, co-insurance will kill you, and this is before you can say, "empty my bedpan!"

Ask me about supplements, they pay for themselves in peace of mind.

My hours are listed on the last page of this newsletter. I do go home occasionally.

CHIROPRACTIC, just thought I'd get the last word in. What a word!

MD's Say Chiropractic Works



"It may never occur to them (his medical colleagues) that the headaches, stomach trouble, neuritis or nervous irritability they are attempting to cure may be due to nothing more serious than a displaced vertebra which any competent chiropractor can restore in 10 seconds." (Herman Rubin, M.D., a Fellow of the American Association for the Advancement of Science, in his book *Eugenics*.)

"Chiropractic offers medicine substantial material with which to busy itself in the years to come...I would beg you not to neglect the application of so worthwhile a method for the practicing physician." (Dr. L. Zukschwerdt, professor of surgery, University of Hamburg, in *Neuralmedezin*.)

"It is better that the chiropractor treat these patients than to have them treated by a physician who thinks only in terms of surgery." (H.B. Gotten, M.D., in *Journal of the Tennessee Medical Association*.)

"The 600 cases that we have observed over a period

of four years have taught us superabundantly that vertebral therapy constitutes important currency in the changing gamut of means to combat diverse pains in the vertebral sphere, and that often it constitutes the only means of curing, and that in a manner which is at times spectacular... The manipulations extolled by the chiropractors are multiple and varied, but do not concern back pains only." (Charles M. Rocher, M.D., in *Bordeaux Chirurgical*, as translated from the French.)

"Most physicians are opposed to vertebral manipulations, yet they do not hesitate to correct other bony or articular displacements. This attitude causes them to have themselves taken care of by non-medical osteopaths or by chiropractors." (James Cyriax, M.D., in *Medicine et Hygiene*.)

"By reason of the data amply cited in this first report, we judge that chiropractic is a useful therapeutic

method worthy of being introduced into the patrimony of medicine...With the object of making known to physicians the existence of this therapeutic method and its accomplishments, it appears useful to us to advocate the instituting of courses for postgraduates." (Quoted from Resolution No. 41.840, Argentine Ministry of Health.)

