

# DENITO CHIROPRACTIC CLINIC, P.C.

*Greenridge Office Center • 1024 S. Greenville Ave., Suite 100 • Allen, Texas 75002 • 727-8047*

**Dr. James Denito, D.C.**

To all my patients and friends:

I have several exciting announcements to start this newsletter with, so I'll begin with the one about my newest technique for enhancing the benefit from your treatment.

It is called NET, for Neuro-Emotion-Technique. This brings to 22 the number of different health techniques I can call upon to help your case. I can assure you not many chiropractors utilize that much diversity in their treatment protocol!

This technique allows us to find an emotional connection to the spinal problem, have the patient focus on the event or thing or person associated with the emotion, while certain reflex points are touched by the patient, while I manipulate a specific sequence of the spine. Those of you that have been in while I have been practicing the flow charts know some of the interesting things we can uncover very quickly. By Dec. or January I will have this fully implemented into the practice. I am very excited to add this new dimension to the treatment!

As of November 14, 1992, our office has all new carpeting and wall color. This brightens up the place tremendously, and the smell of new carpet chemicals is dissipating quickly with our air filtration system of electrostatic-charcoal panels and free ionizers. If you haven't been in for that tune-up lately, you now have another reason to get over here.

As of November 21, 1992, our office will change our Saturday hours. My hours are now as follows;

Monday- 9:30 to 1:30 4:30 to 8:30  
Tuesday- 2:00 to 6:00  
Wedn.- 9:30 to 1:30 4:30 to 8:30  
Thur.- 9:00 to 12:30  
Friday- 9:30 to 1:30 4:30 to 8:30  
Sat.- 9:00 to 1:00

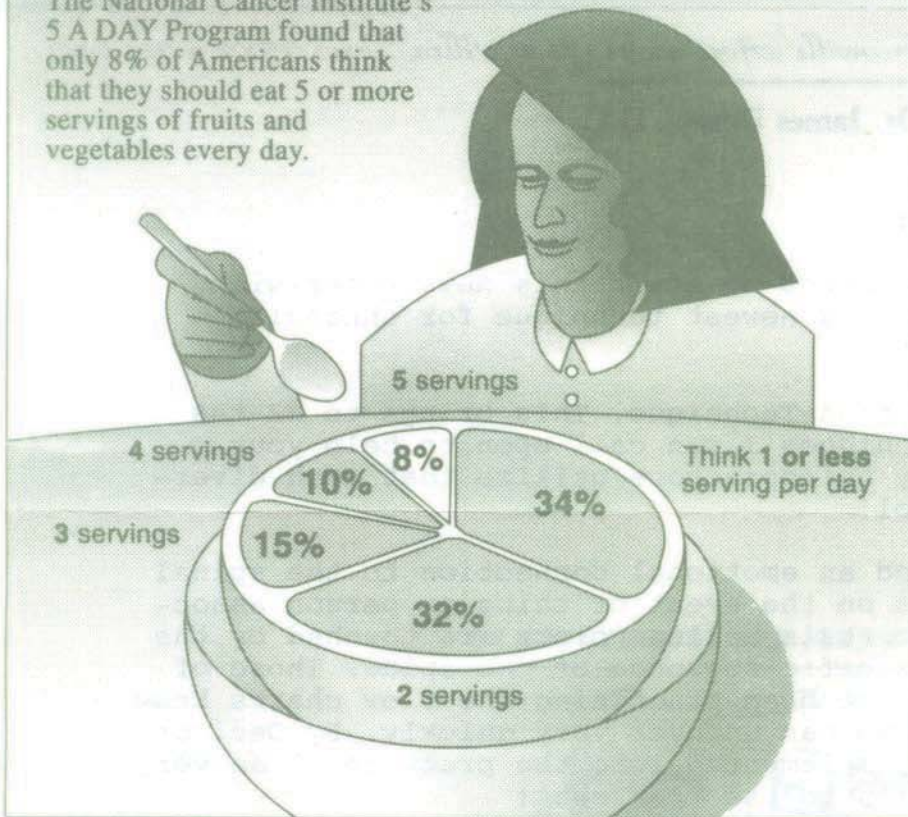
You can call usually 30 minutes before each shift to set appointments, and we'll be answering the phone or returning messages.

My thanks to the 26 people who made it to the cooking class. Karen and I thought of many things we forgot to do, but I don't think too many noticed, as a good (and informative) time was had by all. We'll try it again early next year. I promise not to forget the honey next class!

Those of you that stayed home and watched T.V., Memphis State researchers found that staring at the television burns fewer calories than staring for the same amount of time at a blank wall! The blank wall somehow keeps the mind more active, thus the metabolism stays higher.

## We've got a lot to learn

The National Cancer Institute's 5 A DAY Program found that only 8% of Americans think that they should eat 5 or more servings of fruits and vegetables every day.



Source: National Cancer Institute

A National Cancer Institute Graphic

Using the above graph from the National Cancer Institute, which I generally have nothing good to say about this government entity, we can learn what we know already. We know that the medical profession has failed miserably in their duties to educate their patients about proper diet. We have learned you can get a fast-food hamburger in some hospitals now.

We have shown the average American ate 15# of seafood and 170# of red meat and poultry in 1991. My math shows that to be  $\frac{1}{2}$  pound of animal flesh per day. Use your imagination to see what adding dairy and eggs does to this number.

The biggest thing I conclude in these trying economic times is the cost. Americans spent 161% more money on flesh products than on all produce, pasta, rice, beans and dried vegetables. Folks, I gotta tell ya', you don't need to be a math expert to see where your money's going.

That's all I'm going to say about Vegetarian eating in this issue. But I'll say it again, IT'S CHEAPER TO EAT HEALTHY!

Have any of you checked your credit records lately? One of the big companies, TRW, has a record on you. Write to them at: PO Box 2350

Chatsworth, CA  
91313-2350

Send them your name, your spouses name, your SS#, your address(current and within the past 5 years), and a copy of your drivers license or similar ID document. This report is free once a year. If you don't like what you see, good luck in changing it!

On the subject of people checking up on you, the book 'George Bush's Hidden Tax; the Explosion in Regulation', we find all the 1992 taxes paid will equal what the gov't. spends in regulation, supporting 125,000 Federal employees looking over 67,716 pages of rules in the Federal Register.

I assume whatever else the gov't. needs they'll just borrow it!

The coming National Health insurance will undoubtedly be run on borrowed money as well. Chiropractic is ready to fight for inclusion in this new system, but I have no feelings for where we'll come out.

I almost wish Chiropractic doesn't get included, as the stop-gap measure will probably last less than a decade before it too collapses. But if you want to make sure chiropractic gets in on National Health Insurance, write your national representatives.



The last remark I must make about the gov't. comes from a story the Washington Post (which is owned by the Rev. Moon's corporation) did on 8-14-92. Congress generates about 20 tons of trash each DAY, which is primarily paper. This comes out to about 3 pounds per day, per employee, which is roughly twice the national average.

On to a more serious matter, childrens poisonings. According to the journal of "Pediatrics", iron supplements are the leading cause of accidental poison deaths for children under the age of 6. People, please remember, anything can be fatal in a strong enough dose, and even the most poisonous substance on earth, such as botulism toxin, can be safe if diluted enough. It all comes down to common sense! So, any nutritional supplement should be closely guarded or stored when toddlers are in the house. Adults are here to be their guardians until they know better!

We have several types of special supplements in the office for infants, toddlers and children. Yes, they can also use adult vitamins, but you need to consult with me first.

The last topic this month is the upcoming holiday season. Ah yes, that time of year to put on that hibernating layer of extra fat. All done so easily by parties, family gatherings, luscious sweets, and hard work sitting on the couch overtime.



*"When the Earth has been ravaged and the animals are dying, a tribe of people from all races, creeds and colors will put their faith in deeds, not words, to make the land green again. They will be called 'Warriors of the Rainbow,' protectors of the environment."*

The Greenpeace flagship, the "Rainbow Warrior," takes its name from this Cree Indian prophecy.



*"It's remarkable, Mr. Volmer. You have the clothes of a man half your age!"*

I really don't have much to offer you in the way of advice. But I'll try anyway. One, drink 6-8 eight oz. glasses of water each day. Two, stock up on digestive enzymes from my office. Three, use the enema bag often, weekly for that matter. Four, stay as vegetarian as possible, meatless holidays can be just as much good eating! Five, get some chiropractic care each month to keep healthy.



*Denito Chiropractic Clinic, P.C.*  
*1024 S. Greenville Ave. Suite 100*  
*Allen, Texas 75002*

**Address Correction Requested**

U. S. Postage  
**PAID**  
Allen, TX  
Permit #151  
Presorted

**BY BUNNY HOEST AND JOHN REINER**



**"We'll need to brace his leg... Got me a three-iron."**