

DENITO CHIROPRACTIC CLINIC, P.C.

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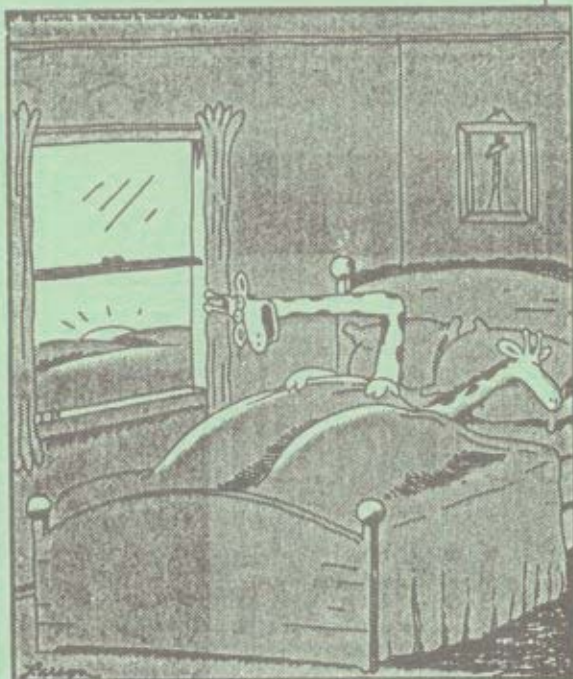
Dr. James Denito, D.C.

Hello to all, it's been awhile! I have been busy in other projects outside the practice, predominantly developing my poster on healing arts of the world. Let's just say it will be out this year, and hopefully across the country soon after. Hopefully I won't have to go on the road to sell it. George Jessell once said the human brain starts working the moment you are born and never stops until you stand up to speak in public. I also hope I don't have to spend much money on its promotion. Speaking of promotion, in 1993 the National Cancer Institute spent \$400,000 to promote its "5-A-Day for Better Health" campaign, which encourages the consumption of more fruits and vegetables. In 1992 Kellogg spent 44 million to promote Frosted Flakes and Fruit Loops.

Speaking of kids stuff, we have our second child due around July 30, 1994. It will be another home birth, hopefully not in the middle of the night again as Wava was.

Please note, as of the first of May, we will no longer take STAR CARD.

THE FAR SIDE/ Gary Larson



"Dang!... Stiff neck!"



Family Practice News

"His patients have complete confidence in him, although I question the significance of the magic wand."

To determine your body frame size, simply measure your wrist circumfr. For females, less than 5 $\frac{1}{4}$ " is small boned, between 5 $\frac{1}{4}$ "-6" is medium boned, and greater than 6" is large boned. For males, less than 6" is small boned, 6-7" is medium boned, and any greater than 7" is in the ape family.

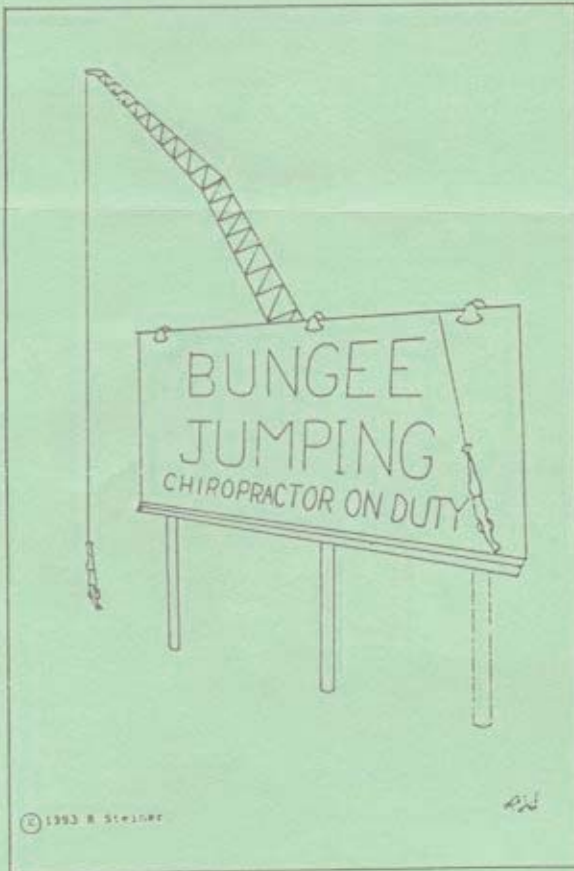
You can wear the newest Medic Alert bracelet on your newly measured wrist. It is a sign of the times. It simply says, "Let me DIE!"

Is your baking soda fresh. Pour $\frac{1}{4}$ cup hot water over $\frac{1}{2}$ tsp. of baking soda. If it bubbles, it's still fresh.

It still doesn't beat using whole cloves to protect wool. They are better and safer than mothballs. I'm allergic to wool unfortunately.



Actually, that pop is still music to my ears. The sound is due to the joint expansion under a rapid acceleration. If the joint were stretched to the same degree but slowly, you would not get your pop!



In 1980, 588 out of every 100,000 Americans died of a heart attack. In 1988 it was down to 449. I guess that was the last year they kept statistics, or was that when bungee jumping caught on?

Scientists have just determined that the rings around Saturn are made up entirely of lost luggage. Get out your telescopes and take a look, maybe you can find our lost Mars probe.

If you worked for Kajima, the Tokyo construction giant, you would smell citrus pumped thru the vents in the morning to invigorate you, and then at lunch a woodsy scent to enhance your lunchbreak. Finally, and this is speculation on my part, they pump in a stimulating blend to keep everyone awake till quitting time, since lunch has become Americanized to produce the same slothful malaise so rampant in the States after a good fat-laden, wholesome lunch.

In our schools, 545 were recently surveyed and 1% of them served lunches with less than 10% of their calories from fat. Only 5% of the schools even averaged less than 30% fat!

Parents were once expected to raise their children in accordance with the dominant cultural message. Now, with society as it stands, they are expected to raise their children in opposition. If they don't, it won't be so bad, they'll just grow up good family people like Bill Clinton or Jeffrey Dahmer or Madonna. Teach them to think, keep them from obesity, allow freedom but ensure that bad choices have consequences. The worst of which may be the loss of any semblance of a functioning society on Earth.

JABBERWOcky





"The patient has trouble keeping his food down."

A nationwide survey reported in Adweek found most MD's prefer red meat to fish or fowl. Only 20% eat the recommended 5 servings of fruit and vegetables each day. And, 55% were overweight. However, a survey by Market Facts, Inc. found 66% of the general American population were concerned about pesticides' effects on the environment. But, only 45% said they would rather buy organic produce "even if it costs more". A mere 36% in the study said they would buy fruits and vegetables with blemishes "if they knew they were grown with less pesticides than unblemished produce".

Don't expect the medical profession to set the examples, especially with food. Set it for them! We are not doing enough to even set examples for our children, let alone influencing a closed minded medic! Use chiropractic regularly, show the medical community you will go elsewhere for your nutrition advise and preventive healthcare if they're not willing to give it.



*"You'll be coughing up big bucks for quite some time, Mr. Vanihorn.
Don't be alarmed - it's perfectly normal."*

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CHIROPRACTIC

... can help your
family and friends to be
WELL adjusted ...



Please Tell Them

AN OUNCE OF PREVENTION

Many accidents in the home can be avoided with the use of a little preventive maintenance. Here are a few ideas which can help.

Add a nonskid backing to all throw rugs so they won't slip out from under you or your loved ones. Extra lengths of electrical cord should be wrapped and tied out of reach or taped down to avoid tripping. And when all else fails -- *call us.*