

THE SPINAL COLUMN



Dr. James Denito, D.C.

DENITO CHIROPRACTIC CLINIC, P.C.

408 N. Allen Drive • Allen, Texas 75013-2500 • (972) 727-8947

Greetings to all our patients!

We are past the one year mark in our new (and final) location, and the list of projects here has shrunk to less than 1 1/2 pages! I'm proud of the determination you have all shown in fighting your way through traffic and construction. We'll have our Rowlett Rd. exit and bridge back soon off of Central, so hang in there. First, I want to let you know about everything the clinic now offers on site.

1. Me and 17 years of experience in total healthcare, including nutritional work-ups by consultation / lab, school, camp and work physicals, foot orthotics, spinal disc rehab., injuries, and more.
2. Two massage therapists – Doris Avalos, & Trenna Greer (972) 727-8947
3. Colon therapy – T.B.A.
4. Two midwives for home birthing options – Rose Marie Vance & Rene'e Stewart (972) 396-1228

5. A growing healthcare store currently providing over 400 products from 50 different manufacturers. The products we carry will always be the best in their category at the best price in town. Very soon we will make our vitamin store available on the internet for your convenience and for quick delivery right to your home.

Our staff up front is now three, as we welcome Beth Drayton to the family. Tomie Delle Drennan and Nancy Paglia have been on board for nearly 20 years combined, and I truly appreciate their dedication all these years. We also want to thank all of you for your patronage, and for all the referrals you have sent our way over the years. We really do appreciate you!



I need to have you just relax, breath out, and trust me on this Ms. Appleby.



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IN OUR NEXT ISSUE...

- More on WATER.. shower filters!!
- Why Detox?
- Good Nutrition / Bad Nutrition



Did you know??

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your needs..



Special Delivery
Rene Marie Venn, MEdEd

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972-314-8117 Office
972-430-7611 Pager
Cell: 9587

Here The Best You Have Desires

Rene's Stewart
MEdEd



406 N. Allen Dr.
Allen, TX 75002
972-395-1288 office
114-211-8070 cellular
972-320-0218 pager
972-430-3085 home

Doris Avalos, R.M.T.
Registered Massage Therapist
Licenses MT7282
MEdEd

Reflexology
Sports Massage
On Site Massage
Swedish Massage
Trigger Point Therapy

Home: 972-434-8251
Mobile: 972-457-8259
Office: 972-727-9987



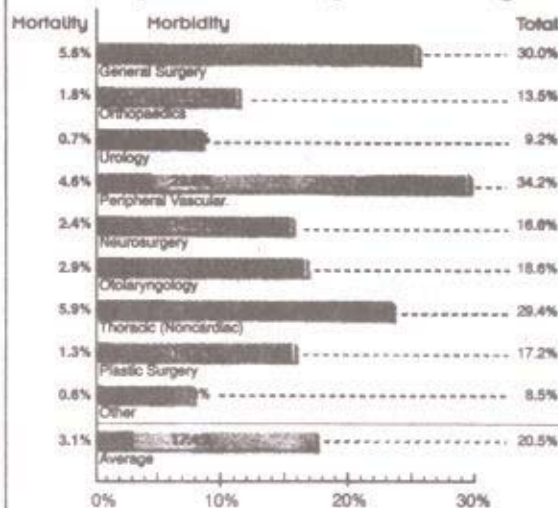
- According to the US Census Bureau, 42 million Americans were without health insurance in 1996. I'm one of them, but have chose to cover myself for stroke, heart attack or cancer by an amazing alternative insurance package offered by Transport Life Insurance Co. It costs me \$69 a month for coverage of my entire family (4 people). In return I get a \$40,000 check within days of the event/diagnosis, no deductible, no questions! Then you take your money to whatever alternative care clinic you choose and get treated without the stresses of fighting an insurance co. Call Mr. Jerry Smith at 972-395-9688 or page him at 214-847-9011 and he'll come to your house with more details. I get no kickbacks here folks!
- A 1997 poll found only 1 in 6 (16%) Americans who thought the country has been making progress in health care. 54% think we're losing ground! How about this for an example? Between 1990 & 1995 the infant mortality rate in the US declined to 8 per 1000 live births but this still left us ranked at 23 out of 29 industrialized countries. In 1960 we ranked 13th in life expectancy for women, and 17th for men. By 1995 it had slipped to 20th and 21st respectively!
- Notice the chart on risks rated for various types of surgery. Now combine this information with a recent Louis Harris & Associates poll for the AMA that found "more than 2 out of 5 respondents have been involved, either personally or through a friend or relative, in a situation where a medical mistake was made." This equates to over 81 million Americans. The leading data summarizes as follows:

- Misdiagnosis/wrong treatments led at 40% of all mistakes.
- 48% of the mistakes took place in a hospital.
- 38% of the time nothing was done about the mistake.
- Carelessness/negligence led to the mistake 29% of the time.
- 27% felt the mistake could have been prevented by the provider being more conscientious / thorough.

Surgical Risk

According to recent studies, the risks associated with noncardiac surgery may be greater than you realize:

Surgical Mortality & Morbidity



The most common surgical morbidities were pneumonia (3.7%), and wound infections: superficial (2.6%); deep (2.6%).

SOURCE: I. Khuri SF, Daley J, Henderson W, et al. Risk adjustment of the postoperative mortality rate for the comparative assessment of the quality of surgical care: Results of the National Veterans Affairs surgical risk study. J Am Coll Surg. 1997; 185: 315-340



Upcoming Events

- ◆ We will put on another vegetarian cooking class Thursday night, November 12, 1998. Cost will be \$10.00, which will cover your meal and a 3 hour lecture with cooking demonstrations. Our guest lecturer is my wife *Karen*. Please call and confirm your seat, we are limited to just 40 people.
- ◆ Also, put on your calendar my vacation days as days to stay healthy. They are as follows for the next few months:
 - August 29
 - Sept 7 (open 9:30am to 12:00pm only)
 - Sept 17
 - Oct. 2 & 3



H2O HEALTH

If we drink tap water or bathe in tap water, we are getting toxins from chlorine, fluoride, pesticides, herbicides, solvents, etc. If we drink tap water we are also exposing ourselves unnecessarily to live viruses, bacterial, yeast and fungal cysts and organisms, cysts and eggs of parasites, as well as occasionally live worms. If we are drinking tap water and bathing in tap water 70% of the toxins that enter the body each day enter through the skin during the bath or shower and only 30% through the mouth. *Yes, there is a solution to this intolerable problem.*

For years Neo-Life has led the way providing an effective solution to the main problems encountered in many municipal water systems. The Water Dome's triple performance filter effectively removes contaminants and pollutants while leaving in the dissolved mineral elements found naturally in our ground water. Neo-Life's goal is to restore water to its natural state!

Water Dome Purification System

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Please ask us for literature and a fact sheet for Neo-Life's Water Dome.

Clean Water is
Essential for
LIFE!



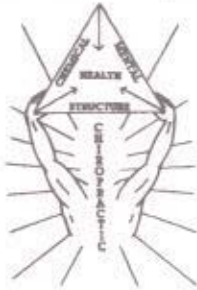
**Treat a loved one to
GREAT HEALTH!**



"It took me three hours, but I finally discovered why you're limping. You lost the heel off your shoe."

**Denito Chiropractic Clinic, P.C.
408 N. Allen Drive
Allen, Texas 75013-2500**

Address Correction Requested



Mailing Address

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Quotes taken from actual work-performance evaluations:

- 1 "Since my last report, this employee has reached rock bottom and shows signs of starting to dig."
- 2 "His men would follow him anywhere, but only out of morbid curiosity."
- 3 "I would not allow this employee to breed."
- 4 "This associate is really not so much of a has-been, but more of a definitely-won't-be."
- 5 "Works well when under constant supervision and cornered like a rat in a trap."
- 6 "When she opens her mouth, it seems that this is only to change whichever foot was previously in there."
- 7 "He would be out of his depth in a parking lot puddle."
- 8 "This young lady has delusions of adequacy."
- 9 "He sets low personal standards and then consistently fails to achieve them."
- 10 "This employee should go far-and the sooner he starts, the better."
- 11 "This employee is depriving a village somewhere of an idiot."

Please share your positive experiences with chiropractic and natural healthcare with everyone you can! The people of this country need to hear of the better choices!