

# CHIROPRACTIC HEALTH NEWSLETTER

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Optimal Health.....through Chiropractic  
DECEMBER 2016



was a Chiropractor

experienced the

following results:

**Walk-In Hours:**

**HOLIDAY HOURS:**

62%

Less outpatient  
surgeries

85%

Less in  
pharmaceutical costs

Monday – Wednesday – Friday

**CLOSED on**

9:00 am – 11:45 am and 3:00 pm – 6:45 pm

We will be

Live Well Chiropractic  
[www.livewellregioncity.com](http://www.livewellregioncity.com)

Monday

Source: Journal of Manipulative and Physiological  
Chiropractics; May 2007, 30(4); 263-269. Richard L. Sarnat,  
M.D., James Winterstein DC., Jerrilyn A. Cambron DC, PhD

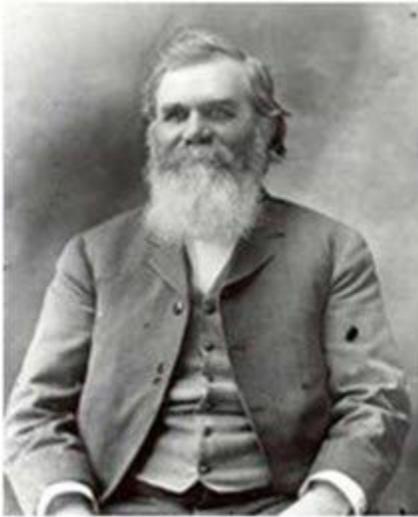
Enjoy the benefits of chiropractic - the largest natural, drug-free, surgery-free, expressive healthcare system in the world. More and more families are discovering that periodic chiropractic checkups and adjustments promote health and healing without drugs and dangerous medical treatments.

More and more people are turning away from symptom treatment and choosing natural ways of achieving and maintaining health.

Tired of taking drugs and the medical runaround?

Welcome to the world of chiropractic - discover how natural health can be!

### How did D.D. Palmer discover chiropractic?



In 1895 Dr. Daniel David Palmer, a popular magnetic (energy) healer, discovered a spinal "bump" on a deaf individual. It appeared as if the spinal bone were out of place. Upon questioning, Dr. Palmer learned that the man had bumped his head seventeen years prior and became deaf shortly afterwards.

Palmer reasoned that the accident may have displaced a vertebra in the man's spine, hence the slight bump, and that re-aligning the vertebra may give relief. Using his hands, he "adjusted" the bone back into alignment and after 17 years the man could hear again. Shortly thereafter a patient with a heart condition was similarly found to have spinal displacements. When they were adjusted the heart condition improved.

Palmer reasoned that if two conditions so different, deafness and heart disease, could be caused by displaced vertebrae in the spine, could not other conditions be related to spinal displacements (later called subluxations)?

So began the discovery and evolution of chiropractic.

### Traditional eating

In one clinical trial, test subjects who consumed high-fructose corn syrup (HFCS) developed higher risk factors for cardiovascular disease in just two weeks, demonstrating just how influential your diet can be on your heart and brain health in the long term. Be aware of where HFCS is often

found: baked goods, canned fruits, dairy products, carbonated drinks and most sweetened beverages in the market today! Just look at the labels and find out. (1)

As you avoid HFCS and refined sugar, be aware that artificial sweeteners such as Splenda® and Nutrasweet® are also linked to serious problems including retinal detachments, weight gain and brain tumors. (2)

## The disease is over when we think we have it

We know the names of what are referred to as childhood diseases: measles, mumps, chicken pox and whooping cough/pertussis. But did you know that by the time a child is said to "catch" these diseases of childhood with their characteristic rashes, skin eruptions, fever and general malaise (overall yeechy feeling), the disease is over?

The natural way people get these diseases is that germs come in contact with the mouth and throat (nasopharynx) where your tonsils, adenoids and other immune tissues reside. They alert your body to the invaders and you mount an offense.

The symptoms that we associate with a disease are not the disease, they are the body ridding itself of the disease waste. In the words of Hippocrates, considered the father of medicine: "We call them diseases but they are the cure of disease." The disease is actually over; the body has confronted the germ invaders, has won the war and is doing cleanup.

The symptoms we associate with the disease are really the discharge of waste after the disease is over. The wastes leave through the skin (perspiration, rashes, pustules), are burnt up by fever, discharged by diarrhea, and take our energy so we feel fatigue and other unpleasant body expressions. We may dislike those symptoms, but they are good for us. The result is a healthier, stronger, cleaner person.

That's why growth spurts, in body and mind, are often seen after a child experiences a childhood disease or even a fever. The body has detoxified and can now move on to a stronger level of health and wellness.

How does vaccination affect childhood diseases? Do vaccines prevent disease?

Vaccines inject viri and bacterium, toxins associated with the virus and other chemicals deep into the body, into the bloodstream where they are not supposed to be. Because it is so deep the body is not able to mount a proper offense; the disease may never leave. Vaccines do not prevent disease; they drive disease deeper where more damage may occur. That is why studies show vaccinated children are the ones who have autism, allergies, asthma, ear infections, arthritis, diabetes, ADD/ADHD, dyslexia, stuttering and other conditions. The vaccine toxins damage the nerve and immune system and the result is a less healthy child.

They still get the disease, but are unable to perform a detox so they don't get the symptoms we associate with the disease. Therefore, they are sicker deeper in their body, longer (chronically) and often permanently.

Of course symptoms of body discharge must be respected - a child who is going through a post-illness detox must be properly nourished, given rest and have procedures promoting a complete detoxification and cleansing.

## Questions and answers about chiropractic

**Q:** Why do people see their chiropractor for periodic visits?

**A:** To make sure they are functioning at their peak. People see chiropractors every so often because their spines and structural systems need periodic re-alignment just like pianos and cars need periodic tuning and realignment.

If you have stress in your life you are probably developing subluxations during the day. Subluxations are distortions in your structural system that cause dis-ease or body weakening and malfunction. Subluxations may be expressed as pain, restricted range of motion, imbalance, and in many subtle ways.

Your chiropractor is specially trained to locate and correct subluxations. People visit their chiropractors for periodic checkups for subluxation location and correction thereby permitting their body to function at its fullest. That's why it's good to visit your neighborhood chiropractor.

## And now for something completely different

**GPS wisdom:** A car was broken into at a football game. A garage door remote control and a GPS was taken. The thieves used the GPS to find the house and the garage opener to gain entry.

**Moral:** If you have a GPS, don't put your home address in it. Put a nearby address (like a store or gas station) so you can still find your way home if you need to, but no one else would know where you live if your GPS were stolen.

## Study: high cholesterol does not cause heart disease, statins a "waste of time"

The study showing that cholesterol lowering drugs (Lipitor®, Crestor®, etc.) were less than worthless appeared in the British Medical Journal Open.

Cholesterol prevents infection, cancer, muscle pain and other conditions, especially in the elderly so lowering it actually causes health problems. Additionally, the researchers found no link between so-called "bad" cholesterol and heart disease in individuals over 60. In fact, the opposite was found: 92% of people with high cholesterol actually lived longer and had less heart disease!

*Since elderly people with high LDL-C live as long or longer than those with low LDL-C, our analysis provides reason to question the validity of the cholesterol hypothesis. (3)*

The "research" showing lowering cholesterol is beneficial was conducted or funded by the companies making these drugs. The best way to achieve and maintain good heart health is not through medications but through healthy lifestyle habits. Lead researcher Dr. Sherif Sultan from the University of Ireland says it plainly:

*Lowering cholesterol with medications is a total waste of time and resources. (4)*

## Thinking about back surgery?

Few surgeries have a higher failure rate than lumbar spinal fusion, a common back surgery that involves scraping slivers of bone off the hip and placing them in the disc space or the back of the spine. The raw bone promotes growth above and below causing the segments to fuse over an 18-month period. This results in less motion in the spine.

The surgery is done to eliminate back pain but the failure rate is so high it has a special name: "failed back surgery syndrome."

A recent paper revealed that spinal fusion surgeries for chronic low back pain are on the rise, despite the lack of research to back their efficacy. As a result, experts are now calling for tighter guidelines, including a waiting period. Orthopedic surgeon Richard Williams, MD, who is also the spokesperson for the Royal Australasian College of Surgeons, says patients should wait 12 months before a spinal fusion surgery is performed because, "Most patients will recover after these 12 months." Further, "spinal fusion rarely results in having no pain at all. The surgery works for a proportion of patients, not all." (5)

Of course chiropractic care has been a blessing for countless people told that surgery was their only option, often saving them from this dangerous, costly and often useless medical procedure.

## Words of Wisdom

*The scientific method can teach us nothing else beyond how facts are related to, and conditioned by, each other.... Knowledge of what is does not open the door directly to what should be.* - Albert Einstein

## Did you know?

- An average adult's skin weighs about 11 pounds.
- You're almost a half inch taller in the morning than in the evening.
- All of the blood in your body travels through your heart once a minute. Your hair grows faster in warm weather.

## Researching Chiropractic



**Chiropractic clinical case histories have been a regular feature of our patient newsletter since its inception. There seems to be no limit to the health problems that respond to chiropractic care. How many people suffering, on drugs, facing a life of limitation could be helped by chiropractic care?**

**Probably most of them.**

**Trigeminal Neuralgia (tic douloureux).** For seven years a 77-year-old woman suffered from severe right-sided face pain (trigeminal neuralgia or TN). Her pain was made worse by chewing, talking, and smiling and when her symptoms were at their worst, she was unable to eat or talk well for up to 4 days. Medication gave temporarily relief and at times did not help at all.

When she began chiropractic care she rated her pain 10 out of 10, describing it as a constant hot, throbbing, burning sensation that progressively got worse. Subluxations were located at C1 (upper

neck) as well as other areas. The patient was put on a protocol for subluxation adjustment/correction.

After six visits of subluxation correction there was a significant reduction in pain; after four months of care she went off her medication and after 6 months of care was pain free. (6)

**Asthma and headaches.** A 15-year-old boy was suffering from asthma and headaches. He began specific chiropractic care for correction of his subluxations.

His asthma and headaches resolved completely following care. (7)

**Constipation in an eight-month old.** An 8-month-old baby boy was suffering from constipation. When the mother brought him in for care he had not made a bowel movement for five days. Increased fluid intake was unsuccessful.

Within a short period of his first adjustments, the infant proceeded to have a very large bowel movement while sitting in his car seat. Two hours later additional bowel movements occurred. The mother also stated that her child was of a much happier disposition. (8)

## Humor

### English is a crazy language

- There is no egg in eggplant nor ham in hamburger; neither apple nor pine in pineapple.
- English muffins weren't invented in England nor French fries in France.
- Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.
- We take English for granted but if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.
- And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham?
- If the plural of tooth is teeth, why isn't the plural of booth beeth?
- One goose, 2 geese so one moose, 2 meese?
- Doesn't it seem crazy that you can make amends but not one amend?
- If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?
- If a vegetarian eats vegetables, what does a humanitarian eat?

I'VE DECIDED I'LL NEVER GET  
DOWN TO MY ORIGINAL WEIGHT  
AND I'M OKAY WITH THAT.

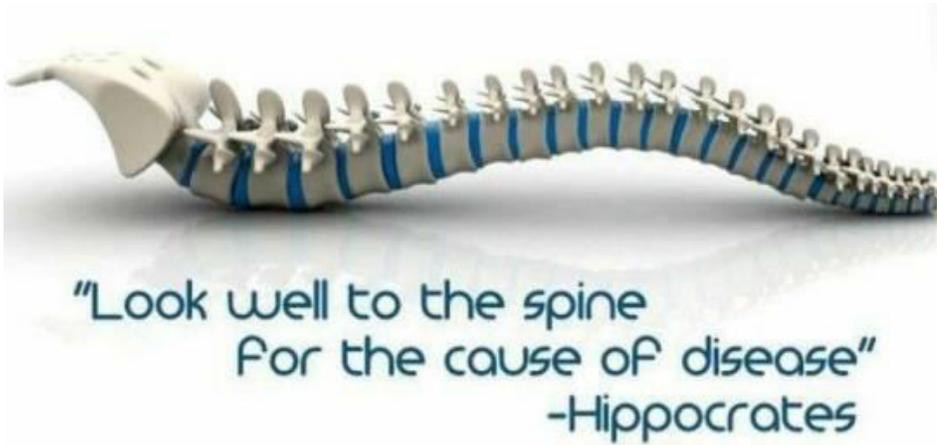
AFTER ALL, 6 LBS 3 OZ IS  
JUST NOT REALISTIC.

Bye!!!

Please write or stop by and give us your feedback. Are there any subjects you'd like to hear about? Anything you dislike? Feedback is always important to us. And, of course, if you'd like hard copies of this newsletter stop by the office and we'll give you some for your friends and relatives. If they have email, have them write to us and we'll add them to our subscriber list.

## References

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4. <http://www.telegraph.co.uk/science/2016/06/12/high-cholesterol-does-not-cause-heart-disease-new-research-finds/>
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**Chiropractic care is the key to  
living a life of optimal health**



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