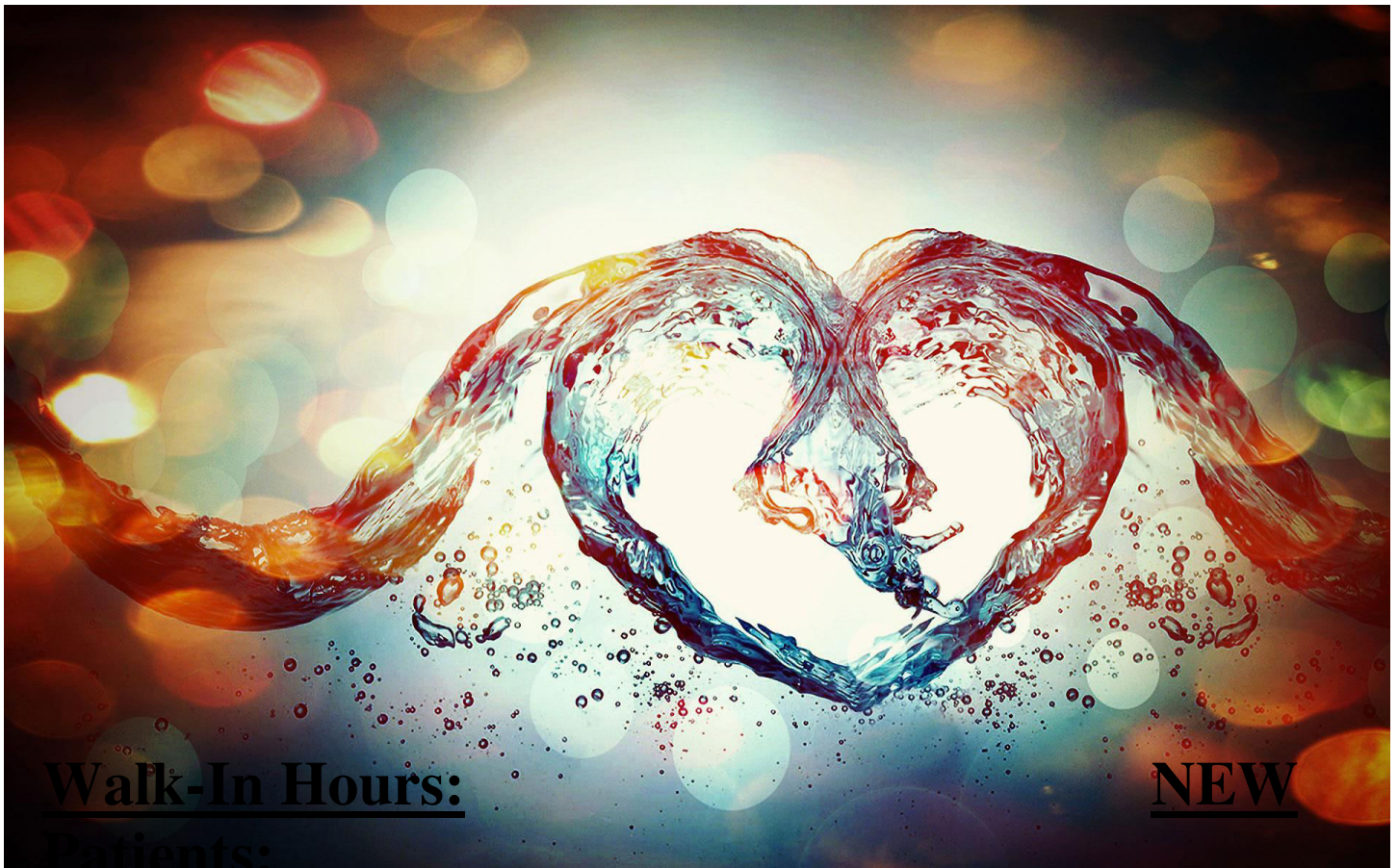


Chiropractic Health Newsletter

Shawn P. Neville, D.C.

Optimal Health.....through Chiropractic
2017

February



Walk-In Hours:

Patients:

NEW

Monday - Wednesday - Friday

appointment ONLY on

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

Seen **by**

M W F 12:30-

Choose Chiropractic

Think differently about staying healthy!

A 7-year study showed that patients whose primary physician was a **Chiropractor** experienced the following results:

60%

Less hospital admissions

59%

Less days in hospital

62%

Less outpatient surgeries

85%

Less in pharmaceutical costs

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

Live Well Chiropractic
www.livewelloregoncity.com

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!

Chiropractors are no strangers to the question: "Is chiropractic care safe for children?" Extensive research on the subject of chiropractic care and techniques tailored to the unique bodies and needs of children indicates yes.



Benefits of Chiro Care for Kids...

- **Treat Sports Mishaps and Acute Accidental Injury**
- **Often Relieves Earaches, Muscle Pain and Upper Respiratory Issues**
- **Can Improve Sleep and Build Stronger Immune Systems**

One common concern regarding pediatric chiropractic care is based upon a misunderstanding that everyone, regardless of age, receives the same techniques and treatments. However, just as a child sees a pediatrician, receives child-appropriate doses of medications, and responds differently than adults to different medical treatments, so too do children require tailored chiropractic care. The field of pediatric chiropractic care is enormously large and effective, and has helped children across the globe. And just as different bodies young and old have different needs, chiropractors modify techniques depending on the age and development of the child. Childhood chiropractic care has resulted in high improvement of conditions from musculoskeletal pains to GI ailments, and has been employed to successfully treat childhood asthma as well as pain in the back, joints, and soft tissues. This summer, the Chiropractic Board of Australia and the American Chiropractic Association (ACA) released statements about the safety and efficacy of pediatric chiropractic care, asserting that the practice is gentle and effective. The ACA further cited over 115 years of scientific literature investigating adverse events in pediatric chiropractic care, and illustrated that such adverse events were "exceedingly rare." Pediatric chiropractic care has been demonstrated as an important component of childhood health care, and supports the wellbeing of young people through safe, gentle, and effective treatments.



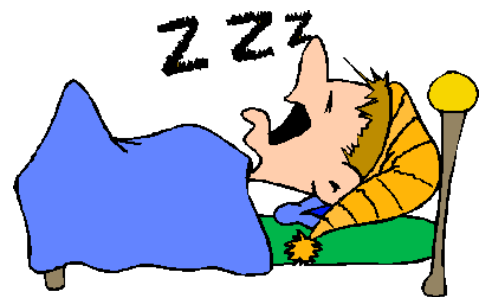
Opioid Pain Killers and Crash Risk in the Elderly

Opioid use has been in the spotlight recently. From over-prescription, to abuse and addiction, to devastating long-term effects, the conversation about these controversial medications has even reached the federal level through opioid

legislation. But the drug is now receiving attention in a new topic of discussion: motor vehicle accidents. **A new study from the Oxford Journal *Age and Ageing* has demonstrated a possible link between opioid use and increased vehicle crash risk for individuals 50-80 years old. The results of this study demonstrated that older drivers using opioid medications doubled their risk of a single-vehicle crash against those using non-opioid analgesics.** Previous studies have also suggested possible increased risk associated with driving while taking opioids, which further reinforces the known risks of opioid medications. For doctors of chiropractic, seeing patients who are taking opioid medications is all too familiar. This is because opioids are very commonly prescribed for back and neck pain, and are often taken long-term. However, these drugs can have devastating side effects such as depression, dependence, and even damage to the brain. Fortunately, chiropractic care presents a solution. Rather than prescribing long-term medications or invasive procedures, chiropractic care relies on non-invasive, sustainable, and effective treatment measures that don't just mask the symptoms of pain, but treat the actual source of discomfort. Particularly for the elderly, the understood risks of opioid usage are increasing. But chiropractic care presents a solution that is safe and effective for all ages, eliminating the risks associated with these medications, and resolving pain from the source. By minimizing or eliminating the need for pain medications, chiropractic care can effectively increase safety for elderly patients and increase their quality of life.

What Mattress Is Best For Your Back Pain?

According to a recent study, waterbeds and body-conforming foam mattresses appear better for those individuals who suffer from back pain as compared with hard mattresses. The study included more than 100 subjects who were randomly assigned a waterbed, body-conforming mattress or hard mattress. Subjects slept on their assigned mattresses for 30-days and were evaluated by researchers before and after the 30-days. **Things evaluated included the subjects' reported back pain levels, daily functioning and amount of sleep achieved per night. While researchers found no significant difference between those sleeping on waterbeds and those sleeping on foam mattresses, they did find them both superior to the hard mattress.** And while everyone responds differently, those suffering from back pains who sleep on a hard mattress may wish to consider changing to a softer, less stiff foam containing mattress or perhaps even those once very popular waterbeds.



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Nobody can go back and start a new beginning, but anyone can start today and make a new ending. -Maria Robinson

Neck and lower back pain



Did you know that neck and lower back pain often accompany one another? Nearly every chiropractic patient who complains of chronic or even occasional lower back pain reports that they have occasionally woken up with neck pain or neck stiffness. Coincidence?

It's no coincidence - although your spine is made up of many different spinal bones (vertebrae) going from your lower back (lumbar area) up to the top of your neck (cervical area), your spine is one entire unit. Therefore, each part can affect the other parts.

By the way, that includes more than your spine. Your entire body may be affected: your arms, hands, legs, feet, head, internal organs, brain, muscles, tissues, glands and more may be

affected.

Now you know why chiropractic care is so powerful. When your subluxations are located and corrected, your entire body benefits in many ways. Chiropractic helps your nerves communicate better so all your parts work together more efficiently.



Wear socks to bed ...

Swiss researchers found that people fell asleep quickest when their hands and feet were warmest. This happens because warm feet and hands cause blood vessels to enlarge, allowing more heat to escape your body, which in turn lowers your core temperature faster and causes you to fall asleep. Putting on socks may help you fall asleep in half the time it normally takes. (1)

... But not a bra

Bras, with their straps and hooks and especially underwires, dig into the skin and interfere with the flow of lymph through your lymphatic system. The result can be health problems that, apart from irritations, welts, indentations and cysts, include an increased risk of breast cancer. One 1991 Harvard study found that wearing a bra 24/7 increased the incidence of breast cancer by 100%. (2)

Questions and answers about chiropractic

Question: What diseases do chiropractors treat?



Answer: None of them and all of them. Chiropractic is not a treatment for named diseases but should be sought out no matter what conditions or diseases a person suffers from or is diagnosed with - back pain, depression, cold, flu, cancer, autism, allergies, asthma - everything from A to Z. How can that be? It's because chiropractic's purpose is to release subluxations - blockages or interferences in your body that prevent you from functioning at your best.

Think of chiropractic subluxation correction as you would good nutrition. What diseases do you need good nutrition for? All of them! The chiropractic message is simple: do not live with subluxations and do not let your children, your spouse and your friends and relatives live with subluxations.



Harry & Bess

It's nice to reflect that America has been blessed with presidents who respected the traditional values on which our nation was founded.

Harry Truman, for example, probably made as many (or more) important decisions regarding our nation's history as any of the other 42 Presidents preceding

him. However, a measure of his greatness may rest on what he did after he left the White House.

The only asset he had when he died was the house he lived in, which was in Independence, Missouri. His wife had inherited the house from her mother and father and other than their years in the White House, they lived their entire lives there.

When he retired from office in 1952 his income was a U.S. Army pension reported to have been \$13,507.72 a year. Congress, noting that he was paying for his stamps and personally licking them, granted him an 'allowance' and, later, a retroactive pension of \$25,000 per year.

After President Eisenhower was inaugurated, Harry and Bess drove home to Missouri by themselves. There was no Secret Service following them.

When offered corporate positions at large salaries, he declined, stating, "You don't want me. You want the office of the President, and that doesn't belong to me. It belongs to the American people and it's not for sale."

Even later, on May 6, 1971, when Congress was preparing to award him the Medal of Honor on his 87th birthday, he refused to accept it, writing, "I don't consider that I have done anything which should be the reason for any award, Congressional or otherwise."

As president, he paid for all of his own travel expenses and food.

Modern politicians have found a new level of success in cashing in on the Presidency, resulting in untold wealth. Today, many in Congress also have found a way to become quite wealthy while enjoying the fruits of their offices. Political offices are now for sale.

Harry Truman said, "My choices in life were either to be a piano player in a whore house or a politician. And to tell the truth, there's hardly any difference."



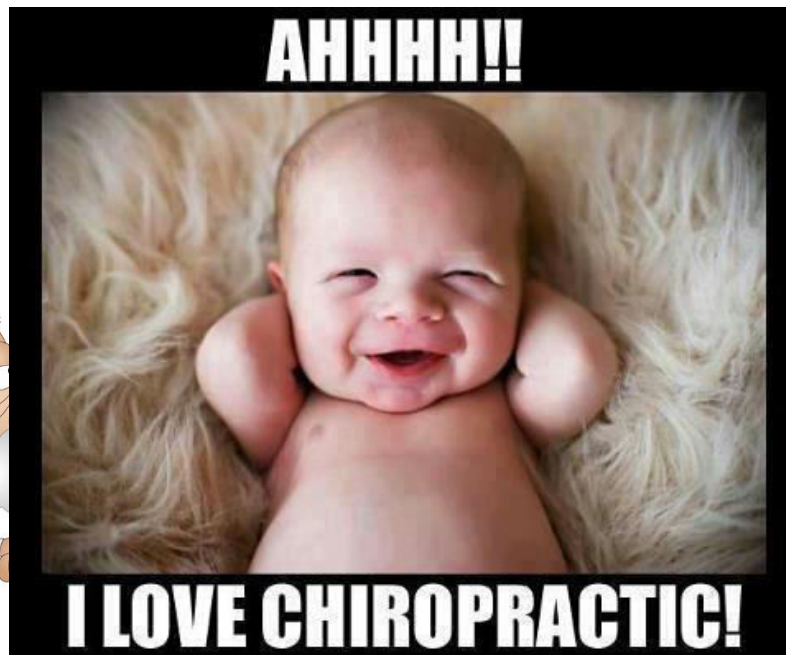
Did you know?

- The smallest bones in the human body are found in your ear?
- Cats spend 66% of their life asleep?
- Money is the number one thing that couples argue about?
- When lightning strikes, it can reach up to 54,000 degrees Fahrenheit?

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.



Bilateral sciatica in a 77-year-old man. The patient was examined for the presence of vertebral

subluxation complex using infrared thermography, radiography and video fluoroscopy. Vertebral subluxations and a deviated sacrum were located. After 1½ months of care there was a marked reduction in sciatica symptoms. (7)

Two children with neurodevelopmental issues.

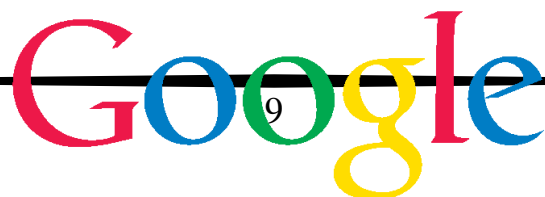
Case 1: An 11-year-old girl with ADHD. She had difficulties with reading comprehension, handwriting and mathematics. Since beginning chiropractic care, her social interaction and emotional state improved. By her 23rd visit she was in the A range and selected to be tested for the honors program. (8)



Case 2: Developmental delays in crawling and walking in a 13-month-old girl. The mother described the child's crawling as a 'scoting' motion since the patient's buttocks remained in contact with the ground. She also was not standing on her own or trying to walk. After four adjustments, she was crawling normally, had taken four steps unassisted, and had not performed the scoting motion since the second visit. (9)

Fatigue, loss of energy and depression in a 30-year-old male. He also complained of occasional headaches and acid reflux. Over an eight-month period the SF-36 general health survey demonstrated significant improvement particularly in the areas of General Health, Mental Health, and Mental Component Summary with improvements in fatigue and malaise. (10)

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Please take a minute of your time
to leave a **Google** review for Dr. Neville.

It's easy to do; you need a Gmail account.

- (1) Go to www.google.com
- (2) Search "Kennedy Chiropractic"
- (3) Kennedy Chiropractic should show up on the right side.
- (4) Click on "write a review" to leave your review.

Leave your review, and Kennedy Chiropractic
will give you a \$10 gift card to Starbucks!



Thank you!

Shawn P. Neville DC

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“Look well to the spine
For the cause of disease”
-Hippocrates

**Chiropractic care is the key to
living a life of optimal health**



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