CHIROPRACTIC FOR ALL DISEASES

This may sound like a bold statement but consider this – what diseases does good nutrition help? All diseases! You need proper nutrition all the time but you need proper nutrition especially when you are experiencing poor health.

It’s the same with chiropractic. The purpose of chiropractic is to release deep stress (subluxations) from your body, a stress that interferes with the proper function of your nervous system, muscular system, digestive system, respiratory system, circulatory system, excretory system, immune system and all your other systems. This is important all the time – but it is especially important when you are experiencing poor health, no matter what the diagnosis.

So it doesn’t matter what disease or condition you or someone you care about is dealing with – all people, from babies to adults to the elderly who are experiencing a health problem, need to have a body free from health-destroying subluxations that interfere with proper body function.

CHIROPRACTIC FOR WELLNESS

Chiropractic is not just about disease. Even though people suffering from asthma, allergies, back and neck pain, disc problems, headaches, carpal tunnel syndrome, vision, hearing, and many other conditions seek out chiropractic care, chiropractic is a powerful way of keeping you strong and healthy.

Chiropractors keep you free from health-destroying subluxations before they cause symptoms and health conditions. Why wait to get sick before you do something about your health?

For this reason you need to come in for a chiropractic analysis and checkup even after the initial problem you came in for has cleared up. You need to function at your best; you need to live free of subluxations now, whether or not your body is currently expressing symptoms.
A Bad Tooth Can Kill You

It’s true. Bad teeth and gums can cause many different diseases, and some of them can be life threatening.

Research reveals that cancer, MS, Parkinson’s Disease, heart disease, heart valve problems and other conditions can be linked to infected root canals, infected crowns and jaw cavitations (rotten or “dead” areas). As one dentist writes:

*Bacteria found in root canals are related to: arthritis, heart valve problems, breast tumors, gall bladder disease, iritis, eczema, torticollis, nephritis, cystitis, pernicious anemia, colitis, neuritis, migraines, sinusitis, atherosclerosis, hypertension, coronary artery disease, and thyroid disease.* (1)

A Great Natural Product For You And Your Home

Did you know that apple cider vinegar (ACV) lowers glucose levels? This is important for diabetics. ACV helps with weight loss because you feel fuller and eat less. The enzymes in apple cider vinegar also promote the growth of healthy bacteria in the gut and can help regulate candida problems.

How to take ACV: Mix 1 tablespoon with a cup of water or herbal tea (don’t take it straight, best to dilute it).

Apple cider vinegar is also a classic salad dressing ingredient – that’s a great way to put it in your system.

Sunlight, Vitamin D & Cancer

Ways Vitamin D reduces the risk of getting cancer

Vitamin D helps change cancer cells back to normal cells and prevents cancer cells from multiplying and spreading. Vitamin D has been shown to suppress genetic mutation and inhibit the formation of tumor blood vessels, starving the tumor of the nutrients it needs to grow. So what’s the best way to get Vitamin D?

The easiest and cheapest way: go out in the sun for 10 to 15 minutes a couple days a week, exposing as much skin as possible. If that’s not possible take a Vitamin D supplement.

Many foods have lots of Vitamin D such as herring, sardines, anchovies, good quality salmon and even egg yolks.

Another great natural source of Vitamin D is cod liver oil. Just a single teaspoon contains 1,360 IU of Vitamin D. (2-6)

Words of Wisdom

Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance. – Brian Tracy

Humor

A newly married man asked his wife, ‘Would you have married me if my father hadn’t left me a fortune?’

‘Honey,’ the woman replied sweetly, ‘I’d have married you, no matter who left you a fortune!’
**Research and Chiropractic**

There seems to be no end to the conditions that respond to chiropractic care – physical as well as psychological conditions.

That is because chiropractic does not “treat” a particular condition. Chiropractic care “treats” or more accurately “corrects” a serious interference to brain, nervous system and energy function known as the subluxation.

No matter what condition you or a loved one may have, you will always function better when free from subluxations. Chiropractors are uniquely trained to locate and correct subluxations. Enjoy this month’s cases and see more next month.

Obstructive Sleep Apnea (OSA). A 34-year-old man was diagnosed with OSA five years prior, however he had been suffering from OSA symptoms for many years before diagnosis. He couldn’t breathe at night while sleeping unless he used a positive airway pressure (CPAP) machine. The patient also suffered from daytime drowsiness, lack of energy and loud snoring.

His vertebral subluxations were located and were corrected with chiropractic adjustments. After three months of adjustments he experienced an increase in energy, decreased daytime drowsiness and improvement in other health conditions. He now sleeps through the night without the CPAP machine.

Chronic constipation in an eight-year-old. An eight-year-old boy suffered from chronic constipation and abdominal pain since birth. Chiropractic care was administered to correct specific levels of vertebral subluxation in the child’s spine and after 12 visits the patient had daily bowel movements with decreased abdominal pain.

Loss of smell (anosmia) and taste (ageusia). A 64-year-old woman with a history of head and neck trauma and the subsequent loss of smell and taste began chiropractic care.

Under chiropractic care she reported improvement of her symptoms within 48 hours of the first visit with complete restoration of her smell and taste within 3 months.

References


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Check out www.VanDamChiropractic.com for some healthy recipe options and then let us know if you enjoyed them!