



# Pain Relief Naturally



## Natural Health Center

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### Our Mission Statement:

To assist everyone & anyone desiring optimum health through natural and alternative health care, to avoid the negative side-effects of drug prescriptions and surgery.



**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.**

February is the coldest month, so it's a perfect time to remind you that we're heading toward summer. This is a photo of sunrise over the ocean in Cancun, Mexico.

*Talk is cheap, except when Congress does it.* – Anonymous

*The government is like a baby's alimentary canal, with a happy appetite at one end and no responsibility at the other.* – Ronald Reagan

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### The first chiropractor



Here is a photograph of the discoverer of chiropractic, Dr. DD Palmer, of Davenport, Iowa demonstrating spinal adjusting. Dr. Palmer (called "DD") accidentally discovered chiropractic when he restored the hearing of a man who had been deaf for 17 years.

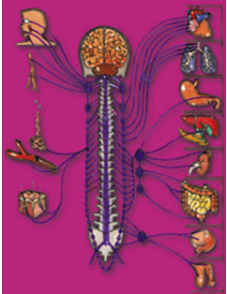
DD originally thought he had discovered a cure for deafness, but after patients with heart problems, asthma, menstrual cramps, infertility, headaches, back and neck problems and many other conditions were restored to proper function from Dr. Palmer's "hand treatments" (as he first called them), he realized he had discovered something more far reaching.

Soon people were flocking to his office from far and wide. After many entreaties Dr. Palmer agreed to teach his discovery and began the Palmer School of Chiropractic, which is still in existence.

Most of Dr. Palmer's first students were medical doctors, osteopaths and other natural healers. In time the Palmer school accepted individuals without advanced degrees. Why? Because, as BJ Palmer, DD's son and future head of the school said, "Humanity needs more chiropractors."

Chiropractic went from one lone practitioner in Davenport, Iowa in 1895 to become the largest drug-free healthcare system in the world. Millions of people visit their neighborhood chiropractors every year – the numbers are growing.

And yet many more millions have no idea how chiropractic can help them and their families live more natural, drug-free lives. Instead we see so many "walking drugstores," suffering from side effects not knowing that chiropractic can help turn on their "inner drugstore" – their own natural healing ability. Please help us help them by referring those you care about.



### Questions and answers about chiropractic

#### Q. Are there incurable diseases?

A. There are no incurable diseases. There are thousands of cases of people suffering from what are considered by medical doctors to be terminal, incurable diseases, who amazed everyone by living long fruitful lives after having had a "spontaneous remission."

What is a "spontaneous remission?" It is the body's natural healing ability that was awakened to recognize and heal itself of its "incurable" illness.

Exactly how to awaken this self-healing ability is a mystery. It is the goal of chiropractic and other natural systems to remove blockages, distortions, interferences and subluxations so your body may function at an improved level. That is why many people called "terminal" rediscovered their health under chiropractic care and other forms of natural healthcare.

### Avoid aspartame (NutraSweet®, Equal®)



In our toxic world too many people are using aspartame that breaks down in the body into aspartic acid, phenylalanine and methanol. What do they do?

**Aspartic acid** (aspartate), slowly destroys brain cells (neurons). No wonder aspartame causes memory loss! It is also linked to MS, Parkinson's, Alzheimer's and dementia.

**Phenylalanine** is linked to depression, anxiety, mood swings and violent rages.

**Methanol** (wood alcohol) is a poison that breaks down into formic acid and formaldehyde in your body. Formaldehyde is a deadly neurotoxin and a known carcinogen. It also causes retinal damage, interferes with DNA replication and causes birth defects.

Here is a list of foods (besides diet soda) that may contain aspartame. Anything that says "sugar free" may contain aspartame. Read labels!

- Mints, chewing gum, hard candies, soft candy chews
- Flavored syrups for coffee, flavored water products
- Frozen ice cream, ice cream novelties and frozen ice, ice cream toppings
- Fruit spreads, jams/jellies, Jell-O and pudding
- Iced tea powder and ready to drink, instant cocoa mix, juice blends and drinks
- Mousse and syrups
- Meal replacements, protein nutritional shakes, protein and nutritional bars
- "No sugar added" and "Sugar Free" foods and products
- Veggie drinks
- Yogurt — drinkable, fat free, sugar free

Many drugs contain aspartame. Find a list of them here: <http://suewidemark.com/asparmeds.htm>

### 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.

That is because chiropractors do not "treat" a particular condition but instead do something deeper – remove subluxations that interfere with proper function of the brain and nervous system to rebalance, remove disharmony, restore function and "unleash" the power of the healer within.

No matter what the condition your body will always function better when free from subluxations. This month's case reveals some examples of that. See more next month.



**Difficulty nursing.** An 8-week-old female unable to suck properly and who had difficulty nursing was brought in for chiropractic care. The patient was described as distressed. She had a left head tilt and subluxations were identified at the occiput (of the skull), atlas vertebra, sacrum and the cranium.

The infant received spinal and cranial adjustments. After the third adjustment the baby latched on and breastfed for 20 minutes without any difficulty. She continues to breastfeed normally. (5)

### Words of wisdom

*The inherent vice of capitalism is the unequal sharing of the blessings. The inherent blessing of socialism is the equal sharing of misery.*  
– Winston Churchill

### Sugar-fed beef?

The only beef to eat is grass-fed. Commercial beef has the wrong kind of fat that's unhealthy for your heart because cattle that are supposed to graze on grasslands, prairies and hillsides are instead fed cheap grain and "feedstuff" to fatten them up quickly. "Feedstuffs" include chocolate bars, rainbow sprinkles, gummy worms, and stale cookies. Corn prices are so high that ranchers are adding these processed sugary junk foods to the cows' diet. (6)

The *Journal of Animal Science* found that the more grass cattle ate, the more nutritious their beef became.

### Humor



I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.

She was only a whiskey-maker, but he loved her still.

No matter how much you push the envelope, it'll still be stationery.

A dog gave birth to puppies near the road and was cited for littering.

Two silk worms had a race. They ended up in a tie.

A hole has been found in the nudist camp wall. The police are looking into it.

Time flies like an arrow. Fruit flies like a banana.

Atheism is a non-prophet organization.

Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'

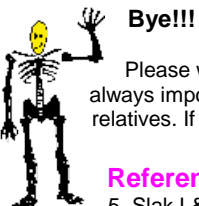
I wondered why the baseball kept getting bigger. Then it hit me.

A sign on the lawn at a drug rehab center said: 'Keep off the grass.'

The midget fortune-teller who escaped from prison was a small medium at large.

The soldier who survived mustard gas and pepper spray is now a seasoned veteran.

A backward poet writes inverse.



### 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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**Dr. Lon's Current Office Hours**

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