



Natural Health Center

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Inside This Issue:

- *Friends & Neighbors*
- *What does a subluxation do to me?*
- *It's flu shot season – wait a minute!*
- *While we're on the subject...*
- *What part of your body does this?*
- *Did you know?*

VOLUME I, ISSUE I
JANUARY 2012

Dear Patients, Friends and Neighbors:

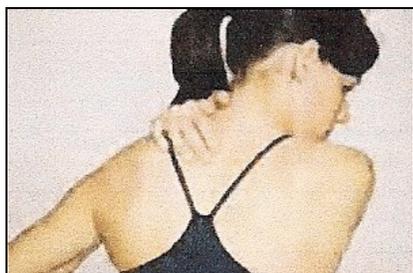
Another year is history and did you notice how quickly Christmas came?... and went?? So fast the Holiday Newsletter became the "New Year Newsletter." A patient the last several years, bilingual Cecelia Garcia is handling the front desk. Tracy is specializing in women & children. Nichole is working on her masters degree in Nutrition while still seeing clients for counseling and hypnosis.

We do not keep regular hours, so please call ahead to schedule appointments. Contact information above. As a reminder I do see patients in Fremont when not in Woodville. For more information on what our patients say, links to alternative health articles, and videos, please check our website: www.naturalhealthohio.com.

We are still collecting email addresses and updating our mail list.

Wishing you a better year in 2012, and may your next year be your best year!

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



What does a subluxation do to me?

What does a subluxation do to me? Subluxations are distortions in your body that interfere with your internal communications. Doctors of Chiropractic locate and correct subluxations to promote improved health, healing, balance, energy and connection. Among the ways subluxations damage your health and well-being are the following:

1. Spine and structural distortions. They can express as one leg being shorter than the other; one hip or shoulder not being in line with the other; hips being unbalanced. A distorted body causes weakness, fatigue and overall body malfunction (dis-ease).
 2. Nerve interference. Your brain, spinal cord and nerves cannot send information and energy at top efficiency. You may feel pain or feel like you're in a mental fog or both.
 3. Chemical changes. This can cause inflammation of joints, ligaments, discs and bones. It can cause pain, weakness, lack of energy and dis-ease.
 4. Muscle stress. This can express as trigger points, pain, soreness, weakness, imbalance and fatigue.
 5. Internal organ weakness. Depending on which nerves are affected, your internal organs can be weakened which can result in malfunction, tissue weakness and dis-ease.
- Now do you see why it's so important to get a chiropractic checkup to make sure you are free of subluxations? Why carry them around inside you? Subluxations are like cavities in the teeth—slowly damaging your health. It's best to locate and correct them early, before they cause serious health problems.

IT'S FLU SHOT SEASON—WAIT A MINUTE!

Drug stores and pharmacies are covered with signs offering flu shots. But before you, your relatives or your friends submit to getting injected with toxins and bizarre poisonous chemicals you should know a few things about this year's flu shot. First of all, the manufacturer has admitted that it doesn't work.

That's right, GlaxoSmithKline, the manufacturer of FluLaval®, actually puts it in the product insert (that little paper that comes with the vaccine with all the small print no one reads.) Don't believe us? Here it is word-for-word:

"There have been no controlled trials adequately demonstrating a decrease in influenza disease after vaccination with FluLaval®. (1)"

Why get it if there's no proof it decreases flu?

More on the flu shot:

Flu shots contain mercury

A survey of over 9,000 Americans found a majority had no idea flu shots contain mercury. "More than 75% of Americans feel a mercury-containing flu shot should not be given to a pregnant woman or a child," said Lisa Handley of *PutChildrenFirst.org*. Handley's son, Jamison, had an adverse reaction to a flu shot containing mercury. "Our son began his regression into autism after his flu shot." In 1999, government agencies called for the removal of mercury in vaccines. Then, in 2001, the American Academy of Pediatrics stated that, "mercury in all of its forms is toxic to the fetus and children." Despite this, many of this season's flu vaccines still contain thimerosal (mercury).

Flu vaccination during pregnancy dangerous and useless

From the journal Archives of Pediatrics and Adolescent Medicine: *We were unable to demonstrate that maternal influenza vaccination reduces respiratory illness visit rates among their infants... does not seem to reduce the occurrence of respiratory illness in their newborn infant. Maternal influenza vaccination did not significantly affect infant outpatient and inpatient visits for acute respiratory illness.*

Why do pediatricians tell pregnant women not to eat too much tuna (to avoid mercury) but recommend they get the flu shot (that's full of mercury)? (2)

Flu shot doesn't help the elderly The ads say "The flu shot saves lives" but research reveals it's not so; the flu vaccine isn't preventing death in the elderly.

The rate of immunization of those over 65 increased 50% in the past 20 years but there was no decline in flu deaths. The flu shot's ingredients include mercury, linked to brain damage, and phenol (a carcinogen).

Mortality rates for those over 85 showed no change as well. It's useless and dangerous. (3)

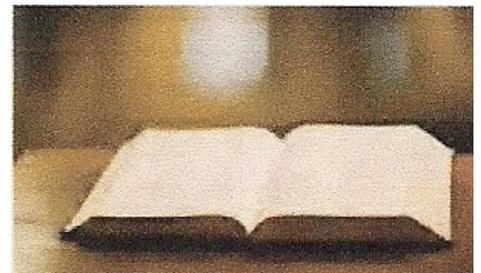
Flu shot linked to Alzheimer's

"According to Hugh Fudenberg, M.D., the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in top peer review journals), if an individual has had five consecutive flu shots his/her chances of getting Alzheimer's disease is ten times higher than if they had one, two or no shots. (4) Dr. Fudenberg says the brain damage is due to the mercury in many flu shots (and many childhood shots). The gradual mercury

buildup in the brain causes cognitive dysfunction. Is that why Alzheimer's is increasing? **Please pass on the above information to all your friends and relatives who may be pressured into getting a flu shot. It doesn't work and it's dangerous.**

Words of Wisdom...

Life is really simple, but we insist on making it complicated—*Confucius*



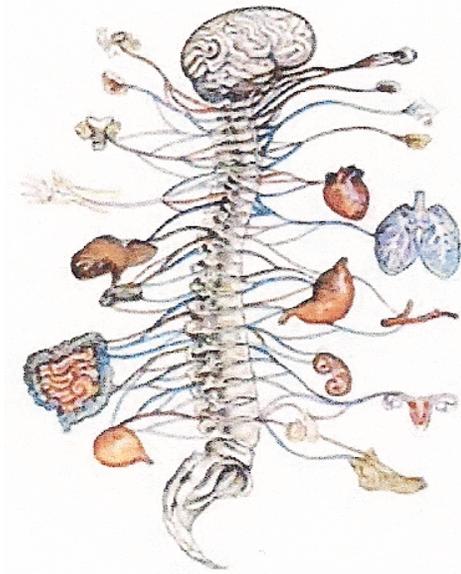
WHILE WE'RE ON THE SUBJECT....

There is no proof that Gardasil®, touted as a cancer vaccine, is anything of the kind. Here is what immunologist Charlotte Haug, M.D., Ph.D. writes in her article in *New Scientist*:

Despite claims that the vaccine will cut cancer deaths by two-thirds or more, its overall effectiveness in the prevention of cervical cancer remains unknown and will not be known for decades.

Gardasil® is an experiment (on mostly our children) that has been linked to over one hundred deaths and thousands of injuries. (5)

WHAT PART OF YOUR BODY DOES THIS?



It looks like a 25-foot long, one-inch wide tube but it is all folded up so it tucks into a space (usually) less than a foot across. But if you stretched it out it would be as large as a tennis court. Without it you'd have a hard time living. Actually you couldn't. It protects your brain and works with your immune system to keep bad germs from overpowering you.

It takes all the food you eat and drink and absorbs the nutrients. But it does much more than that. It serves as a home for a vast botanical garden filled with billions and trillions of tiny growing microorganisms. They are more numerous than all the cells of your body. And they aren't even you—they are bacteria, yeasts, viruses, worms and more!. Right now you're carrying around from four to six pounds of them all the time. What are we talking about? Your intestines. The microorganisms that live there are called your gut flora. But don't worry about them—they are good for you.

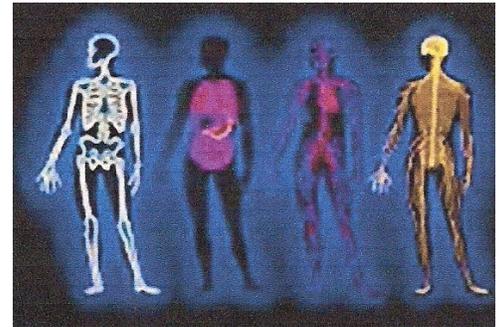
All those tiny life forms help you digest food, protect you from infections from bad microorganisms, and even make vitamins you need for health. More importantly, they make every antibiotic needed to keep bad bacteria in check, plus they make anti-fungal and antiviral substances. Why? Because our food is full of bacteria, viruses, molds, fungi and loads of germs of all kinds and they need to be watched and controlled so they don't overpower you.

The bacteria in our gut also protects us from cancer and all kinds of toxins. When analyzed our stools are over 90% bacteria. As we poop out stool we poop out bacteria that have trapped toxins. A high-sugar diet has been shown to alter the composition of bacteria in our intestines, making it easier to gain weight and harder to lose it. Keep your intestines happy by eating non-refined, organic foods containing good bacteria (probiotics). That includes fermented foods such as pickles, yogurt (with live cultures), non-pasteurized beer, sauerkraut and other fermented foods (a list can be found at www.westonaprice.org).

RESEARCHING CHIROPRACTIC

Chiropractic clinical case histories have been a regular feature of our patient newsletter since its inception and have included papers published in various biomedical and chiropractic journals.

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.

Autism symptoms. A 4½-year-old male child with learning disabilities, reduced social interaction and increased sensory stimulation behaviors presented for chiropractic care. The patient was suspected to have attention deficit-hyperactivity disorder (ADHD) along with his diagnosis of sensory processing disorder one-year prior.

The child was adjusted for subluxations and placed on a gluten-free, refined sugar-free, and casein-free diet.

In addition, exercises were given to stimulate the patient's sensory nerve pathways. The child experienced a decrease in outbursts, improved attention span, improved ability to focus and he began to read. (6)

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RESEARCHING CHIROPRACTIC CONTINUED FROM PAGE 3



Seizures, blood pressure, visual and hearing disturbances.

A 76-year-old woman had been suffering from seizures for ten years after experiencing a concussion. She also suffered from fluctuating blood pressure, visual disturbances, decreased hearing, abnormally wide stride and an abnormal walking pattern.

Immediately after her first chiropractic adjustment she experienced a more normal walking pattern. Within two months of care she reported a complete recovery from seizures, blood pressure stability and improved hearing.



Multiple Sclerosis - BYE!

A 28-year-old woman with multiple sclerosis suffered from severe neck and back pain following an injury to her neck

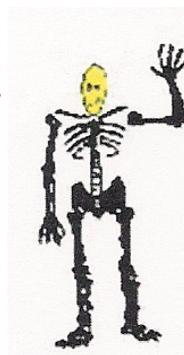
Chiropractic examination revealed subluxations in her spine, especially in the upper neck area. She was given a series of chiropractic adjustments to reduce her subluxations.

She reported improved sleep after her first adjustment and by her fifth visit she reported improvement in her neck and back pain and symptoms associated with multiple sclerosis. (8)

*References available on www.naturalhealthohio.com/newsletters, January 2012 Newsletter

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.

Dr. Lon and the Staff of Natural Health Center



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