

# HEALTH

## News & Views

**April 2012**

**Never Talk, Walk, or  
Lift Her Left Arm Again...**  
*expect a miracle story*

**Proud of  
GMO'S?**

**Back Smarts**  
what you need  
to know

**Are You A  
Prepper?**

*action steps you  
can take today*



# Expect A Miracle



## Never Talk, Never Walk, Never Lift Her Left Arm Again

A 14-year-old girl was in a bad traffic accident, left unable to walk, (could still move her legs with pain, but no weight bearing) unable to make discernible speech, and could not use her left arm (and she is left handed).

She was told after about 6 months of physical therapy, and that this was likely as good as she was going to get. So she should get used to never being able to walk, talk or use her left arm. She'd been a cross country runner and was devastated.

Her father, who was the driver of the car, was distraught with guilt over it, because he escaped with only minor injuries. Although the accident wasn't his fault, somebody had hit him in a T-bone collision, and he felt guilty everyday. Eventually, 6 or 7 months after the accident, he became a patient of mine for standard low back and neck pain. After I educated him about subluxation, he brought in his daughter.

It was definitely bad, but there were no fractures, and I began adjusting her. Progress was slow. It was not one of those times that after a few adjustments there was a 'WOW' moment, but we kept at it.

About 3 months later, she could lift her left arm above her head. At my suggestion, she began aqua aerobics classes, and a short time later began swimming.

At about 5 months she could stand. At 6 months, just like the flip of a switch, she could speak normally. About 9 months later, she was walking. She began riding a stationary bike, and later progressed to road cycling.

About 18 months after beginning chiropractic care, the girl who would never walk, never talk and never use her left arm again crossed the finish line of the South Australia state triathlon championships to win a silver medal in the junior female category. (about 40 competitors in the division). I was privileged to be waiting at the finish line for her, having crossed it myself about 15 minutes earlier.

At the awards ceremony, she took the microphone and told a field of several hundred tri-athletes about the power of chiropractic.

Dr Rob Hutchings  
Adelaide, South Australia  
Article courtesy of [expectamiracle.com](http://expectamiracle.com)



### If the biotech industry is so proud of GMOs, why don't they tout GMOs on food packaging labels?

Genetically engineered foods will "feed the world," say Bill Gates and all the rest of the GMO pushers. GM crops are the result of "high-tech agriculture"

and "advanced technology" created by super-smart agricultural geniuses who only enhance the properties of food crops. GMOs are better than God, better than Mother Nature, and one of the great gifts of science to humankind -- sort of like electricity, only more edible.

If this is all true, then why doesn't the GMO industry want credit for all this effort on food labels? Shouldn't the industry leap at the opportunity to have foods labeled with things like:

- Fortified with extra GMOs!
- Genetically Modified to grow strong bones!
- Now with GMO technology in every delicious bite!

If GMOs are so wonderful, in other words, then why wouldn't the industry tout all its amazing technology right on the labels of the foods containing GMOs?

Learn more: [www.naturalnews.com/035174\\_GMOs\\_food\\_packaging\\_biotech\\_industry.html#ixzz1orexqFoe](http://www.naturalnews.com/035174_GMOs_food_packaging_biotech_industry.html#ixzz1orexqFoe)

## Expand Your Viewpoint

There is always something new to learn about, whether you are young or old or somewhere in between. Let us help you *know your stuff!*

Our Website of the Month  
(we think its worth checking out)

[www.welladjustedbabies.com](http://www.welladjustedbabies.com)

Committed to improving the health of our planet, one family at a time.

# Are You A Prepper?



2012 is the year of the Prepper, or so it seems. For the first time, the Prepper is coming into respectability. No longer is the individual or family putting a little extra food and water aside for an emergency considered a weirdo or fanatic. What is a Prepper?...Ordinary Americans who are preparing for the end of the world as we know it. Unique in their beliefs, motivations, and strategies, preppers will go to whatever lengths they can to make sure they are prepared for any of life's uncertainties. Whether its a megaquake, economic collapse, global pandemic, a 2012 cataclysm, nuclear war, solar-flare-induced power failures, or an extreme oil crisis that leads to the unraveling of society, preparing seems to be the best answer.

As family preparedness becomes mainstream, a frequent question is "How do I get started?" coupled with "Oh my gosh, that is so much work!".

Here are some tips for the beginning prepper. As you will see, there is no great mystery, no drama, no nonsense and no weird stuff. Just practical common sense organized in a manner that you can use as a jump off point for your own preps.

### Take Baby Steps

Take a deep breath and get started. Do not let your fear or lack of experience overwhelm you. Step in to the mindset and just start. There are lots of encouraging articles and blogs online in addition to this one to set you on your way.

### Keep to the Basics

Don't worry about the long term. When you are getting started, plan for a 3-day emergency supply. When you have more experience – and more confidence – you can expand to a 7 day, 30 day or even an annual emergency supply. This means water (one gallon per person per day), non-perishable food items, some first aid supplies, and if you have pets, some pet food.

### Gather Important Documents

Obtain copies of your driver's license, passport, marriage license, emergency contacts and medical history. Keep them somewhere handy so you can grab and go if you have to. These documents will assist rescue workers and first responders in identification. It also would not hurt to include some pictures of yourself with family members.

### Develop a Communications and Transportation Plan

If disaster strikes and you are not at home, what then? This is where a plan becomes important. Make a plan that identifies how loved ones will connect with each other in the event there is a natural disaster or other crisis. Come up with a meeting place, and if possible, run a drill or two so you become familiar with the process.

### Learn Basic Skills

Learn to garden and grow some food. Heck, anyone can learn to grow lettuce and potatoes! Take up fishing or hunting. Go camping and learn to build a fire and sleep outdoors. The possibilities are endless plus, you can involve all members of your family while turning basic skill building into a hobby.

### Determine the Most Likely Natural Event in Your Area

Every geographical area is pre-disposed to some type of emergency. Do you live in a hurricane zone? Then that should be your focus. The same thing applies to tornado, earthquake, flood, and wildfire areas. Live in the city? Perhaps you should prepare for gang violence and civil disobedience. It is possible.

### Plan for a Power Outage

Pick up some extra flashlights, batteries, candles and waterproof matches. Propane heaters/cookers are also good to have on hand.

### Above All - Be Prepared to Guard Your Stash from Looters

In the event that food and water supplies are cut off, realize that people may get a little crazy in their quest to feed their families. That means that unless you have a good way of protecting what you have, they will be knocking down your door and taking it. Be sure to have solid locks on all your doors. Arm yourself with some kind of self defense weapon. Even if you are not comfortable with guns, having one in case of an emergency is important. Store extra bullets and be familiar with loading and using it properly.

Remember - having a storage room full of food, water, seeds and first aid necessities but never having to use it is *much* better than having NOTHING in the time of crisis. And please, don't let naysayers who are too lazy or too stupid tell you that it is not worth it. Just zip your lips and carry on.

### Super Fresh Salsa

- 3 (15 oz) cans black beans, drained and rinsed
- 1 cup fresh corn, slightly cooked and cut off the cob
- 2 (10 oz) cans diced tomatoes with green chile peppers, partially drained
- 2 tomatoes, diced
- 2 bunches green onions, chopped
- cilantro leaves, for garnish

In a large bowl, mix together black beans, corn, diced tomatoes with green chile peppers, tomatoes and green onion stalks. Garnish with desired amount of cilantro leaves. Chill in the refrigerator at least 8 hours, or overnight, before serving.



# Help That Aching Back!



While this idea is a great one for the first 24 hours after injuring your back, prolonged inactivity can actually stiffen those injured muscles and make healing more difficult. Exercise on the other hand helps to strengthen the surrounding muscles and helps increase major blood flow to the injured area which promotes healing and often relieves the back pain making it more bearable. Exercising your back does not mean lifting weights or running a marathon. It means gentle exercise that helps stretch and strengthen your muscles. That being said here are 4 simple exercises that you can do at home that will help to relieve that back pain and strengthen your muscles to aid in healing and help prevent further injury.

## The Reach

Stand with both feet together or slightly apart in front of a door. Slowly extend your arms over your head and reach as far as possible over the door jam while keeping your feet flat. Hold that position to the count of 10. You should feel the muscles in your back begin to stretch which is the entire purpose of this exercise. By stretching the muscles slowly, you can alleviate lower back pain and strengthen your muscles in the bargain.

## Heel Raises (Also Called Tip Toes)

Once again stand straight up with your feet flat on the floor, shoulders back and head up. Slowly raise your heels up and down about 10 times. This exercise will provide a gentle pull and strengthening of the muscles in your thighs, buttocks and lower back region. Helping to reduce pain and aid healing.

## Heel Slides

Lie flat on your back on the floor, slowly bend and straighten your knees one knee at a time alternating the legs. Bring your heel as close to your body as possible with each slide. Repeat 10 times. This exercise can be gradually increase to 20 times as the muscles become stronger and the pain lessens.

## Straight Leg Raises

Once again lie flat on your back with one knee bent and the other leg straight. Tighten your abdominal muscles and slowly lift the straight leg about 6 to 8 inches off the floor. Hold it to the count of 6 and slowly lower it. Repeat changing legs. When starting out don't overdo this exercise start at about 5 repetitions or less and gradually increase to 10 repetitions.

## Helpful Hints

Using a heating pad for 20 minutes followed by an ice pack for the same length of time both before and after doing these strengthening exercises may help you to get through them easier. If any of these exercises causes the pain to drastically worsen stop immediately and seek medical care.

**For New  
and Former  
Patients!**

**Spring is a time to feel healthy and vibrant,  
and nothing helps that more than a well  
balanced nervous system!**

**Take advantage of our Special Offer  
and have yours checked today!**

**for only \$27 you'll receive:**

- Detailed Health History and Consultation with the Dr.
  - Complete Spinal Evaluation
  - Dr's Report of Findings
- (to see if Chiropractic Care is right for you)**

However, keep in mind that there will be some discomfort initially which will fade as your muscles heal and gain more strength. Continuing these exercises after your back heals as part of a regular routine may help prevent injury to your back muscles.

Article Source: [http://EzineArticles.com/?expert=Ryan\\_Weisgerber](http://EzineArticles.com/?expert=Ryan_Weisgerber)  
Article Source: <http://EzineArticles.com/5978514>

**Dr. Josh Johnston, DC**  
**2696 S. Colorado Blvd. #230**  
**Denver, CO 80222**  
**303-691-0022**

**[www.denverchiropractoronline.com](http://www.denverchiropractoronline.com)**

