

HEALTH

News & Views

December 2011

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Expect A Miracle



I would like to tell you my own miracle story.

I was born on a very poor aboriginal reserve in Canada 30+ years ago, and was put up for adoption. So, for the first 3-6 months of my life, I was in foster care.

In that period of time, I was adopted by a wonderful family that really wanted to take care of me. Although I appeared to be very healthy, I slept all the time. By the time I was five, I was drinking this black syrup called iron because I had anaemia. By the time I was ten, I couldn't run and do gym anymore, so I had to drop out of gym. At the age of nineteen, I was diagnosed with cervical cancer.

When I got that call at nineteen from the doctor, saying you have cervical cancer, he said "come on in and I'll tell you what we need to do, give you a lot of drugs and do the surgery".

I did everything I thought I needed to do to be healthy, and two years later, my bladder and kidneys were failing.

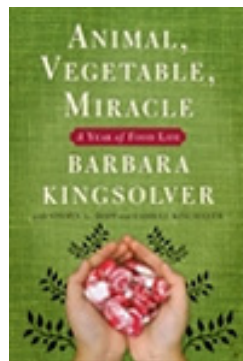
I had never heard of miracles. I didn't believe in them. I thought it was what it was, and I didn't really see my life past forty at this point. At 25 years of age, I met a chiropractor and one of the things that he told me was, miracles happen under chiropractic care. I had never heard of that before, and in fact, I knew nothing about chiropractic.

I started chiropractic care, and for the first two years, I got really, really sick, or so I thought. However, what was happening for me, was my body was going through a natural healing process, and was trying to unravel the toxins of my 25 years of trauma.

Through my years under chiropractic care, I started to see my life differently. Not only did I feel better, but my health was at optimal level. That was very different for me. I had never had optimum levels of health, and I didn't even know I could experience it.

The miracle for me under chiropractic care was the fact that I went from not seeing my life past forty, to all of a sudden seeing my life to 100. I wanted to go out and tell my miracle story to others so that people understood that there are miracles out there for all of us. For me, my miracle was about my body being healed and I wanted to share my story with you.

Brandi M.



What would happen if our food system failed... would you be prepared to survive and even possibly thrive?

Many people have considered this as a probable future dilemma and have started to seek

out alternative methods of living that are more self sustainable. As humanity, we have shyed away from the 'home-grown' lifestyle and opted rather for fast food and fast service, resulting in a fast pace of life. Unfortunately we are finding more and more that this means of living is not serving us well financially, emotionally nor physically.

Whether we like it or not, it's time to get back to our roots and develop a food culture that's better for the neighborhood and also better on the table.

Barbara Kingsolver tells their journey as her family decides to move away from the industrial-food pipeline to a rural life in which they vow to buy only food raised in their own neighborhood, grow it themselves, or learn to live without it.

Animal, Vegetable, Miracle makes a passionate case for putting the kitchen back at the center of family life and diversified farms at the center of the American diet.

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)

slowfoodusa.org

Information to help you understand the importance of eating locally, seasonally and sustainably.

What's Your Message?

The holidays are here. For some, that is great news but for others it means endless amounts of work. It's definitely become a commercial season so that means keeping up with the Jones's if you have kids in the house (or even if you don't).

Why not change the face of the holidays this year with some more family oriented activities. Traditions that have been lost over the generations can actually be more fulfilling than racing around, frantically preparing for that big day in December that rarely lives up to its expectations.

Taking a different route this season can look a number of different ways.

- Host a neighborhood, family, and/or friends BBQ . Serve hot drinks and have everyone bring a white elephant gift.
- As a family, donate an evening serving dinner to someone in need. It could be someone that you know, or volunteering at your local homeless shelter.
- Agree to skip all the presents and go on a vacation together. There are no better memories than when you are playing together and enjoying each others company. And if you add up the damage of what Christmas usually does to your pocket book, you'll realize that a 'no stress' trip to the beach somewhere is probably more appealing.
- Help on a global level with poverty, give the gift of giving. At www.oxfamunwrapped.com you can choose great gift ideas to make the biggest possible impact on the lives of poor people worldwide. Focused on Emergency Response, Development Work, and Campaigning For Change, these gifts range from goats and fertilizer to a childs education or a donation for a community safe water source.

Regardless of your choice of celebration, remember the message your sending to those that are special in your life, particularly your children. Help them to realize the value of genuine fulfillment by spending quality time together, by volunteering to help others, and by cutting commercialism out of the equation.



Holiday Spiced Wassail

- 2 cups of sugar (preferably natural)
- 4 cups of water
- 12 whole cloves
- 4 cinnamon sticks
- 4 allspice whole berries
- 3 cups orange juice
- 2 cups lemon juice
- 8 cups apple cider

Combine sugar and water, bring to a boil while stirring in a heavy pan with a lid. Add spices, replace lid and turn off the heat. Allow to set 1 hour and then strain. Add orange juice, lemon juice and apple cider. Heat but do not boil - serve garnished with cinnamon sticks and/or orange slices.

Yields 1 gallon

Senate Report Urges More Chiropractic Care For Troops



A US Senate report issued in September calls for increased availability of chiropractic services to members of the armed forces suffering from musculoskeletal spinal injuries.

The report, filed by the Senate Committee on Appropriations, stated:

“The Committee is aware that musculoskeletal spinal injuries are double those of combat injuries and have increased tenfold in the last 4 years. The Committee understands that the Department has searched for ways to improve the treatment of musculoskeletal injuries, by creating teams of specialists to serve with infantry brigades in combat areas, and also increasing the use of chiropractic care and other alternative treatment regimens. The Committee encourages the Department to expand the utilization of alternative medical treatment options such as chiropractic healthcare services at military treatment facilities to help mitigate these injuries.”

Terry A. Rondberg, DC, president of the World Chiropractic Alliance, expressed mixed feelings about the Committee’s statement. “Of course, we want our military personnel to have access to chiropractic care for their musculoskeletal spinal injuries, which have increased so much in recent years. However, we look forward to the day when our military will recognize that chiropractic can do so much more for our troops; that the wellness care DCs provide would have a positive impact on the physical, mental and even emotional health of the men and women who serve our nation. We all will continue working toward that goal. One day, it will happen.”

In 2005, Dr. Rondberg served on the Department of Defense (DoD) Chiropractic Advisory Committee and was instrumental in establishing the protocol for making chiropractic services available to US military personnel. He helped educate the military leadership on the full potential of chiropractic care, and was one of only two members to vote against the implementation of a medical gatekeeper system.

Currently, the Chiropractic Health Care Program is available to active duty service members (including activated National Guard and Reserve members) at 60 Military Treatment Facilities (MTFs) throughout the United States. Patients must receive a referral from their primary care manager (PCM). According to military regulations, “the service member’s PCM will determine if specialty care (traditional or chiropractic care) is required. If chiropractic care is considered an option, the service member will undergo a screening process to rule out any medical conditions that would prohibit chiropractic care. If appropriate, the PCM will refer the service member to a chiropractic provider for treatment.”

The Pentagon is not required to follow the report’s recommendations and only time will tell if chiropractic care will actually be expanded.

“My guess is that, in light of the numerous media reports concerning the problems of back injuries and conditions among our troops, the military will be under pressure to increase its use of alternative care, including chiropractic,” Rondberg stated. “It’s important that we continue to educate the public and the government that health is far more than simply the absence of symptoms and that chiropractic is a total wellness approach that can improve all aspects of health and wellbeing.”

Article courtesy of The Chiropractic Journal, Online Edition, Nov. 2011

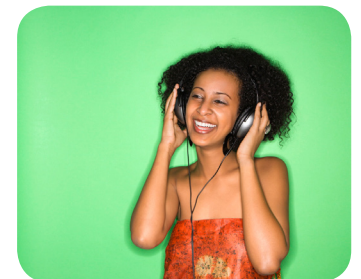
Relax

Stress will weaken your immune system and lower your energy levels, reducing your quality of life. Taking time out to relax and rejuvenate yourself helps you feel better, have more energy and live longer.

The following are six natural stress reducers and things you can do to help to boost your immune system and reduce your stress:

- Humor - laughter really is the best medicine.
- Diet - Healthy eating is a good foundation for a strong immune system
- Exercise - Vital in relieving stress!
- Music -A great way to relax or instantly heighten your mood.
- Sleep - Without good sleep, your body can not heal or repair itself.
- Positive thinking - Try to find the good in everything and be grateful for what you have.

And remember, stress does not need to be managed through drugs and medicine, but can be most effectively managed through natural methods.



**For New
and Former
Patients!**

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

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