

HEALTH

News & Views

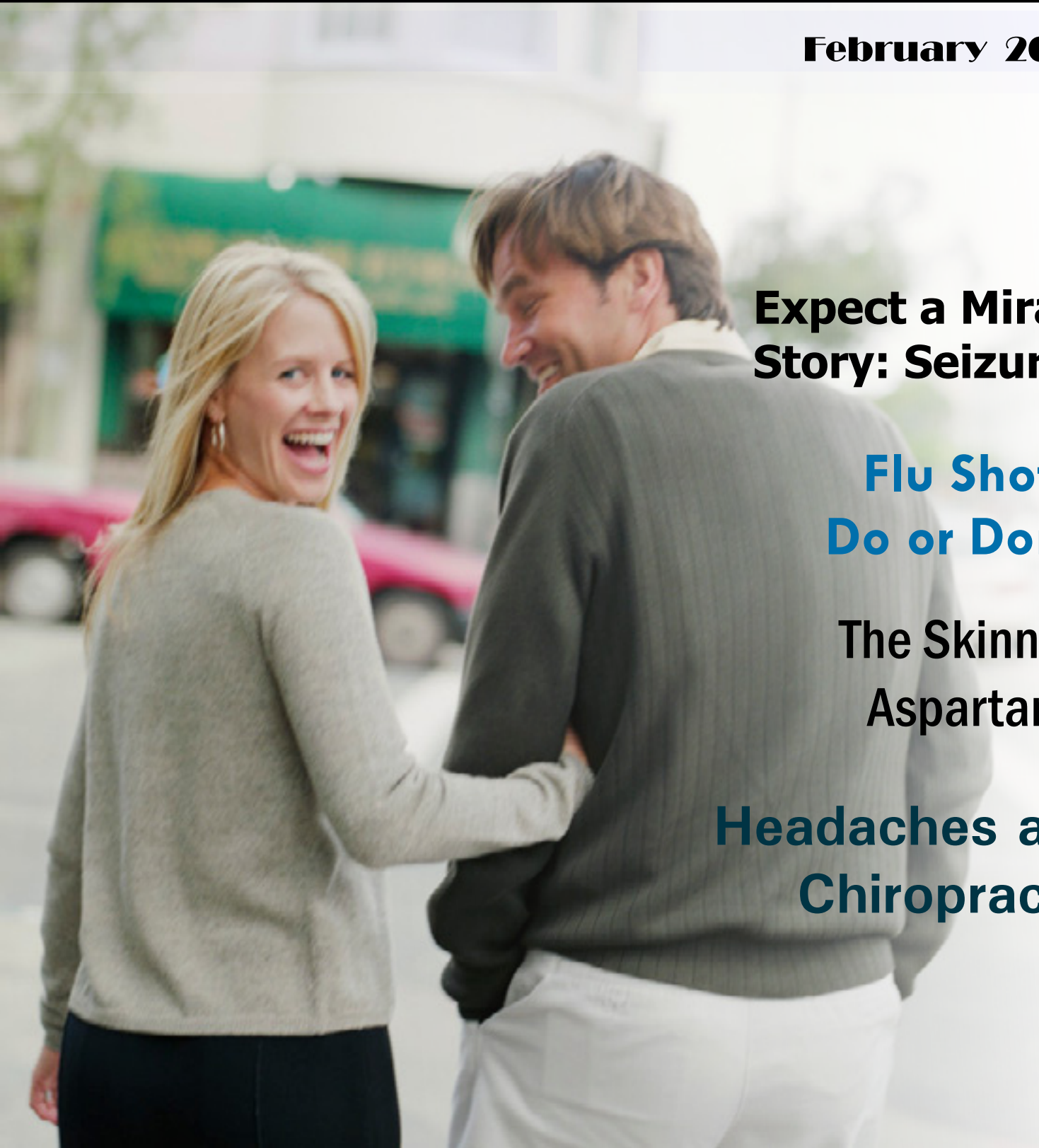
February 2012

**Expect a Miracle
Story: Seizures!**

**Flu Shots...
Do or Don't?**

**The Skinny on
Aspartame**

**Headaches and
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Expect A Miracle



Seizures and Phenobarbital

I was very happy with the idea of having a little brother, Jesus. As he started to grow up, we noticed that he wasn't as active for a baby his age. He would just sleep the whole day and didn't want to eat. He also wasn't able to lift his head up straight. My mom started to worry and decided to take him to his pediatrician. The pediatrician told her that he was anemic and that there was nothing to worry about. My mom wasn't satisfied with this diagnosis so she decided to get a second opinion. The second doctor also said it was anemia and suggested a blood analysis. The doctor said although the results of the analysis were "not bad", he did suggest that we take Jesus to the hospital just to make sure everything was fine.

We took Jesus to the hospital where he ended up staying for one month! During this month, he was under different medications. When he was released, he was given 9 prescriptions, 2 of which were vitamins. We still didn't know what was wrong with Jesus. As time passed, some of the medications were eliminated, leaving him with 2, Phenobarbital, to control the supposedly seizures that he had and Betaine, to help his system produce an enzyme he was missing. My mom didn't see any major improvements in Jesus. He still wasn't able to lift his head or sit up by himself and was still very weak.

My uncle was seeing a chiropractor, Dr. Bill, and told him about my brother's situation. Dr. Bill suggested that we bring Jesus in to get checked. My parents decided to bring him in and give it a try. They were willing to try anything to improve my brother's health. Dr. Bill also helped us get him off the seizure medication, Phenobarbital, and since then Jesus is more active. Thanks to the adjustments, he's now able to lift up his head, sit up straight with no help and everyday is becoming more active. His development keeps getting better with the help of chiropractic and Dr. Bill. Thanks Dr. Bill for all your help. It's a miracle for our family.

Garcia Family as told to Dr. Billy DeMoss, Newport Beach, California, USA

Article courtesy of www.expectamiracle.com

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.chirotips.com

If you have kids, the article "Raising Drug Free Families" is a must read at this website!

Not So Sweet

While artificial sweeteners may be a zero calorie alternative to sugar, they are in no way healthier!

Also known as NutraSweet, Equal, Sweet One and Spoonful, Aspartame is found in thousands of foods, drinks, candy, gum, vitamins, health supplements and even pharmaceuticals

Made from L-aspartyl-L-phenylalanyl-methyl-ester, Aspartame is 200 times as sweet as sugar and contains negligible calories. Once in the human body, aspartame breaks down into phenylalanine, aspartic acid, and methanol. Methanol is a wood alcohol poison that, when heated above 86 degrees Fahrenheit (the human body temperature is 98.6 degrees), converts to formaldehyde (embalming fluid). The EPA's recommended limit of consumption of Methanol is 7.8 milligrams per day, but a one liter bottle of an Aspartame-sweetened beverage contains over 50 mg. of methanol. Heavy users of Aspartame-containing products consume as much as 250 mg. of methanol daily, which is over 30 times the EPA limit. It is also an excitotoxin that builds up in the brain, and can excite brain neurons to the point of cell death.

Aspartame currently accounts for over 75% of all side effects complaints received by the FDA's Adverse Reaction Monitoring System (ARMS) for the past 4 years. It is banned by health-conscious countries all over the world, especially where there is a national healthcare system in place.

Suspiciously similar to the symptoms of Fibromyalgia and Multiple Sclerosis, Aspartame's long list includes dizziness, headaches, behavioral changes, hallucinations, depression, nausea, numbness, muscle spasms, weight gain, rashes, fatigue, irritability, insomnia, vision problems, hearing loss, heart palpitations, breathing difficulties, anxiety attacks, slurred speech, loss of taste, tinnitus, vertigo, memory loss, and joint pain. Also, many illnesses can be worsened by ingesting Aspartame, including chronic fatigue syndrome, brain tumors, epilepsy, Parkinson's, Alzheimer's, mental retardation, and especially diabetes.

So next time you reach for some candy, gum or diet soda, check the label and reconsider... natural sugar may be your best alternative to something sweet!



"Be Mine" Cherry Almond Cheesecake

- 1 cup ground almonds
- 1/3 cup graham cracker crumbs
- 1/4 cup butter or margarine, melted
- 3 (8 ounce) packages cream cheese, softened
- 1 (14 ounce) can sweetened condensed milk
- 3 eggs
- 1 (21 ounce) can cherry pie filling, divided

In a small bowl, combine almonds and cracker crumbs; stir in butter. Press onto the bottom of a greased 9-in. springform pan; set aside. In a mixing bowl, beat the cream cheese and milk until smooth. Add eggs, beat on low just until combined. Pour into prepared crust. Refrigerate 1/2 cup pie filling for garnish. Drop remaining pie filling by teaspoonfuls onto cream cheese mixture; cut through batter with a knife to swirl the filling. Bake at 325 degrees F for 50-55 minutes or until center is almost set. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Chill overnight. Remove sides of pan. Cut cheesecake into slices; garnish with reserved pie filling. Refrigerate leftovers.

Are You One of Millions of Americans Who Troop to a Doctor's Clinic Every Year to Get a Flu Shot?

If your answer is "Yes", then you're in for a surprise! News of children and adults experiencing deadly reactions to the flu shot have raised important questions about whether the flu shot is really safe and effective.

And yet, if you ask your doctor, he will probably tell you that the flu shot is absolutely safe and is one of the best ways to prevent the flu. The health industry, together with the FDA, big pharmaceutical companies and the Centers for Disease Control and Prevention (CDC), are all singing the same tune - "The flu shot is harmless and is a good way to prevent the flu. You have nothing to lose!" Sound familiar?

What you may not know is that there are many people who will disagree! To hear the other side of the story visit www.mercola.com/Flu-Shots and download the free report. This report is packed with significant evidence from credible clinical studies that will help you, and those you care about, to make an informed decision on whether to get a flu shot or not.



Chiropractic and Headaches: Relieving the Pain with Alternative Practice

You will surely hear people talking about Chiropractic and Headaches often nowadays. Well, it surely is a much talked about thing at the present time. You will probably wonder why chiropractic can relieve headaches. That is what we will talk about today.

What Is Chiropractic?

Chiropractic is a kind of alternative treatment. Chiropractic means treatment by the hand, which came from the Greek word. With this, you can conclude that those who practice chiropractic use their hands to promote healing and wellness in one's body. This kind of alternative treatment is now being used all over the world.

Chiropractic and headaches now is a hit to many. Those who suffer from frequent headaches can consult a chiropractor to help them relieve the pain.

There are so many advantages to this kind of alternative treatment. If you just take a closer look at chiropractic and headaches, surely, you can say that this will be the best solution for your head problem.

Here are some of the benefits and advantages of Chiropractic therapy.

- Promotes overall wellness to the body
- Promotes excellent blood circulation
- Helps individuals get better sleep
- Aids individuals to be well and feel great
- Helps to improve immunity
- Does not need any needles or pricking
- Fast recovery from sicknesses and ailments
- Boot out stress, tension, and health problem symptoms
- Slows down the aging process

Getting Aware Of The Types Of Headaches

Just to for your information, there are three kinds of headaches that you should know. Understanding these will aid you in knowing which triggers your headache. A chiropractor can also easily determine the technique to use on you by knowing the source of your headache.

1. Tension Headache

This kind of headache is caused by stress. You may also acquire tension headache when you get frightened, anxious, or angry. Sometimes, when you get too emotional, tension headache can also be triggered. Overall, you can conclude that your tension headache is a reaction from your body when an extreme feeling happens.

2. Migraine Headache

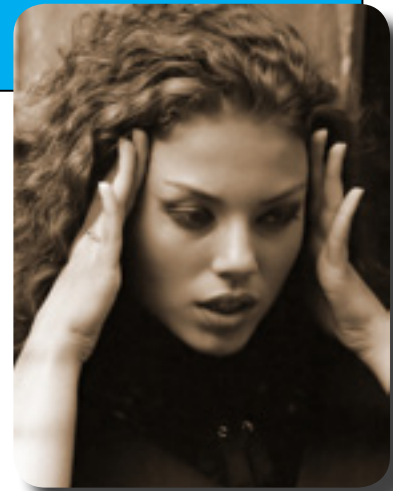
This, perhaps, is the most common head ailment in many people. Migraine headache is caused by different elements in the body such as hormonal changes. This can also be triggered by the food intake, weather, or the different kinds of smell.

3. Cervicogenic Headache

The pain causes this kind of head discomfort from the bone, neck, nerves, and muscles.

Headaches can be treated if you just know how and why you acquired you. There are several treatments but chiropractic and headaches will surely be the best cure for your discomfort.

Dr. Cyndi Myers for goarticles.com.



Neuropathy Dinner Talk

As a way to say "Thank You" for your continued support and referrals to our office, we are hosting a Neuropathy Dinner Talk and inviting you to bring with you someone who you think could benefit from Neuropathy care!

Our intent is to "Help You Help Others!"



This Coupon Redeemable for 2 Adult Admissions to our February Neuropathy Dinner Talk... Call (303) 691-0022 for details.

See you There!

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