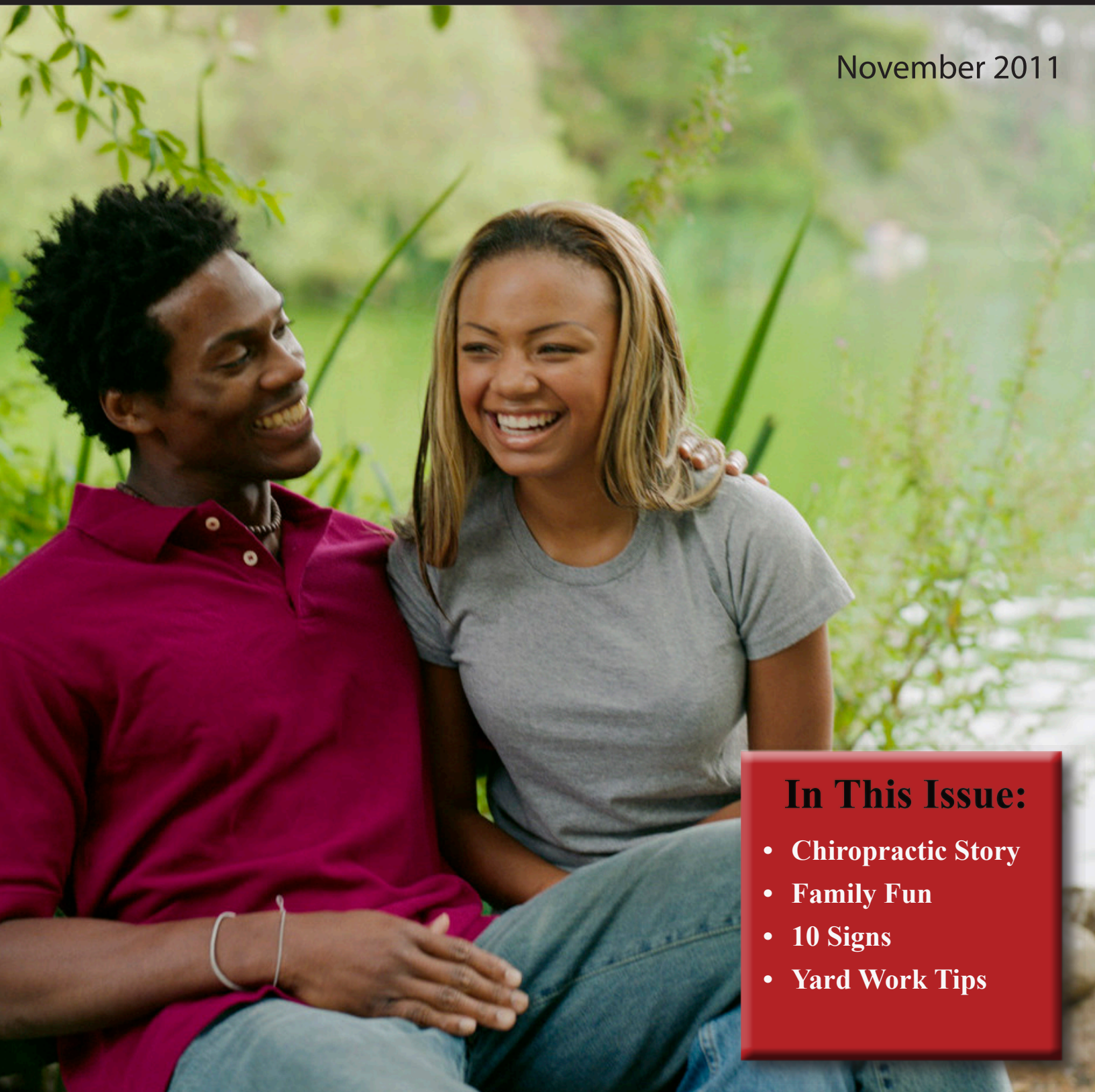


HEALTH

News & Views

November 2011



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Expect A Miracle



Isabella was born on 25 July 2006 by caesarean section. Cassandra, being a good, conscientious mom had taken her baby to be vaccinated as recommended at 2 months and 4 months of age.

Isabella began to suffer from seizures at about 3 months of age. Cassandra reported that further multiple seizures happened in late November and early December. At her worse Isabella was hooked up to a monitor which was recording up to 20 seizures a day.

Under medical supervision Isabella had undergone both a brain and an abdominal ultra-sound – all were said to be clear, but obviously they were searching for answers.

At a 3 1/2 months of age Cassandra, on the suggestion of a friend, brought Isabella into our clinic because as well as the seizures, she was suffering from reflux for which she had been receiving tummy massage with some limited success.

Cassandra laid Isabella on the chiropractic table and she looked all twisted up and torsioned to the left. There was obvious pain in her eyes and she looked out at us as if to say “Yeh! Okay I know I am here in this world, but hell it hurts so much, I don’t really want to be”.

What was I to do with this kid – all screwed up in pain, having regular multiple seizures and racked with reflux.

I looked at her mom and just said, “Let’s adjust her and see what happens”. So that is what we did and I asked Cassandra if we could see her again the next day to assess any change and to adjust her again if necessary.

The following day when I walked into the adjusting room I was to see a mom who was a completely different girl with a wonderful look of excitement on her face. Cassandra laid Isabella on the table and I moved over to have a look. She was lying on the table relaxed and straight with a grin on her face and a smile in her eyes.

We just looked at one another – ‘Wow – the power of an adjustment’! Mom had tears in her eyes. However, despite the enormous change we needed to find out why she had been in so much trouble.

With allergy testing we were able to determine that most of her troubles were related to heavy metals especially mercury. Some medications, soaps, deodorants, perfumes and some foods like canned tuna were to be avoided.

With luck they were blessed enough to get a pediatric specialist at the Royal Children’s Hospital who was able to accept that mercury in vaccines was no good for Isabella. This along with any contact that he mother had with some foods such as tuna, perfume and deodorants whilst she was being breast fed all seemed to aggravate the symptoms.

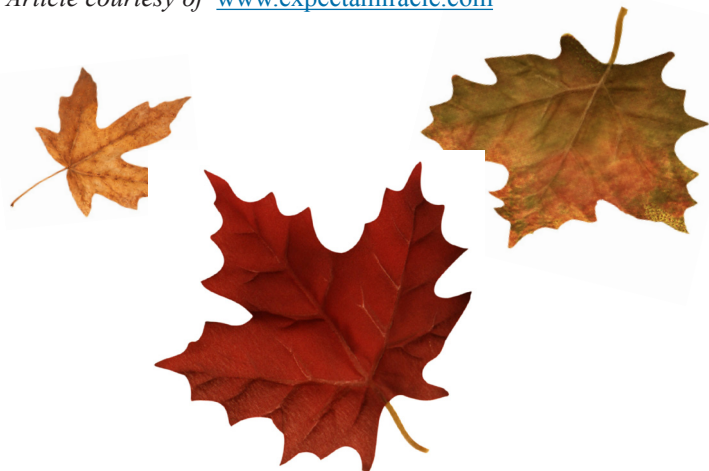
About three years later Cassandra presented us with a frame containing 3 pictures of Isabella:

1. All bent and twisted
2. A little girl hooked up to wires and a monitor
3. A happy smiling ‘chatterbox’ at 3 years of age.

While these framed pictures have pride of place on the wall of our clinic they can not equal the great pride we have in chiropractic whenever this little one breezes into the clinic with all her bounce and energy.

Dr. Bruce Thompson, Echuca, Victoria, Australia

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.mothering.com

An inspiring source of information to help you become more knowledgeable in raising healthy, happy families.

... It's a Family Thing ...

Have you ever heard the saying “The family that plays together, stays together”? Well research has proven this to be true. By spending more time together you learn important things about one another, social skills are developed more readily amongst siblings and communication is practiced and fine tuned to be more effective. This sets the tone for success when it comes time for them to function in the real world.

Everyone enjoys fun times. Having regularly scheduled fun time with your family promotes a feeling of security and confidence in children. By learning together, it helps build trust and family bonds that will carry out into adulthood and beyond. Play is an important part of learning for kids and it benefits adults just as well. Numerous studies have shown that regularly turning off the cell phone, computer and PDA to just enjoy your family keeps you energized and decreases the chances of developing anxiety, depression and more.

One way to get the whole gang together is to schedule at least one night a week that you all gather in the kitchen and cook. Cooking is a great way to interact, plan and prepare with your family, letting everyone contribute in one way or another works wonders on helping finicky eaters learn to enjoy a variety of foods. Its always easier and more exciting to try something new when you've had your own hand in making it. This promotes healthy eating habits as well and is a win win for everybody.

Family fun time can also become a weekly ‘new experience’ adventure. There are several things going on in your community that may be common place to you, but to your young children it could mean something entirely different. Although they may ride the bus to school, taking a ride on your local mass transit system (for example - the UTA bus) is an entirely different experience. It could become a great learning block for them in several ways: discovering how to get on and off at your desired locations, putting the change in the meter, and people watching all develop social skills that may seem trivial to you but a huge step for them. And learning all that with your parents at your side gives a sense of security and confidence to try it for themselves as they get old enough to do so.



Weekly ‘family nights’ spent playing together in a variety of fun ways guarantees a multitude of benefits not just for family cohesion but for individual family members as well... so grab your calendar and start planning today - you will reap the rewards for years to come!



Sausage, Apple and Cranberry Stuffing

- * 1 1/2 cups cubed whole wheat bread
- * 3 3/4 cups cubed white bread
- * 1 pound ground turkey sausage
- * 1 cup chopped onion
- * 3/4 cup chopped celery
- * 2 1/2 teaspoons dried sage
- * 1 1/2 teaspoons dried rosemary
- * 1/2 teaspoon dried thyme
- * 1 Golden Delicious apple, cored and chopped
- * 3/4 cup dried cranberries
- * 1/3 cup minced fresh parsley
- * 3/4 cup turkey stock
- * 4 tablespoons unsalted butter, melted

1. Preheat oven to 350 degree F (175 degree C). Spread the white and whole wheat bread cubes in a single layer on a large baking sheet. Bake for 5 to 7 minutes in the preheated oven, or until evenly toasted. Transfer toasted bread cubes to a large bowl.
2. In a large skillet, cook the sausage and onions over medium heat, stirring and breaking up the lumps until evenly browned. Add the celery, sage, rosemary, and thyme; cook, stirring, for 2 minutes to blend flavors.
3. Pour sausage mixture over bread in bowl. Mix in chopped apples, dried cranberries, and parsley. Drizzle with turkey stock and melted butter, and mix lightly. Spoon into a 10lb. turkey to loosely fill (with some extra on the side)

Serves 6

10 Signs That You Should See Your Chiropractor

1. Chronic pain in your joints, muscles or head hasn't improved with traditional medical treatment.
2. Your job requires you to sit for long periods of time or to perform repetitive physical tasks.
3. An injury to a muscle, joint or spine has not healed with traditional medical treatment, medications or physical therapy.
4. Sharp pain shoots from your hip down your leg.
5. Pain, achiness, a burning sensation or stiffness comes and goes in parts of your body with no explainable cause.
6. You want to address joint or muscle pain without drugs or surgery.
7. The soles of your shoes consistently wear differently. For instance, the outer heel of your right shoe wears down more quickly.
8. The hem of your skirt or pants hangs unevenly.
9. Your head is positioned forward rather than directly over your shoulders.
10. One of your shoulders is lower than the other.



Work In Gratitude

The seasons are changing and Fall is upon us. The cool air has played its part in transforming our landscape to vibrant colors of orange, yellow and red across the nation. That means eventually there will be 'end of the season' yard work to be done.

Just a little fact: Working in your yard relieves stress by helping you become closer to nature, breathing in cool, fresh air and beautifying your space.

Make sure your maximizing your outdoor hard work by taking measures to make certain your not injuring yourself in the process.

1. Avoid bending repeatedly
2. Take regular breaks and drink lots of water.
3. Use long handed tools to give you leverage.
4. Switch hands frequently when doing prolonged projects.
5. Carry heavy loads close to your body.

And above all, remember to celebrate the ever-changing nature of mother earth. Without it, plants would not grow properly, and we would not survive!



What are YOU doing to PROTECT you and your family?

The Bad News - Did you know that Cardiovascular Disease (CVD) is the nations #1 killer and that it exceeds the next 4 causes of death combined? Did you know that 1 in 3 or 81 million people in the U.S. suffer from CVD?

The Good News - For a limited time, we are offering breakthrough Cardiovascular/Autonomic nervous system screening using Max Pulse™ technology. The Max Pulse screening will give you important information regarding your arterial health, Heart Rate Variability (HRV), stress levels, Wave Type and other indices. **At the screening event we will also be offering** supplementation, based on Nobel Prize winning research and the effects of Nitric Oxide as a signaling molecule in the cardiovascular system.

Tuesday Nov. 22nd
8am - 12pm
Vitality Health Center
Cost \$40

Dr. Josh Johnston and his staff invite you to participate in a life changing event for you and your immediate family. Space is limited so please call and make your appointments today!

(303) 691-0022



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Weight Loss Diabetes Seminar

Tuesday
Nov. 1st and 15th @ 12:30

Monday
Nov. 7th and 21st @ 5:30

All will be held at
Vitality Health Center