

Reference

1. Koren T. *Chiropractic and Spinal Research: 4th Edition*. Hatfield, PA: Author. 2004.

Suggested Reading & Resources

Nutrition & Immunity

The search engine of the Weston A. Price Foundation website (www.westonaprice.org) is an excellent resource for nutrition information.

Nourishing Traditions by Sally Fallon. Washington, DC: New Trends Publishing, 2001.

The Untold Story of Milk by Ron Schmid, ND. Washington, DC: New Trends Publishing, 2003.

Eat Fat, Lose Fat by Sally Fallon and Dr. Mary Enrig. Washington, DC: New Trends Publishing, 2005.

The Whole Soy Story by Kaayla T. Daniel, PhD. Washington, DC: New Trends Publishing, 2005.

Your Body's Many Cries For Water by F. Batmanghelidj, MD. Falls Church, VA: Global Health Solutions, 1992.

Childbirth

Hands of Love: Seven Steps to the Miracle of Birth by Carol J. Phillips, DC. St. Paul, MN: New Dawn Publishing, 2001.

Dental

Solving the MS Mystery by Hal Huggins, DDS. Colorado Springs, CO: Dragon Slayer Publications, 2002.

Root Canal Cover-Up by George E. Meinig, DDS. Ojai, CA: Bion Publishing, 1998.

Whole Body Dentistry by Mark A. Breiner, DDS. Fairfield, CT: Quantum Health Press, LLC, 1999.

Chiropractic the wellness healthcare choice



Camping trip

Congratulations!
You are joining many of your neighbors and friends by **choosing chiropractic**—the most popular **natural, drug-free, surgery-free** healthcare system in the world today.



Why is chiropractic so popular?

There are many reasons, among them:

- 1. Chiropractic promotes natural healing.** Always seek out the least invasive, most “user-friendly” form of healthcare before submitting to drugs and surgery.
- 2. Chiropractic can prevent problems;** it keeps you healthy. Chiropractic is able to locate stress-creating distortions in your body (subluxations) before damage occurs.
- 3. Chiropractic is effective and natural.** Why take drugs when you can be helped without them? That’s a big reason why millions of people visit their neighborhood doctor of chiropractic.
- 4. Chiropractic is safe.** There are no dangerous drugs with scary side effects, no surgery that forever changes your body. Chiropractic has an enviable safety record—malpractice insurance for chiropractors is a tiny fraction of that for medical practitioners.
- 5. Chiropractic is for the entire family.** Everyone, from the very young to the very old, can benefit from chiropractic care.
- 6. Family chiropractic care sends a healthy message to children.** You don’t need to take drugs to live a happy, healthy life.

- 7. Chiropractic is about optimizing health,** going beyond amelioration of symptoms.

The difference between chiropractic and medical care

Chiropractic care is expressive, medical care is suppressive. What do we mean by that?

Chiropractic regards symptoms in the traditional manner—as mechanisms by which the body cures itself of disease. Chiropractic’s role therefore is to help your body function more efficiently. It can then discharge toxins, poisons and impurities using its many cleansing and healing mechanisms (symptoms) to bring you more complete health and healing.

Chiropractors do this by locating and correcting subluxations: areas of stress in your body that weaken your nerves and in turn can weaken nearly any of your organs,



Jessica biking in Fairmount Park



Chiropractic helps your **body** and **mind** function **more effectively**.



glands, muscles, bones or tissues. Subluxations weaken your natural healing ability and lower your resistance to disease.

Locating and correcting subluxations is a science and an art. No other healthcare profession is trained to locate and correct these health-damaging distortions in our bodies. For that reason, doctors of chiropractic spend thousands of hours developing the skills needed to remove these obstructions to our health.

A chiropractor's education

COURSE (in classroom hours)

Chiropractic		Medicine
540	Anatomy	508
240	Physiology	326
360	Pathology	401
165	Chemistry	325
120	Microbiology	114
630	Diagnosis	324
320	Neurology	112
360	X-ray	148
60	Psychiatry	144
60	Obstetrics	148
210	Orthopedics	148
3,065	TOTAL HOURS	2,706

OTHER REQUIRED SUBJECTS

Spinal Adjustments	Pharmacology
Kinesiology	Immunology
Advanced Radiology	General Surgery
GRAND TOTAL CLASS HOURS	4,485

Medical care, on the other hand, is suppressive. Medicine sees symptoms as problems to be gotten rid of or suppressed, usually with drugs. Although you may be symptom-free this does not necessarily mean you are truly healthy. Consider this: aren't the people taking the most drugs the sickest? Shouldn't they be the healthiest? Sadly, our society is full of people taking many drugs all the time and suffering the adverse reactions (side effects) that are an inherent part of drug use. They may even be prescribed drugs to suppress the adverse reactions!

This medical merry-go-round of drugs and more drugs to suppress symptoms is creating a generation of children and adults with chronic illnesses—illnesses that never go away.

If you want to get off this medical merry-go-round, chiropractic offers you and your family an alternative.

Every stage of life needs chiropractic care

Every stage of life needs chiropractic care: pregnancy, labor, delivery, infancy, childhood and all the way up to advanced years because every stage of life is full of stress.

There is stress during pregnancy, in the birthing process, in learning to walk, in play, in work.

Studies and clinical data reveal chiropractic can help everyone no matter what their present state of health.¹

Health optimization

But chiropractic is more than just helping the body rid itself of disease, aches, pains and various health challenges. Chiropractic helps

your body and mind function more effectively. You gain higher resistance to disease, better concentration, better balance and more energy. That's why when you visit a chiropractic office you may see top athletes sitting next to computer geeks, the elderly next to racing toddlers with their siblings and moms—a real cross section of humanity all seeking the unique services that a doctor of chiropractic offers.

Chiropractic reflects a philosophy of life and health that opens the door for you and your loved ones to explore a true natural lifestyle. The chiropractic lifestyle can turn you on to the many factors that keep you healthy, including (but certainly not limited to):

1. Natural nutrition – Organic and biodynamically grown foods are healthiest. Avoid processed, refined, synthetic and just plain unnatural products. There are reasons why cancer and chronic disease are increasing so much and poor food quality is a major one.

2. Natural childbirth – Gentle, quiet, respectful births (for both mother and child) help ensure that the new baby enjoys a life of physical and mental health.

3. Natural dentistry – Avoid toxic substances such as mercury, copper, aluminum and “silver” amalgam. Avoid incompatible metals, root canals and other such procedures that may be very dangerous. Biological/holistic dentists can help you in this area.



4. Natural immunity – Let your body develop natural immunity. Childhood vaccinations are linked to autism, asthma, allergies, ADD, ADHD, dyslexia, immunological and neurological problems and many kinds of cancer. The flu shot, because it contains mercury, is linked to dementia and Alzheimer's disease.

Speak to your chiropractor, go on the internet, read books, explore alternatives and remember—your healthcare choices should be based on knowledge and understanding, not fear and intimidation.

We all want our children to live long and healthy lives—both physically and mentally. We all want that for ourselves as well. Chiropractic is a leader in bringing people a healthier, happier life.

Again, congratulations—you made the wellness healthcare choice. You and your family will be healthier and happier as a result.

