



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

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**Breakthrough Patient Newsletter...**

**FAIRMONT FAMILY CHIROPRACTIC**

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Dear Patient and Friend,

Facts can be your best friends and not your enemy. "Don't confuse me with the facts," is a funny phrase we sometimes hear. It is funny to us because we all know that sometimes we are quick to make decisions without knowing all of the facts. Sometimes we make impulsive health decisions without knowing all of the facts. Then, this issue isn't very funny at all. When we have a health issue, facts can be very important. In fact, knowing the facts can be the difference in life and death.

We need factual answers to the following questions:

- (1) What is wrong with my body?
- (2) What are my options to resolve the problem?
- (3) Which option is the best for me?

Usually when our health is threatened in some way (injury or illness), we seek help from a source we trust. Children turn to Mom and Dad for help, while adults seek different healthcare solutions if they cannot resolve the problem themselves.

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The more facts we learn, the more we understand that "going natural" is better for us in choosing foods and in choosing healthcare. Sometimes we

allow advertising or the casual opinion of a friend to determine how we answer important questions about our health. We may see an ad on television giving a list of symptoms, and we may decide that a particular medication will solve our health problems. So we ask the doctor to prescribe it, without ever answering the questions, "What is wrong with my body?" and "What are my options for making it better?" and "Which option should I choose?"

When it comes to our health, our most important asset, we need to know all of the facts. We need to know how the body works, and we need to know that the body has a natural ability to heal itself. The fact is...having a healthy spinal column is a critical component to health. The brain and nerve system perform the basic function of communicating messages to every tissue, organ and cell of the body and the spinal column protects this process. When a spinal vertebra is misaligned, caused by an injury or simply an activity of daily living, these misalignments (subluxations) can interfere with the communication from the brain to the body, leading to many health problems. Chiropractors are educated and trained to detect and adjust subluxations, restoring health naturally.



If you have hesitated to seek chiropractic care because you have never tried it or you "don't believe in it," take time now to learn the facts. Try chiropractic, and you will see for yourself how healthy you can be. Chiropractic is a healthcare system built on the body's natural ability to heal itself.

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In this extraordinary Patient Newsletter, **Chiropractic Miracles**, we will discuss different topics of interest, documented research studies, and even personal success stories. **I will reveal to you my personal "Guide to Chiropractic Wellness" which will absolutely arm you with the tools necessary to make the best health decisions for yourself and your family.**

**Before we move ahead, let me first thank you for continuing to be a wonderful patient and friend and for choosing to live the "Chiropractic Lifestyle." I commend you for taking charge of your health and the health of those you love!**

September Is...

## “National Backpack Safety Awareness Month”

It's back to school time and kids are getting ready to fill up their backpacks. Today, more and more



schoolwork is given to kids and as a result, their backpacks get heavier and heavier. The heavier the backpack, the more unnecessary stress is placed on the child's spine. **This can cause the misalignment of vertebrae of the spine (vertebral subluxations), which if left uncorrected, can have serious health consequences.**

It may be difficult to control the amount of schoolwork your child receives. However, there are things that you can do to ensure that their backpack does not cause damage to their spine.

**First... Limit the amount of weight that is placed in the child's backpack at one time.** Usually ten percent of the child's body weight is appropriate. Occasionally, schools will allow you to purchase a second set of books so that it is not necessary for the

child to carry the books back and forth between home and school.

**Second... Get you child a spinal checkup on a regular basis.** Carrying heavy backpacks can cause poor posture. Posture is one of the most overlooked keys to best health and performance. Good posture improves fitness, thinking ability, emotional state and general vitality. Parents who often appreciate the importance of checkups for their child's teeth, hearing, eyes, ears, nose and throat draw a blank when it comes to their child's spine. In fact, a spinal checkup could be one of the most important of your child's life. Schedule an appointment with your family chiropractor today. Start the school year off on a healthy note. Bring your children in for a spinal

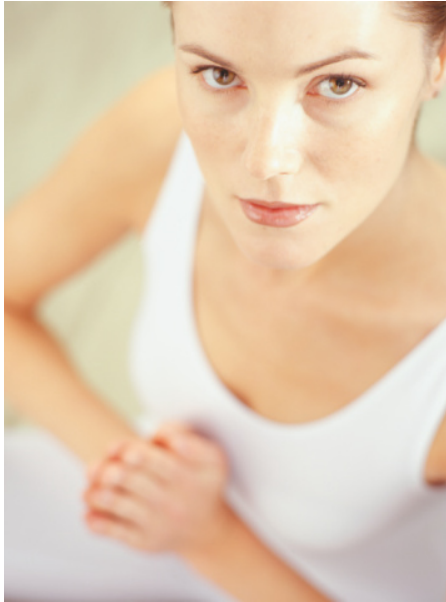
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checkup and give them the best chance to get healthy and stay healthy throughout the school year.

# Mind And Body Are Heartfelt

While the health care revolution focuses on wellness and natural remedies, many scientific studies continue to reveal to us that dark emotions, stress and negative thoughts can absolutely endanger our health.



Researchers at *Duke University Medical Center in Durham, N.C.* performed a research study. They utilized monitors to track cardiac activity in 58 male and female patients who kept diaries of their activities and emotions. Researchers found that such emotions as sadness, tension, anger and fear more than double a patient's risk of myocardial ischemia, a condition that restricts the heart's blood supply and can often cause a heart attack. When the patient expressed feelings of happiness, tranquility and a perception of more control, their risk of myocardial ischemia was greatly reduced, as well as their risk for a heart attack.

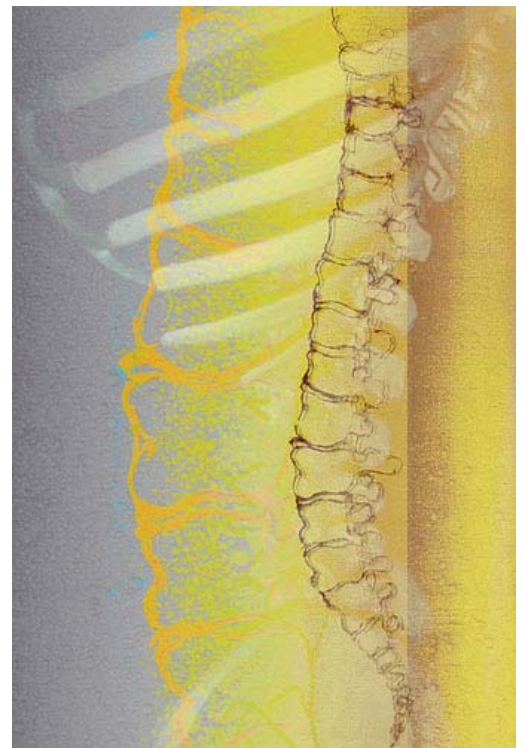
"It's possible that chronic stress...increases an individual's cardiac risk," says James Blumenthal, Ph.D., Director of the Behavioral Medicine Program at *Duke University Medical Center*. Stress reduction techniques and activities, therefore, play an important role in avoiding or reducing the effects of unhappy emotions and helping you to get healthy and stay healthy!

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## Do You Know How Important The Spine Is?

Do you know the importance of a healthy spine and how it relates to health, well-being and longevity? Every day we experience traumas, accidents, jolts and strains but frequently, however, we do not stop to realize how these injuries can affect the health of our spine and body. Many times after an injury we experience immediate symptoms, but other times the symptoms don't appear right away and the underlying spinal misalignments are left undetected and uncorrected, slowly degenerating the spine. This can cause improper nerve system function and health problems eventually may result.

For this reason, it is important to see a chiropractor immediately if you are involved in any kind of accident that may have jarred the spine. It is always easier to correct a problem sooner than later.



According To The Journals...

## Prenatal...Pregnancy...Newborns

### Breech Position and Chiropractic...

*The Webster In-Utero Constraint (Breech) Turning Technique* is a chiropractic technique that has proven to be a highly successful method of clinically correcting or reducing constraint of improperly positioned baby's in-utero. Prenatal chiropractic care may be the first opportunity to insure that both mommy and baby experience the least stressful labor experience possible.

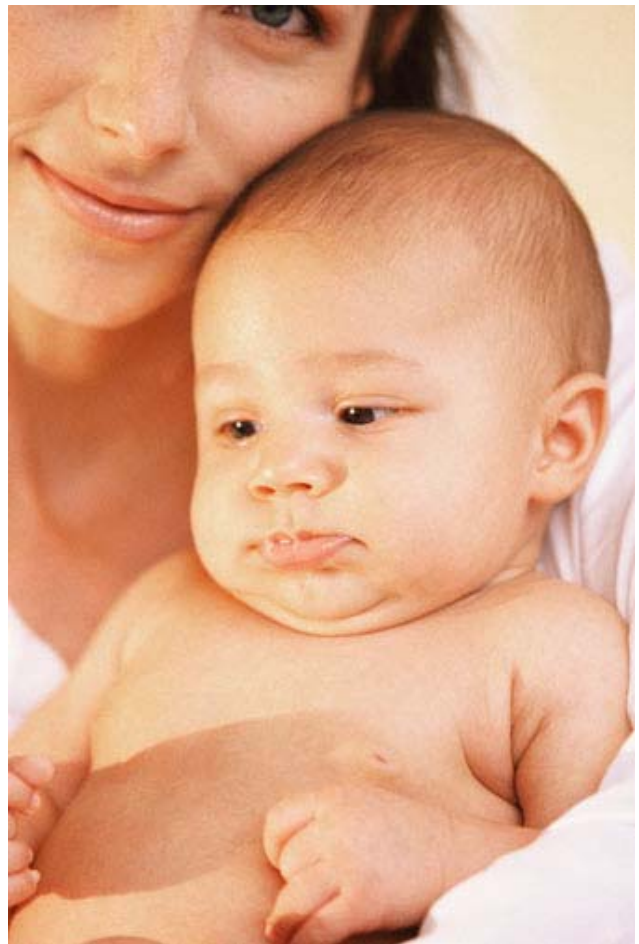
**Source: Diakow M et al: Back pain during pregnancy and labor. Journal of Manipulative Physiol Therap 14(2):114-118, 1991.**



### Pregnancy and Chiropractic...

Regular chiropractic adjustments can make pregnancy less stressful and delivery less uncomfortable. Chiropractic care can continue safely until the day of delivery.

**Source: Penna M. Pregnancy and chiropractic care. ACA Journal of Chiropractic 2 (11):31-33, 1989**



### Colic and Chiropractic...

A significant improvement in colic occurred within two weeks in 94% of cases receiving chiropractic care. Some 51% of these infants had prior, unsuccessful treatment, usually drug therapy (83%).

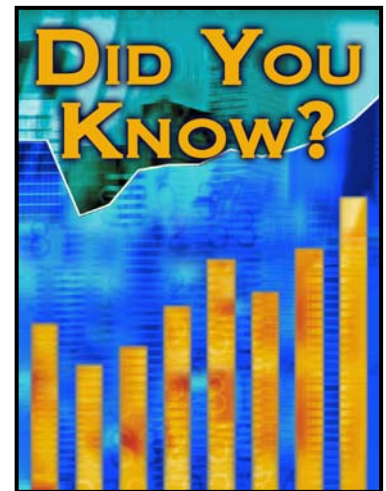
**Source: Klougart N et al: Infantile colic treated by chiropractors: a prospective study of the 316 cases. Journal of Manipulative Physiol Therap 12(4):281-288, 1989.**

# Fascinating Facts To Think About

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## Did You Know?

- ❖ **An active lifestyle has many benefits.** People who devised ways to integrate activity into their daily life, such as briskly walking the dog or frequently pulling weeds made fitness gains similar to those put on a specific exercise regimen, according to The Cooper Institute for Aerobics.
- ❖ **Stressed out?** Physical activity protects against harmful effects of stress. Researchers at the University of Texas MD Anderson Cancer Center, Houston found that during periods of high stress, those who exercised less reported 37 percent more physical symptoms than their fitness-conscious counterparts.
- ❖ **Olive oil keeps on winning.** Researchers at Oxford University, England found in one study that countries with the highest intake of olive oil had the lowest rate of cancer. Olive oil decreases levels of a harmful acid in the body that may cause cancerous cells to grow, and increases the level of a cancer fighting enzyme.
- ❖ **To avoid straining the neck and upper back muscles** while doing crunches, try placing your tongue on the roof of your mouth. Another strategy: touch your fingertips to your temples.
- ❖ **Trading in the spikes.** In a recent study of 500 women by the American Orthopedic Foot and Ankle Society, only one in four women reported they regularly wore shoes with heels higher than one inch to work. Twenty-something year-olds were twice as likely as 40 to 50 year-olds to wear low heels.
- ❖ **Winning at weight loss.** People with poor body image are less likely to succeed at losing weight, according to Stanford University School of Medicine researchers. Of 177 men and women studied, those with a healthy body image were more than twice as successful at meeting weight loss goals.
- ❖ **A surprising tension buster is commuting to work.** Fewer than one percent of Americans would willingly eliminate their daily commute, finds a new study. "People use commuting as a de-stresser. For many people, it's their only time to be alone."



# CHIROPRACTIC MIRACLES

## “Listen To What Our Patients Are Saying”

My son Tommy is seven years old and enjoys playing sports and spending time with his friends. Like most children, there is hardly a day that goes by that Tommy doesn't get a bump or bruise from running, jumping off couches, carrying his heavy backpack and tumbling with his sister Rachel.

Tommy had been experiencing difficulty concentrating in school, he was very hyperactive, and in fact, sometimes even out of control. His schoolwork began to suffer and he became more and more uncontrollable at home. In addition, Tommy has had multiple ear infections.

I took Tommy to our family pediatrician who referred us to a neurologist and special tests were performed, including a brain scan. This doctor diagnosed Tommy with ADHD and prescribed Ritalin. However, I was very hesitant to fill the prescription because I was very aware of the potential side effects of this drug. I chose not to medicate Tommy.

My friend Anna recommended I see Dr. Menzies because she said that she sees many children getting adjusted when she visits the chiropractor and she thought that Tommy could be helped.



I remember the day we visited Dr. Menzies for the first time. What a great experience it was. Dr. Menzies evaluated Tommy's spine for subluxations. Lucky for us, subluxations were detected in Tommy's neck and back. Dr. Menzies told us that was good news because it meant that chiropractic adjustments would help Tommy to get healthy.

Tommy has been under care for four months now and is adjusted two times each week. His progress has been extraordinary. His behavior is much more controllable and his ability to focus has greatly increased. Tommy is much happier and it is much more pleasant to have him around. His school report from his teachers has improved greatly and his final report card was exceptional.

I am so very proud of Tommy and very grateful for the help and support of Dr. Menzies and the entire team at Fairmont Family Chiropractic. They have helped our family smile once again.

Jean P.

## *Closing Thoughts ...*

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### **The Importance of Wine**

A philosophy professor stood before his class and had some items in front of him. When the class began, wordlessly he picked up a very large and empty mayonnaise jar and proceeded to fill it with rocks, about two inches in diameter. He then asked the students if the jar was full. They agreed, yes.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. He then asked the students again if the jar was full. They agreed it was.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He then asked once more if the jar was full. The students responded with a unanimous-yes.

The professor then produced a bottle of red wine from under the table and proceeded to pour the entire contents into the jar effectively filling the empty space between the sand.

The students laughed. "Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The rocks are the important things—your family, your partner, your health, and your children—things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house, and your car." The sand is everything else—the small stuff.

"If you put the sand in the jar first," he continued, "there is no room for the pebbles or the rocks." The same goes for your life. If you spend all of your time and energy on the small stuff, you will never have room for the things that are really important to you.

One of the students raised her hand and inquired what the wine represented. The professor smiled and responded, "It just goes to show you that no matter how full your life may seem, there's always room for a good bottle of wine."



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*Pay attention to the "big rocks" in your life. The things that bring happiness and add to your family's well-being. Play with your children. Take your partner out dancing. There will always be time to go to work, clean the house and do household chores.*

*Just think about how much less stress we would encounter and how much more we can accomplish when we focus on the "big rocks" first. Everything else is just sand.*