



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,

"Insanity is doing the same thing over and over again, but expecting different results."

This statement probably rings true for most of us. Are you allowing old habits to rob you of the freedom you deserve? Take a few moments and think about it. Each morning we awaken to begin the basic routines that drive our lives. We sleep on the same side of the bed, brush our hair, stop for coffee, go to work and eat three meals with little variation each day. Such routines help us organize our lives. However, these routines can also hold us prisoner of our own habits. Breaking this routine may be difficult to do, even though we are aware that making a change will result in different and more positive results in our lives.

I think about the changes I want to make in my life on a daily basis. I'm sure you do too. Since we spend so much time thinking and talking about making changes in our lives, why do so few people do anything about it? It could be procrastination, or fear, or just lack of commitment. It's time to get out of the comfort zone and

make the necessary changes once and for all. It's time for us to stop allowing our long-standing habits to control us and to finally take control of our lives and our health.

In addition to everyday routines, most adults have routines for health care as well. We may have settled into a comfortable

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routine of not exercising, but we really want to improve our health by being more active. However, it is easier day after day to stay in our routine.

When we change our routine and incorporate exercise, we establish a new routine. The longer we stick with the new routine of exercising, the easier it becomes for exercise to become a regular part of our everyday lives.

There are other health habits that govern us. Sometimes we ignore health problems and think that they will go away on their own. Sometimes we have a habit of temporarily relieving symptoms with drugs, even though we know that when the drugs wear off, the problem is still with us. Do you have recurring health problems? Do you live your life on a rollercoaster ride of feeling good one day and then feeling lousy the next? If you answered YES, it may be time to break free of the handcuffs that your health habits have placed on you. It is time to stop ignoring your health issues and to stop masking the symptoms.

Have you been following the same health care routine without getting the results you want? If so, I encourage you to make a commitment to changing your health care routine. It may not be easy, however; change is necessary to create better results and for you to be healthier than ever before.

Chiropractic care is a health care approach based upon the body's natural ability to heal itself and is a very important step in a commitment to optimal health. Optimal health is one of our most valuable possessions and we should value ourselves enough to strive for the highest level of health. **We all can reach this goal if we take responsibility for the choices we make regarding our health care routine.** Chiropractic care can help give us the natural health we deserve if we commit to learning more about our body and take all of the necessary steps to stay well.

There has never been a better time to pursue a *"New Lifestyle"* of optimal health, peak performance, ideal weight, maximum vitality and positive a attitude!

Fairmont Family Chiropractic educates and empowers patients with the most effective and natural secret to optimal health, **"Better health through better living and better lifestyle choices."**

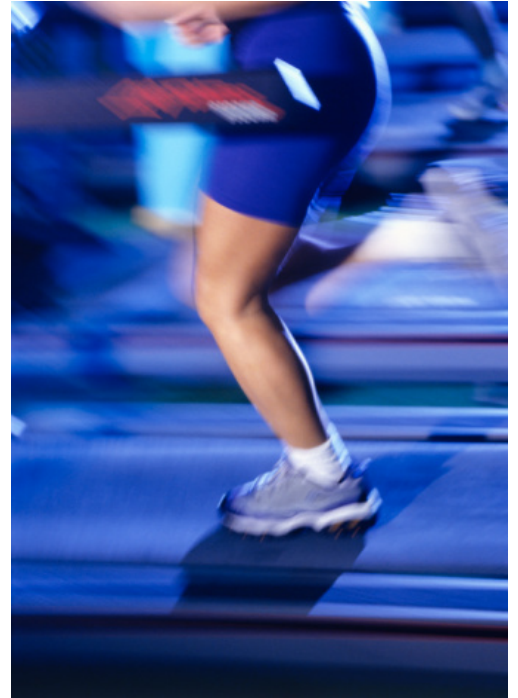
Millions of people have been searching for the answer to optimal health and wellness. They are ready to make the commitment. If this is something you are committed to, read on ... I am about to reveal my closely guarded secrets...

Practicing chiropractic for more than three years, I have been at the leading edge in health care and I have coached thousands of patients of all ages to take full responsibility for their health. Inside this issue I will share with you a wealth of valuable information that is guaranteed to address many of your concerns and answer pressing questions. It will absolutely provide you with all of the tools necessary **to empower you to make the best health choices for you and your family** and guide you on a path to *"optimal health."*

Here we go...

Six Benefits of Exercise

1. **Wakes You Up.** If you feel too fatigued to do anything after a long day of work, spending 20 minutes just two or three times each week performing some form of exercise will increase your endurance and your energy will skyrocket.
2. **Exercise Makes You Smile.** Reach for your sneakers instead of a Snickers when you're feeling down, stressed or angry. A study performed at *Duke University* shows that just eight to ten minutes of strenuous exercise can dramatically reduce negative feelings and make you feel better. Exercise releases chemicals from the brain known as endorphins, which naturally make you feel good.
3. **Exercise Helps Prevent Cancer.** Regular exercise proves to be a key factor in cancer prevention. Research continues to confirm that exercise reduces the risk of developing cancer. Researchers theorize that it may boost the immune system's ability to detect and kill cancer cells.
4. **Exercise Soothes Arthritic Joints.** Stretching exercises, swimming and range of motion exercises all help to reduce arthritic pain and increase joint mobility. Strength training builds muscles and keeps joints moving well.
5. **Exercise Keeps You Young.** As we grow older, our bodies manufacture less human growth hormone (HGH), a substance that improves our immune system, builds muscles, burns fat and contributes to our general feeling of well-being. Lower body exercises with weights can help slow down age related decline by stimulating the production of HGH.
6. **Exercise "Knocks You Out."** Exercise helps you sleep better. Studies from the *University of Arizona, Tucson*, found fewer sleep disorders among young men and women who took exercise classes or who walked briskly at least six blocks each day.



The Major Mistakes Doctors Often Make... *With Your Health*

Errors made by doctors in office settings play a role in almost 60 percent of situations where patients are injured by missed or delayed diagnoses, according to a study published in the *Annals of Internal Medicine*.

An examination of more than 300 medical malpractice claims revealed that 181 involved diagnostic errors.

Most of the cases involved cancer of one type or another, and 30 percent concerned situations that led to the death of the patient.

Mistakes by doctors included:

- Failure to order appropriate diagnostic tests
- Failure to create a proper follow-up plan
- Not obtaining an adequate patient history
- Not performing an adequate physical examination
- Incorrect interpretation of tests

The leading factors that contributed to errors included failures in judgment, vigilance, memory, knowledge, patient-related factors or handoffs.



Commentators on the study have said that physicians need to err on the side of caution when it comes to diagnostic tests, detailed records and follow-up. Others have said that the research shows that doctors need more help in making decisions, whether from better electronic records, better evaluation techniques, or more use of nurse practitioners to ensure follow-up.

Source: Annals of Internal Medicine: October 3, 2006, 145(7): 488-496

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Clever manipulation of the official government death rates conceals the fact that the conventional medical system, not heart disease or cancer, is the leading cause of death in the country. Yet, in all fairness, physicians themselves are not the primary reason as they are under the pernicious influence of the multi-billion-dollar marketing umbrella of the drug companies. Largely because of their influence, which is solely focused on selling more drugs and making more money, rather than actually curing patients, the conventional medical paradigm is fatally flawed.

But there is a single silver lining, as studies like the one above underscore without a doubt that patients must take better responsibility for their own health, especially when they rely on the fatally flawed excuse that passes for conventional health care in America. As a chiropractic patient for life, you are already taking a giant step toward better health for you and your family. Congratulations!

The Most Powerful Doctor in the World Is *YOU*...

Our Society Is...

- Too quick to rely on drugs
- Too quick to consent to surgery
- Too quick to give away our power and decision making abilities to others

In a time when our society is making more responsible decisions about our environment, it seems logical that we would also look for a more holistic, more natural approach toward health care. It makes perfect sense to follow the laws of nature in caring for our bodies. How does chiropractic care fit into this approach?

Chiropractors educate patients to understand that the human body has the ability to heal itself. A chiropractic adjustment removes any interference in the nerve system, which may be preventing the body from healing itself. When the nerve system is free from interference, the body can heal naturally. Clearly, chiropractic care is one of the first action steps we should take when dealing with a health concern. Chiropractic care is drugless, noninvasive and far less risky than many conventional medical approaches.



Medical care does serve an important role in a crisis situation when emergency care is needed. However, no drug or surgical procedure can restore the vital life energy that is halted by a subluxation (misaligned vertebrae). Only a chiropractic adjustment can restore the natural pathway of communication and allow healing to take place.

There is no doctor in the world more powerful than the inborn "doctor" within our own bodies. You are your own "Master Healer" and you know precisely how to run and maintain a healthy body.

Therefore...

- Natural and safe approaches to optimizing health should always come first
- Chiropractic care is the number one recognized natural health care system in the world
- Drug intervention should occur only when absolutely necessary
- Surgery should be considered only as a last resort
- Call for your chiropractic appointment today and discover a natural and safe approach to optimal health

Fascinating Facts to Think About

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*.

❖ **Naturally lowering blood pressure is possible** through good nutrition. A low-fat diet rich in fruits and vegetables can lower blood pressure significantly, according to studies done by the *National Heart, Lung and Blood Institute*.

❖ **Sleep stabilizes appetite-regulating hormones**, according to a study in the *Annals Of Internal Medicine*. In subjects who slept four hours on two consecutive nights, levels of leptin (the stoplight for eating) were 18 percent lower and levels of ghrelin (the hunger trigger) were 28 percent higher than when they spent ten hours in bed. The sleep-deprived group reported feeling hungrier for calorie and carbohydrate rich foods.



Source: *Natural Health*, May 2005

❖ **What not to do for the flu.** Taking aspirin or acetaminophen may prolong the flu up to three and a half days, according to the study in *Pharmacotherapy*. It's reported that the drugs interfere with the body's infection-fighting power. Researchers recommend sticking to time-honored cures instead: bed rest and lots of liquids.



❖ **Eating blueberries, one of the foods highest in antioxidants, dramatically reversed memory loss** and restored motor coordination and balance in aging animals, according to new *Tufts University* research.

The animals ate an amount equal to about half a cup of blueberries a day for humans.

CHIROPRACTIC MIRACLES

“Listen To What Our Patients Are Saying”

For as long as I can remember, I have suffered from chronic sinus infections, migraine headaches and digestive issues. I found myself relying on Advil and Tylenol on a daily basis to help alleviate the pain. After only a short period of time, these drugs no longer helped me to feel better. I was also prescribed antibiotics on a regular basis for the sinus infections. I couldn't seem to get off the roller coaster ride. I was suffering greatly every day and nothing seemed to help.

My luck seemed to change when my friend Allison referred me to her chiropractor, Dr. Menzies. At first, I was hesitant to meet with Dr. Menzies because I had heard other people's opinions about chiropractic and I felt somewhat nervous. I was willing to try anything at this point because I didn't want to suffer any longer. So, I overlooked the opinions of others and decided to find out what chiropractic is all about for myself. Looking back, the only mistake I made was not going to see Dr. Menzies sooner.

Dr. Menzies explained to me clearly how chiropractic adjustments could help my body to heal itself from these symptoms I was suffering from. He understood all of my concerns and hesitations and answered all of my questions so that I felt confident going forward with chiropractic care. Dr. Menzies gave me hope that he could correct my problem and that I wouldn't have to suffer any more.



Because of Dr. Menzies and chiropractic, my health has improved tremendously. After only three months of care, I no longer get headaches, my sinuses are free of infection and I have not taken a pill since I began care.

My life has changed greatly and I give thanks to Allison, Dr. Menzies and chiropractic. I recommend chiropractic care to all that want to be healthy and feel great everyday!

-P. Knight

Closing Thoughts...

Thousands of Miracles...

In every ordinary day there are a *thousand miracles*, if only we had eyes to see them.

We all share in the sweet mystery of *life*. We love, feel, cry, care and believe. We yearn to become more and to help others, as we *strive* to make a difference, however grand or small.

Deep inside every one of us, there exists a source of belief, a light *encouraging* us onward. However we choose to describe it, *faith* is the expression of *hope*. It is the sound of *comfort*, the recognition of *beauty*, the healing touch that moves us *forward*. Yet there are times when we may be so busy looking ahead that we forget to look up and the *light* within us may be difficult to see. When life's *simplistic beauty* eludes us, we need only open the window, throw open the curtains and view the rich landscape of our ordinary moments as reverently as our divine ones, to bring the wonder back into view. The slight change in perspective can *dramatically transform us*. -Flavia

With the holiday season just around the corner, this is a perfect opportunity for me to wish my family of wonderful patients and friends, the happiest and most joyous holiday season ever and a *Dream-come-true New Year*. This is the time of year to be most grateful for all of the miracles in our lives. Be aware of and experience the thousands of

miracles that occur in each of our lives every day. Be grateful for each and every one of them. Choose to live as though EVERYTHING is a miracle! What a perfect opportunity to share precious moments with family and friends. There has never been a better time to share your love with all of those around you. Together, we can all help to make our world a better and healthier place to live. Are you ready to make 2007 the healthiest, happiest and most prosperous year EVER? Are you ready for a magical year, a year of abundance, joy, vitality and of maintaining the highest standards for your health and your family's health? I am certain that you are, I know that I am!

*“There are
two ways to
live your life.*

*One is as
though
NOTHING is
a miracle.
The other is
as though
EVERYTHING
is a miracle”.*

-Albert Einstein