

# In Good Hands



A Healthy Living Chiropractic Newsletter for the friends and patients of Dr. Robert D. Shaw

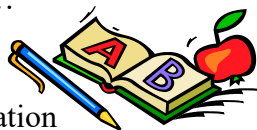
*Common sense is not so common. – Voltaire*



*Looking for a drug-free lifestyle?  
Health and wholeness for yourself and your family?  
Are you interested in disease prevention and health enhancement?  
Then welcome to a more natural world ~  
Welcome to the World of Chiropractic.*

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happened in your past that can affect your body today, beginning with your pre-natal experience and birth. What was your mother's health and nutrition like while you were in the womb? Did she smoke? Were you a breech baby? A caesarian? Was your birth gentle or stressful? What have you inherited from your parents and ancestors?

Did you have any serious falls, injuries or toxic exposures as a baby or child? What was your family life like?

As you can tell life is full of potential hazards, or perhaps we should see them as opportunities for healing and growth. When you come to our office you are much more than a person with a pain or a presenting problem. You have a history. Many times the pain or presenting complaint you initially show us is only the tip of the iceberg – or the outer layer of the onion.

The art of healing is to see as much of the whole person as possible – and to address that person's needs. That's why we may wish to see you again,

## YOU ARE AN ONION



Well, you're *like* an onion. We don't mean you are white and smelly, we mean you have layers. You have a history of injuries, events, stresses, memories – a past – and that affects your healing progress in our office.

The education of a Doctor of Chiropractic includes an understanding of the many things that have

because as the stresses leave, as the onion peels away, deeper stresses and deeper needs for healing often reveal and can be addressed.

After all, it's not just feeling better we want for you, it's being better, whole and truly healthy.

## QUESTIONS AND ANSWERS ABOUT CHIROPRACTIC

**Question:** Is chiropractic safe?

**Answer:** Chiropractic is very safe. Pregnant women, newborns, the frail and elderly and everyone in between can receive chiropractic care.

As proof of chiropractic's safety one only needs to compare the malpractice insurance rates of chiropractors to those of medical doctors. Depending on the specialty, chiropractic malpractice premiums are one-tenth to one-one hundredth those of MDs.

## DID YOU KNOW?



**You have happy genes. Really.**

Researchers have shown that the brains of unhappy people have all the same genes as those of happy ones, but psychological problems, worry, fear, stress and anxiety can "switch off" your happy genes.

One fascinating study compared the stress-response areas of the brain in schizophrenics who'd committed suicide with people who'd died of random accidental causes and found the suicides had all the genes required to regulate stress and keep it under control but a molecule in their brains called a "methyl group" silenced or turned off these genes. Therefore these unfortunate people remained in a constant state of stress.

Moshe Szyf, a researcher at McGill University, says we all have these genetic resources to help us regulate our "happy genes" but in some people they are what he calls "frozen assets." They are not being used.

His studies show that love and nurturing produce beneficial changes in gene expression in the brain, while mental health problems produce damaging

genetic changes at the molecular level.

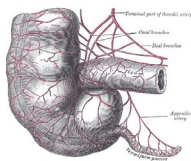
Being good to ourselves – healing our relationships, listening to music, taking a vacation, meditating, getting a massage, bodywork, subluxation correction, natural healing and stress relief, exercising, enjoying friends and the comfort of others, accepting ourselves and having compassion for ourselves are among the many ways we can wake up our "happy genes." Take time out *every day* to care for yourself. (1)

## DO YOU REALLY HAVE A "USELESS" ORGAN?

Your appendix is a 3½" pouch that sticks out of your large intestine on the lower right side of your abdomen. But it's not a useless or vestigial organ.

For over 80 million years the appendix has been inside mammals and is in 70% of all primates and rodents. Why put a "useless" organ there?

The appendix helps keep our intestinal bacterial



population (our flora) in balance. The appendix is chock full of good bacteria. This can be life-saving because in a severe infection your intestine can inject millions and billions of good bacteria to prevent the bad ones from overwhelming your system. (2-3)

Your appendix also manufactures cells for the immune system including antibodies.

Your appendix receives nerve communications from your spine, and to keep it healthy and help it stay infection-free make sure you have no subluxations affecting your nerves. How do you do that? See your chiropractor of course.

## THE NATURAL APPROACH TO GAS ...

**Cheap and natural relief of gas, bloating and heartburn**

Why spend money on over-the-counter medicines (or even prescription drugs?) when there's nearly always a natural approach that works better, faster, is safer and far less expensive?

Did you know that apple cider vinegar (ACV) is very helpful in reducing gas and bloating? Just take a tablespoon of ACV diluted in water or tea before a meal and you'll find that gas, bloating and also

heartburn can disappear. In fact many people find that all they need to do is take a dose as soon as they feel symptoms coming on.

Of course also make sure your body is free from subluxations and you are drinking enough water. Avoid drugs as much as possible – stay healthy naturally.

## **CHIROPRACTIC RESEARCH**

**Anxiety and depression.** This study evaluated the effects of 12 weekly chiropractic visits for six people with anxiety and depression symptoms.

The subjects all had mild to moderate anxiety and/or depression symptoms and a vertebral subluxation in the upper neck (upper cervical) area.

They were evaluated pre- and post-chiropractic care for anxiety and depression using psychological tests and were interviewed after a series of chiropractic adjustments by a psychology researcher using various evaluation tools.

Four of the five who completed the study were satisfied with the outcome and said that they would recommend chiropractic care to others with anxiety or depression. They also reported less muscle tension, pain and improved mental clarity and physical energy. (4)

**Tic disorder.** A seven-year-old girl who was diagnosed by her pediatrician with a motor tic disorder began chiropractic care. Her tics began at the age of five and got progressively worse over time.

Chiropractic observation and examination located vertebral subluxations in this child and after three chiropractic adjustments her tics completely resolved. (5)

**Migraines in a 12-year-old.** A 12-year-old girl presented with complaints of severe migraines for the last 6 years. Previous chiropractic care had not helped her. The patient suffered from migraines 3x/week and had missed over 2 months of school due to the pain. Her cervical spine had a reverse curve, and when she flexed her neck C1 and C6 fixated, but



on extension T1 and T2 fixated.

The patient had six visits and demonstrated a significant improvement in her cervical curve and her migraines were resolved. (6)

## **IT'S VACCINE SEASON**

Whether you've got a beginning scholar entering kindergarten or are kissing your college bound son or daughter goodbye (we know it can be tough) the issue of vaccinations cannot be avoided.

Many parents and an increasing number of MDs and health officials refuse vaccination for their children because these shots are dangerous and are linked to autism, allergies, ADD/ADHD, dyslexia, tics, processing disorders, personality disorders, asthma, vision problems, diabetes and many, many more neurological and immunological conditions.

Parents who have both vaccinated and non-vaccinated children all report that their non-vaccinated children are far healthier than their vaccinated children.

Please get yourself informed about what we believe is one of the most serious healthcare decisions you'll ever be asked to make.

Vaccinations are *not* required for school in most states. School officials may *say* otherwise but they often are ignorant of the law. For more information go to [www.vaclib.org](http://www.vaclib.org) or to [www.thinktwice.com](http://www.thinktwice.com) and you'll see the legal requirements.

## **Another reason not to vaccinate (especially girl babies)**

*Naturally immune mothers have considerably more antibodies than those who had been vaccinated. The same applied to their babies - babies of vaccinated mothers had significantly lower antibody levels than infants of naturally immune women. (7)*

## **YOU CAN LEGALLY AVOID VACCINATIONS**

Some parents who are concerned about the dangers feel they have no choice, "Don't they have to have shots to get into school?" they ask.

Happily, the answer is: All states (except West Virginia and Mississippi) honor medical and religious/philosophical exemptions to vaccines. Most educators, school nurses and health professionals are unaware that you have a choice.

What religions qualify for a religious exemption? It doesn't matter. The government cannot ask you your religious beliefs because that puts them in the position of deciding if your religion is "good enough."

At the very least, if parents would wait until their child is going to public school before vaccinating, hundreds of thousands would be saved from autism, dyslexia, immunological problems, ear infections, brain injuries and other vaccine injuries.

If a religious or private school or camp refuses to honor your exemption, there are attorneys who specialize in these matters such as Alan Philips, J.D., [www.vaccinerights.com](http://www.vaccinerights.com).

\*\*\*\*You can go directly to the North Dakota Department of Health's website at: <http://www.ndhealth.gov/Immunize/Public/> and obtain the Certificate of Immunizations which contains the state's official "Statement of Exemption to Immunizations Law" waiver.

**WORDS OF WISDOM**



*Resentment or grudges do no harm to the person against whom you hold these feelings but every day and every night of your life, they are eating at you.* – Bill Cosby

*Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.* – Mark Twain

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**SEPTEMBER CALENDAR**

MON	TUES	WED	THURS	FRI
2 9:00-1:00 3:00-6:00	3 9:00-1:00 3:00-6:00	4 9:00-1:00 3:00-6:00	5 9:00-1:00 3:00-6:00	6 9:00-2:00 <b>WISHEK</b>
9 9:00-1:00 3:00-6:00	10 9:00-1:00 3:00-6:00	11 9:00-2:00 <b>WISHEK</b>	12 9:00-1:00 3:00-6:00	13
16 9:00-1:00 3:00-6:00	17 9:00-1:00 3:00-6:00	18 9:00-1:00 3:00-6:00	19 9:00-1:00 3:00-6:00	20 9:00-2:00 <b>WISHEK</b>
23 9:00-1:00 3:00-6:00	24 9:00-1:00 3:00-6:00	25 9:00-2:00 <b>WISHEK</b>	26 9:00-1:00 3:00-6:00	27
30 9:00-1:00 3:00-6:00				

**OCTOBER CALENDAR**

MON	TUES	WED	THURS	FRI
	1 9:00-1:00 3:00-6:00	2 9:00-1:00 3:00-6:00	3 9:00-1:00 3:00-6:00	4 8:00-1:00 <b>WISHEK</b>
7 9:00-1:00 3:00-6:00	8 9:00-1:00 3:00-6:00	9 9:30-2:00 <b>WISHEK</b>	10 9:00-1:00 3:00-6:00	11
14 9:00-1:00 3:00-6:00	15 9:00-1:00 3:00-6:00	16 9:00-1:00 3:00-6:00	17 9:00-1:00 3:00-6:00	18 8:00-1:00 <b>WISHEK</b>
21 9:00-1:00 3:00-6:00	22 9:00-1:00 3:00-6:00	23 9:30-2:00 <b>WISHEK</b>	24 9:00-1:00 3:00-6:00	25
28 9:00-1:00 3:00-6:00	29 9:00-1:00 3:00-6:00	30 9:00-1:00 3:00-6:00	31 9:00-1:00 3:00-6:00	