

HEALTH

News & Views

November 2013

Multiple Sclerosis

An Expect A Miracle Story

It's A Family Thing

How Strong Is Yours

Chiropractic Care for Seniors? Absolutley!

**The Buzz
on Bees**

Expect A Miracle



Transfixed With The Realization

Jo came into our clinic hobbling along on two crutches, moving slowly and with great deliberation due to her unsteadiness and pain. She told me how she had been given a diagnosis of the beginnings of Multiple Sclerosis (MS) about 3 years earlier following an MRI and had since been prescribed steroids, interferons and even chemo therapy in an effort to cure or at least minimize the progression of the disease. Jo had been told that the normal prognosis for MS was deterioration of her physical condition to the point she would be wheelchair bound.

Jo had other health issues too. Neck, shoulder and arm pain, low back pain, and pins and needles in both hands and feet. Her periods had stopped as part of 'an early onset of menopause' caused by the chemotherapy. She also suffered from migraines, depression and very disturbed sleep as well as a low appetite, bloating after meals, serial bouts of diarrhea followed by constipation, reflux/heartburn and reduced control of bladder and bowel.

I took Jo through our standard new guest visit of present and past history, orthopaedic and neurological tests, posture, balance, Insight pulse wave profiler, thermal and EMG scans. Following her report of findings Jo received her first Chiropractic adjustment.

When I rang her later that evening, Jo told me that following her adjustment she had gone to the supermarket and was walking around using her walker in place of her crutches when half way along the aisle she realized that she had forgotten something. So without thinking she simply turned, walked briskly back up the aisle, collected the item and returned to her abandoned walker. She stood there transfixed as the realization of what she had just done set in. Jo had walked without support.

Over the next few days after each of her adjustment visits she reported other miracles that came her way. Her hands and feet symptoms seemed to have disappeared, her periods returned, her sleep improved and became restful and refreshing, her bowel and bladder control/function improved and she felt more balanced.

Jo still uses one of her crutches for support, or at least carries it with her, for security and has been able to indulge in her passion of field archery again.

While this is still a story in its infancy, Jo has only had 10 adjustment visits, it serves as an amazing example of the true innate healing power of the body and how a little thing called a Chiropractic adjustment, which removes interference from the nervous system, can impact lives in ways beyond our imagination or understanding.

So the question is, "Have YOU ever tried Chiropractic?" If you have received help through Chiropractic care, how many of your family, friends and co-workers have you encouraged to also try Chiropractic?

Dr. Criss Partridge

Article courtesy of Expectamiracle.com



The Buzz

It's not always easy to be a hobbyist beekeeper. It takes time. It takes education. It takes some financial commitment. But it can be rewarding and fascinating. Aside from the obvious benefit of the honey each season, bees offer an incredible amount of insight on how a community can be ran efficiently.

Each bee has a different role, Guard bees protect the entrance to the hive, nursing bees take care of the queen, housecleaning bees care for the hive and scouting bees find the pollen. If they feel that the shelter and surroundings that they have are unsustainable, they will swarm with the queen and send scout bees to look for a new suitable home. The rest of the hive waits in a tree or bush for direction. During a swarm, bees are not aggressive as they have usually gorged themselves on honey to prepare for the journey.

In society, the commitment to look after a bee hive is commendable considering that the number of bees is down globally. Without bee colonies, our food supply would diminish substantially... anything that flowers and needs to be pollinated would eventually disappear.

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.cornucopia.org

Here you can find out all you need to know about organic foods, and even check scorecards to see which companies are REALLY organic and which ones are just fluff.

FAMILY

How Strong Is Yours?

There are many ways to define a family, but what makes a strong and successful one? Families are where we learn values, skills, and behavior. Strong families manage and control their learning experiences and they establish a pattern of home life. They do not let social forces rule them, rather they involve themselves in neighborhood, school, government, church, and business in ways that support their family values. Strong families have a sense of loyalty and devotion toward each other, the family sticks together. They stand by each other during times of trouble, failure and success, building loyalty along the way.



Love is at the heart of the family, all humans have the need to love and to be loved. The atmosphere of real love is one of honesty, understanding, patience, and forgiveness, however such love does not happen automatically; it requires constant daily effort by each family member. Loving families share activities and express a great deal of gratitude for one another.

Humor is an escape valve for family tension, and through laughter we learn to see ourselves honestly and objectively. Building a strong family is serious business, but if taken too seriously, family life can become very tense. Laughter balances our efforts and gives us a realistic view of things.

Every family needs its own special set of rules and guidelines. Strong families can work together to establish their way of life, allowing children to have a voice in decision making and enforcing rules. In times of crisis, families must know how to work as a team, harnessing the ability to find something positive, in any situation, and to focus on that positive element.

There are several characteristics that are found in strong family units, Commitment is a good start. Members of strong families are devoted to the well-being and happiness of the other members, in other words, they value family unity. They show and talk about their appreciation for one another, and when each family member's self-esteem is enhanced by this appreciation it helps motivate all members to continue strengthening the family bond. They work at developing good communication skills and spend a lot of time talking with each other because that is the lifeblood of relationships.

Strong families spend time—quality time in large quantities—with each other, however, a lot of time together filled with bickering and arguing won't make for a strong family. Nurturing family relationships takes a lot of GOOD times, building memories around activities and time spent together laughing and having fun.

Most people value their families, and realize that it takes a lot of hard work to make one successful. But trust in this, the work you put into making your family stronger today, will only make your future a brighter place tomorrow.



**This recipe is Paleo
and Gluten Free!**

Maple Pumpkin Custard

- 1 15 ounce can pumpkin puree (make sure pumpkin is the only ingredient)
 - 1/2 cup coconut milk
 - 1/2 cup grade B maple syrup
 - 3 eggs + 1 egg yolk
 - 1 teaspoon vanilla extract
 - 1 teaspoon ground ginger
 - 1 teaspoon ground cinnamon
 - 1/2 teaspoon ground nutmeg
 - 1/4 teaspoon ground clove
 - 1/4 teaspoon ground cardamom
 - 1/2 teaspoon lemon zest
 - pinch of sea salt
- Preheat oven to 350 degrees F.
- Whisk all of the ingredients together in a bowl, until smooth and there are no lumps visible.
- Pour the filling into individual ramekins, filling 3/4 of the way full and dividing evenly.
- Place the filled ramekins on a rimmed baking sheet, then bake the custards for 25-30 minutes. They should jiggle slightly in the center when you remove them.
- Cool to room temperature, then refrigerate for 1 hour prior to serving.
- Serve with coconut milk whipped cream.

The Role of Chiropractic Care in Seniors



Senior citizens are often prone to developing a number of joint and nerve problems as they get older. This includes not only arthritis, that affects the bones and joints, but also other consequences of aging such as nerve compression and general aches and pains. Many senior citizens are prescribed pain killers and other medication to help control the pain, improve joint mobility, and overall health. However, chiropractors aim to help return seniors back to a stage of normal daily activity with the natural approach of chiropractic care.

As people get older, the elasticity of the joint tissues and the tone of the muscles change. As you would expect, these joints and muscles are not as strong as they once were. This is one of the consequences of arthritis also. Another factor of aging is that bones become a lot thinner and osteoporosis occurs. Bones are more prone to fractures and the spinal bones can collapse and compress the discs and nerves. Needless to say, all of these changes can cause moderate to severe pain. Osteoporosis is particularly common in women following menopause, as estrogen is decreased.

Chiropractic treatments are aimed at reducing pain, resolving any nerve compression, and restoring full mobility. A chiropractor can gently manipulate the spine to help align these softer bones so as to relieve any pressure on the nerves. In addition, manipulations will be made to correct any postural abnormalities.

Chiropractic Procedures for Seniors

Depending on the treatment requirement, the chiropractor will perform a variety of maneuvers. Prior to delivering treatment, a detailed history will be taken to ascertain any symptoms or problems which need to be addressed. A clinical examination to assess the state of the nerves, bones, and joints will also take place.

Once an initial assessment is complete, a treatment regime will be decided. Dietary changes may be recommended, such as increased intake of calcium rich foods and possibly supplements. Stretching exercises may also be prescribed to help maintain muscle tone and increase muscle strength. Gentle spinal manipulation will be performed to re-align the spine and reduce any pressure that may be exerting on the spinal nerves.

Chiropractic treatments are performed by trained experts who are fully aware on how to manipulate joints and relax muscles, while keeping in mind how supple and delicate the structures are. It is perfectly safe, though some soreness may be experienced after the treatment has been administered. As chiropractic care is a non-invasive approach, it is beneficial in a number of ways. Patients also tend to prefer the chiropractic approach instead of injections and pain killers. Chiropractors have a natural, safe alternative to the often harsh, band-aid style of repair that many mainstream procedures offer.

Be Active

Senior citizens benefit tremendously from chiropractic treatments. Treatment is safe and can result in significant reduction in pain and restoration of joint mobility.

Being a senior citizen does not mean you have to limit yourself while trying to lead a full and active life. Joint aches and pains are a part of aging, but treatment is at hand with your chiropractor.