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News & Views

December 2013

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Expect A Miracle



Emily's Story

It was a very busy day in practice and I had a new patient to see before my lunch break. Little did I know this beautiful little girl was about to change my life forever.

Jodie, Emily's mom, wheeled Emily into the room in a wheelchair, she had Cerebral Palsy from a birth injury. I sat and talked with Jodie about Emily's history, she was 5yrs. old when she came in for the first time and she could not lift her arms above her shoulders and had never been able to. She could not walk or talk, and the doctors had said she would never be able to. Jodie and Colin would have to live with the fact that their daughter would be like this for the rest of her life.

Jodie was desperate and was crying from the moment I introduced myself. She had read somewhere that chiropractic maybe be able to help with cerebral palsy kids. She was recommended to come in and see me by a friend of hers. Jodie was so emotional and wanted to give Emily every chance to have the best life possible, as do all parents. She talked about the frustrations and she knew there was more that could be done for her gorgeous daughter. And she cried the whole way through. She had been everywhere, she pleaded with me to help her daughter.

Jodie brought in everything she had, every scan, X-ray and test possible. I did a thorough examination, and it took some time to move Emily and get her to the positions needed to see what her little body could do. You could see that Emily understood, she just couldn't do it.

I had explained to Jodie, after the examination, that I knew Emily's body would function better after having a Chiropractic adjustment than without one. I told her even with the brain injury, that if there was interference to the communication of the nervous system, then the body would not work at its optimum. She completely understood and wanted to try chiropractic, it was the last hope.

I explained that I needed a day to go through all the findings and tests so that I could serve Emily the best way possible. That night I poured over everything, rang some very prominent pediatric chiropractors and talked at length with them. There were no signs of any contra indications to chiropractic care and I knew that chiropractic could help.

The next day came, and Jodie again pleaded with me to help Emily. I told her, I knew chiropractic could help, I was absolutely certain of that, what I didn't know was how much. Everything went well with the gentle adjustments delivered and she was scheduled to come back the next day.

Emily and Jodie were in the room, the next day, when I walked in. I took one look at Jodie and she was crying uncontrollably. Jodie turned to Emily and said "Show Dr. Clinton what you can do." Emily looked at me, a big smile came on her face and she proceeded to lift her arms completely above her head for the first time ever. Tears started streaming down my face as the realization of the enormity of that one little action.

I whispered a prayer of gratitude for seeing such a profound miracle, probably so small to many of us, yet so monumental to a little girl and mother that had never seen this before. And for me just the absolute blessing of seeing such a profound thing happening from a small adjustment with amazing lifetime ramifications.

The miracles didn't stop coming!

Emily got more mobile, she couldn't stop smiling, and within a few months the amazing happened, she started talking properly and communicating. Can you imagine the elation of talking with your child properly AND having them talk back to you and understanding them. Emily's speech was never going to be perfect, yet she could talk! And the beautiful thing is, chiropractic released a beautiful, intelligent, quick witted and funny little girl from within. It constantly amazes me of the power of the bodies ability to heal itself when it is free from interference.

And still more miracles kept coming!

Emily, with assistance from a walker designed specifically for cerebral palsy kids, was able to start ambulating and moving for herself, something the doctors had always said would be impossible.

After months of intensive care, little Emily was a changed girl and was living her best life possible. She still has a lot of health challenges, yet she gets over them quicker and easier than she ever did. Emily gets adjusted every week and has been doing so for many years now.

Emily is a constant reminder of how amazing life is and how miraculous our bodies ability is to heal itself. Emily lives life to the fullest and she has the best life she can possibly have, and thank you to a desperate mother willing to give anything a go for her daughter, for me to be able to witness a miracle like this is one I will hold close to my heart for the rest of my life.

Dr. Clinton McCauley

Article Courtesy of Expectamiracle.com



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.naturalfarmacy.com

Focus on conscious and sustainable eating that's good for you and good for the planet.

Shop Till You Drop - Locally!



It's that time of year where you start heading to the stores to find the perfect present for friends, family, and co-workers. Well this year, why not follow a current "trend" floating around and BUY LOCAL! The concept makes sense and is simple, support local businesses or even a neighbor, person at church, etc... When going down your shopping list, think of alternatives to the corporate and mass produced merchandise. Instead of buying that \$30 scarf from Macy's, find a local person who knits or crochets to make one for you at the same price, or even less. By doing so your \$30 is going to help out the pocket of someone you know and see rather than a major corporation.

When you spend money at an independently run locally owned business, 68% of the money stays in the local economy. If you spend that money at one of the local Big Box Stores, that number drops to 43%... if you're buying on a big national website... the number drops all the way to 0%!! Buying online may save a few cents, but please remember that NOTHING AT ALL will come back to your community to help pay for your child's education, or the roads you drive on. So the few dollars you save are COSTING YOU in the cut backs at your local schools (and more).

Think about it, local businesses give locally. Check out the back of Little League t-shirts and programs from local theater productions — it's your local stores that are sponsoring our community. It's pretty darn hypocritical to beg the locally owned businesses for donations and then turn around and shop at the Big Box Stores who don't give to local organizations at a fraction of the level that independent retailers do.

Locally owned means COLOR and CHARACTER. The entire planet is morphing into identical strip malls with identical storefronts. How depressing. If you value the unique color of your downtown, you have to leave your money behind supporting it. If you don't, those stores shut down and you're left with nothing but Big Box shopping experiences.

Shopping local means connecting with your community. It makes so much more sense to shop from the people that you know and stay connected with. Especially at this time of economic hardship, maintaining community relationships is key to survival. It's highly doubtful that the owners of Wal-Mart will be there for you if a serious crisis occurs, it will be your friends and neighbors that will have your back, so support them! These people live in your town, work in your town and are invested in your town. Their livelihoods depend on you so don't break that cycle just to save a few bucks. The values of relationships mean more than money, so do yourself and your community a favor this Christmas: SHOP LOCAL!

Maple Salmon Filets

- 8 6-oz. salmon fillets or salmon steaks
- 1 lemon, cut into wedges
- 4 teaspoon extra virgin olive oil
- 1/8 teaspoon nutmeg
- 1/8 teaspoon cinnamon
- 2 Tablespoon garlic powder
- 3/4 teaspoon fine ground sea salt
- 1 Tablespoon onion powder
- 1/8 teaspoon black pepper
- 1/4 cup gluten-free soy sauce or Tamari
- 1/4 to 1/2 cup grade-B maple syrup
- Optional: Black pepper corns (garnish)

Rinse and dry salmon fillets. Rub each with lemon wedge.
Brush 2 teaspoons oil on flesh side of salmon (to help seasoning adhere).
In bowl, mix nutmeg, cinnamon, garlic powder, salt, onion powder and black pepper.
Sprinkle each filet with homemade spice mix.
Let sit covered in fridge for 1 hour.
Sauce/Marinade: In saucepan, mix together soy sauce and maple syrup over medium heat until sauce is thick enough to coat the back of a spoon (about 7 to 10 minutes).
At same time, heat skillet and coat bottom with 2 teaspoon oil.
When oil is hot, place salmon in skillet, flesh side down, and cook over high heat for about 4 minutes
Flip over.
Pour the sauce/marinade over the newly exposed sides of the fillets and cook another 4 minutes with the sauce on top. This will then cook like a glaze, slightly caramelizing the balsamic and maple syrup.
Remove and garnish with peppercorns and pour remaining "cooked" sauce over the fish, if you'd like.



This recipe is Paleo and Gluten Free!

Chiropractors and Headache Management



Headaches are an extremely common medical problem encountered almost every day. Some people are more prone to headaches than others, but there usually is an underlying cause for it. One of the most common types of headaches is migraines, though they can be associated with neck problems or following whiplash, changes in posture can also be a cause. Muscle tension in the neck is an associated feature. While pain killers are effective in treating headaches, many a time the headaches return or just do not improve. Chiropractic treatment has been shown to be very effective in helping headaches, and this article will cover it in a bit more detail.

Chiropractic treatment involves manipulation of joints by experts that relieves stress and pain in muscles and joints. Migraines are characterized by severe headaches, and are usually treated with medication and avoidance of triggers. Clinical trials have shown that manipulation of the spine can reduce the occurrence of migraines. The study showed that in patients with migraines, over 1 in 5 patients who received chiropractic therapy experienced a 90% reduction in the number of migraine attacks experienced. In addition, if a migraine did occur, it was a lot less intense than the attacks prior to receiving chiropractic treatment.

Chiropractic Therapy and Medication

While there are studies looking at just chiropractic therapy alone, patients who also received medical treatment in combination with chiropractic treatment experienced no added benefit from the medication. It appears there is a great degree of benefit obtained from getting chiropractic therapy.

Patients can also develop a form of headache which is due to problems in the neck spine, called 'cervicogenic headache' (cervico = neck, genic = from). Chiropractic treatment in the form of gentle spinal manipulation has been shown to improve this form of headache as well.

Headache Management Without Medication

If you are suffering from headaches and chiropractic treatment seems a feasible and reasonable option, then a number of different measures may be used. General advice on posture in bed, using a new pillow and certain neck exercises will be suggested. Trigger point massages applied at the top of the neck may be considered. Gentle spinal manipulation may be performed. Management of stress and relaxation therapies may also be advised. If joints are inflamed, ice packs may be prescribed too.

Chiropractic therapy is useful and effective in the treatment of headaches. Once the cause has been identified, a number of simple manipulations can help reduce headache.

Remember, headaches can be a rather problematic condition that can occur due to a number of reasons. As chiropractors, we can offer you a quick and safe treatment that will effectively reduce the pain and get rid of the cause, without the need of medication.