

# HEALTH

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## News & Views

**February 2013**

### **When Interference Is Removed**

*An Expect A Miracle Story*

### **Do You Want To Improve Your Relationships?**

LEARN TO ASK THE  
RIGHT QUESTIONS!

### **FLU?**

**See How  
Chiropractic  
Can Help**

### **How Thoughts And Intentions Can Change Your Life**

Check out this experiment



# Expect A Miracle



## When The Interference Is Removed

I've been a chiropractor for fifty years in the US and I have dedicated myself to the principles of chiropractic. If you have the consciousness of who you are and what you are, then you often attract people with a very wide array of diseases. I would like to share one of my chiropractic miracle story with you.

This man drove about forty-five miles to get to my office and he had to stop about every ten minutes to run into a bathroom to pass urine, mucous and blood. When he came into our office he told me that had lost sixty pounds and that he had had this problem for eighteen months. He had been in the hospital and they wanted him to live off of baby food. He wanted to know if there was anything we could do.

Well, my answer to him was that if we could find out where life was being shut off, we could turn it back on by moving the right bone and God would do the healing. He said that it sounded like something he would like to do. I told him that I was not a nutritionist, I'm not going to discuss what you should or shouldn't eat, but I going to suggest that you don't eat baby food, or much of it. I going to suggest you eat coconut. He said, "Coconut? I have a bleeding colon and I'm to eat coconut? Gosh, what's that going to do to me?" I said, "It's going to scrub you right out, it may irritate it but so what, if it will clear the colon."

After the fourth visit, he had his first formed bowel movement in about eighteen months. We worked with him, and continued to work with him, and he began to have proper sleep. He began to gain weight. Then he gained all of his weight back. He didn't have to stop anytime between his home and our office to go to the bathroom. It took us about eight to nine months for him to completely heal.

Now how did that happen? A reason to have somebody adjusted or to be adjusted yourself is to turn on this thing called *life*. By replicating normal cells instead of abnormal cells the body heals itself. It simply needs someone to correct the subluxation in the spinal column and the spine to maintain that correction, for the body to rebuild itself from inside out. This young man has now continued to go to my office for care and he probably will be a lifetime chiropractic person, not because he has had backaches and strains 'fixed,' but because he realizes that the best thing for him to do is to maintain the integrity of his nervous system so it can function the way it was designed.

Dr. Jim Sigafoose  
Maryland, USA

Article courtesy of [Expectamiracle.com](http://Expectamiracle.com)



## Experiment Shows Thoughts & Intentions Can Alter The Physical World

Dr. Masaru Emoto, a researcher and alternative healer from Japan has given the world a good deal of evidence of the magic of positive thinking. His experiments demonstrate that human thoughts and intentions can alter physical reality, such as the molecular structure of water. Given that humans are comprised of at least 60% water, his discovery has far reaching implications... can anyone really afford to have negative thoughts or intentions?

The rice experiment is another famous Emoto demonstration of the power of negative thinking (and conversely, the power of positive thinking.) Dr. Emoto placed portions of cooked rice into two containers. On one container he wrote "thank you" and on the other "you fool". He then instructed school children to say the labels on the jars out loud everyday when they passed them by. After 30 days, the rice in the container with positive thoughts had barely changed, while the other was moldy and rotten.

See the video on that experiment at:  
<http://www.youtube.com/watch?v=Ehlw-9PJkIE>

## 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.chopra.com](http://www.chopra.com)

Helping people experience physical healing, emotional freedom, and higher states of consciousness.

## The Questions That Will Save Your Relationships



Have you ever had days that you feel blessed and thrilled about your life, and incredibly terrified and bitter a moment later? If you don't believe that those feelings can exist at once than perhaps you have already found Nirvana... good for you! If not, read on...

Sometime throughout your day (perhaps when you get home to your loved ones) you get asked "How are you, how was your day?" And you'd want to say:

*How was my day? Today has been a lifetime. It was the best of times and the worst of times. There were moments when my heart was so full I thought I might explode, and there were other moments when my senses were under such intense assault that I was CERTAIN I'd explode. I was simultaneously bored out of my skull and completely overwhelmed with so much to do. Today was too much and not enough. It was loud and silent. It was brutal and beautiful. I was at my very best today and then, just a moment later, at my very worst. It's a heck of a hard thing to explain... But you'd be too tired to say all of that. So you'd smile and say "fine."*

What if we learned to ask each other better questions? If we really want to know our people, if we really care to know them -- we need to ask them better questions and then really listen to their answers. We need to ask questions that carry along with them this message: "I'm not just checking the box here. I really care what you have to say and how you feel. I really want to know you." If we don't want throwaway answers, we can't ask throwaway questions. A caring question is a key that will unlock a room inside the person you love. So think instead about asking things like this:

**When did you feel loved today? When did you feel lonely? What did I do today that made you feel appreciated? What did I say that made you feel unnoticed? What can I do to help you right now?**

And how about when your kids get home from school, do you automatically blurt out "How was your day?" Because they don't know either. Their day was lots of things.

Instead try this:

**How did you feel during your spelling test? What did you say to the new girl when you all went out to recess? Did you feel lonely at all today? Were there any times you felt proud of yourself today?**

Questions are like gifts -- it's the thought behind them that the receiver really FEELS. We have to know the receiver to give the right gift and to ask the right question. Generic gifts and questions are all right, but personal gifts and questions feel better. Love is specific, it's an art. The more attention and time you give to your questions, the more beautiful the answers become.

**Life is a conversation. Make it a good one.**

Adapted from Glennon Melton, Blogger - Momastery



This recipe is Paleo and Gluten Free!

## Coconut Raspberry Pots – Pots de Cocos aux Framboises

- 1 lb coconut milk (1 pint)
- 2 oz shredded coconut, unsweetened
- 1 pinch sea salt
- 1 tsp vanilla extract
- 4 oz local honey (1/2 cup)
- 6 oz eggs (3 each), beaten
- 1 pint fresh raspberries (6 oz)

Preheat your oven at 350F.  
Weigh/measure the coconut milk, shredded coconut, salt and vanilla in a saucepan. Bring to boil.  
In a separate bowl, whisk the eggs and honey until light and smooth.  
When the liquid boils, add a little of it to the eggs/honey mix while whisking. Add a little more and then more again until all the liquid is absorbed by the eggs/honey.  
Place 3 to 4 fresh raspberries at the bottom of each ramekin.  
Pour the batter into ramekins placed in a baking dish.  
Place the dish on the middle rack of your oven.  
Pour hot water halfway up the ramekins' sides.  
Bake for about 20-30 minutes until they feel firm to the touch and not wiggly at the centers.  
Cool down. Refrigerate until needed.  
Decorate with a couple of fresh raspberries and a fresh mint leaf.

# Flu and Chiropractic Adjustments

Chiropractic is a branch of medical treatment that involves manipulation of the spine and discs to help relieve pain, correct posture, and build up the immune system. In recent years, its application has extended from just helping posture and pain to treating and preventing the flu.

Flu is a viral infection (influenza virus) that is generally characterized by an overall unwell feeling, often accompanied by a runny nose, generalized body aches and pains, and fatigue. Generally treatment is not required and patients will recover over time; however, this can take a fair amount of time. In rare cases, flu can progress to a more severe illness requiring hospitalization, such as pneumonia or dehydration among a few of the possible complications.

Before we jump into how chiropractic adjustments help with the flu, here is an interesting fact! In 1917-18, the world suffered from an influenza epidemic. Chiropractors in Iowa performed simple maneuvers and found that they lost only 1 in over 900 patients to the flu, while medical doctors lost 1 in 15 patients. While medicine has advanced significantly since then, there still remains the fact that chiropractic care can be beneficial.

## How do chiropractors help with flu?

Chiropractic treatment for the flu is based on the principle that misalignment of joints in the spine compress the nerves which results in an alteration in the body's immune system and ability to fight infections. Pinching on the nerves result in alterations in communication between the body's nervous system and immune system. A normal connection between the two is required for signals from the spine and brain to reach the immune system to respond to an attack such as the flu virus.

Research has shown that chiropractic manipulation of the lower back stimulates the release of blood cells called neutrophils that can fight infections effectively. This increase sometimes does not occur without chiropractic adjustments. Keep in mind that chiropractic manipulation does not get rid of the bacteria or virus causing the flu, but enhances the ability of the body to fight it.

During the flu season it may be beneficial to keep regular appointments for adjustments in order to keep your immune system ready to battle this ugly virus.

## Where do chiropractors fit in with flu treatment?

In the last few years, the flu vaccine has taken the medical market by storm to help prevent flu during the winter season. Chiropractors recommend supplementing that with spinal adjustments, in order to boost the body's immunity. In addition, chiropractors also recommend changes in lifestyle, including eating healthy and exercising, as these too can raise the body's immune response to viruses.

Spinal column manipulations are performed by qualified chiropractors and will rarely cause any problems. Some discomfort may be experienced during manipulations, and some patients may feel tired, but otherwise many feel very well after. Most say they even feel "better."

Remember, chiropractic care forms only one aspect in the management of flu. There are many other important steps to take, such as maintaining adequate hydration and eating a healthy diet. Personal hygiene is also important to ensure the virus does not spread to others. Maintaining a healthy weight and regular exercise also protects the body against the flu.

Chiropractic manipulation re-establishes a healthy connection between the nervous system and the immune system. This healthy connection helps the body fight against the flu virus effectively.

