

# HEALTH

## News & Views

May 2014

**Recently Married and  
Suddenly Paralyzed**  
An Expect A Miracle Story

**Mommy,  
Somebody  
Needs You!**

**Are you ruining  
your back with your  
backpack?**

# Expect A Miracle



## A Life Changing Ambulance Ride Through the Andes Mountains of Peru

I worked as a chiropractor in Lima, Peru and throughout South America for almost ten years. Early one morning, I arrived at one of our chiropractic centers to find an ambulance parked in front. I was immediately concerned that someone in my office had been injured.

The ambulance driver greeted me at the door and informed me that he had driven his ambulance for eight hours, through the night, over the Andes Mountains to the desert coasts of Lima in search of "Doctor Miracle." What is that doctor's name? I inquired. "Sir we have come from Huancayo, Peru by orders of a very powerful woman to see a chiropractor named Dr. Liam Schubel. Where can we find him?" I told him that they had found their man!

I was taken to the back of the ambulance to see a broken and battered man. He was quite horrifying even to look at. He was covered in blood and his breathing was shallow. I told the ambulance attendants to bring him into the office so that I could interview him and get him set up for X-rays.

I was told that this poor fellow had been drinking the night before and had fallen off a third floor terrace crashing on the unforgiving pavement below. This young, recently married man was completely paralyzed below the waist.

I was shown a MRI and CT scan and was informed that this patient, barely in his twenties, had been told by the doctors at the hospital that he would need extensive spinal surgery to treat his injuries and that he was most certainly going to be paralyzed for the rest of his life. They added that he would also be incapable of ever having children with his new wife.

I asked why they had not opted for the surgery. "We were ordered to see you by a respected woman from our town; she assured us that you could help us as you had helped her avoid a spinal surgery many years ago. She calls you "Doctor Miracle."

I took the young man back to be X-rayed and found the bones in his upper neck severely misaligned and putting massive pressure on his brain stem. With a specific chiropractic adjustment I helped restore the alignment of those bones getting the pressure off the brain stem. I sent the young man to a nearby hotel and told him that I would be checking his spine three times a day for "as long as it took" to ensure that he had no interference to his nerve system. I assured him that this was his best chance for recovery. The power to heal was inside of him. We just needed to make sure there were no blockages to the healing power within.

The next day he came in on a stretcher again. The following day he was in a wheel chair. The following day he was walking with assistance and in two weeks he was walking unaided. We all had some good cries together during those days!



Approximately ten years passed after his recovery and I never saw him again during that time. Then one day a vibrant man in his thirties came in with an eight year old girl. Remember me Dr. Miracle? I was the man that arrived here on the stretcher with a prognosis of certain paralysis and no hope of ever having children. I want to introduce you to my daughter! We hugged, cried, and gave thanks for the miracle that chiropractic and the innate healing power of that man's body had provided for us all.

Dr Liam P. Schubel  
Lima, Peru

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

The Honest Company is an "effective, unquestionably safe, eco-friendly, beautiful, convenient, and affordable" brand of baby products delivered straight to your door each month.

## "Mommy, Somebody Needs You."



Ever since we brought our new daughter home, her older brothers have been the first to tell me when she is crying, whimpering, or smelling a little suspicious. "Somebody needs you," they say. I have no idea how this little saying started, but at first it sort of annoyed me. I could be enjoying a quick shower... "Mommy, somebody needs you. The baby is crying." Or, sitting down for a second, quite aware that the baby was beginning to stir from a nap... "Mama, somebody needs you!" Okay! I get it already! And not to mention that the newborn's needs pale in comparison to the needs of 2 little boys. Somebody always needs a snack, a band-aid, a different sock, ice cubes in their water, a NEW Paw Patrol, a stream of snot wiped, a hug, a story, a kiss. Some days never seem to end, and the monotony of being "needed" can really take its toll. Then, it all started to hit me, they need ME. Not anybody else. Not a single other person in the whole world. They need their Mommy.

The sooner I can accept that being Mommy means that I never go off the clock, the sooner I can find peace in this crazy stage of life. That 'Mommy' is my duty, privilege and honor. I am ready to be there when somebody needs me, all day and all night. Mommy means I just put the baby back down after her 4am feeding when a 3-year-old has a nightmare. Mommy means I am surviving on coffee and toddler leftovers. Mommy means my husband and I haven't had a real conversation in weeks. Mommy means I put their needs before my own, without a thought. Mommy means that my body is full of aches and my heart is full of love.

I am sure there will come a day when no one needs me. My babies will all be long gone and consumed with their own lives. I may sit alone in some assisted living facility watching my body fade away. No one will need me then. I may even be a burden. Sure, they will come visit, but my arms will no longer be their home. My kisses no longer their cure. There will be no more tiny boots to wipe the slush from or seat belts to be buckled. I will have read my last bedtime story, 7 times in a row. I will no longer enforce time outs. There will be no more bags to pack and unpack or snack cups to fill. I am sure my heart will yearn to hear those tiny voices calling out to me, "Mommy, somebody needs you!"

So for now, I find beauty in the peaceful 4am feedings in our cozy little nursery. It's just me and my little baby, the neighborhood is dark and still. She and I are the only ones to hear the barn owl hooting in the distance. We snuggle together under a blanket and I rock her back to sleep. It's 4am and I am exhausted and frustrated, but it's okay, she needs me. Just me. And maybe, I need her too. Because she makes me Mommy. Some day she will sleep through the night. Some day I will sit in my wheelchair, my arms empty, dreaming of those quiet nights in the nursery. When she needed me and we were the only two people in the world.

Can I enjoy being needed? Sometimes, sure, but often it is tiring. Exhausting. But, it isn't meant to be enjoyed every moment. It is a duty. God made me their Mom. It is a position I yearned for long before I would ever understand it. Over a 3 day weekend my husband couldn't believe how many times our boys kept saying, "Mommy. Mommy. Mommy"! "Are they always like this?" he asked not able to hide his terror, and sympathy. "Yep. All day, everyday. That's my job." And I have to admit that it is the toughest job I have ever had. In a previous life I was a restaurant manager for a high volume and very popular chain in Palm Beach Gardens, Florida, and let me tell ya, South Florida diners are some of the toughest to please. But, they are a cake walk compared to sleep-deprived toddlers with low blood sugar.

Once upon a time, I had time. For myself. Now, my toe nails need some love. My bra fits a little differently. My curling iron might not even work anymore, I don't know. I can't take a shower without an audience. I've started using eye cream. I don't get carded any more. My proof of motherhood. Proof that somebody needs me. That right now, somebody always needs me. Like last night...

At 3am I hear the little footsteps entering my room. I lay still, barely breathing. Maybe he will retreat to his room. Yeah right. "Mommy." "Mommy." A little louder. "Yes". I barely whisper. He pauses, his giant eyes flashing in the dim light. "I love you."

And just like that, he is gone. Scampered back to his room. But, his words still hang in the cool night air. If I could reach out and snatch them, I would grab his words and hug them to my chest. His soft voice whispering the best sentence in the world. I love you. A smile curls across my lips and I slowly exhale, almost afraid to blow the memory away. I drift back to sleep and let his words settle into my heart.

One day that little boy will be a big man. There will no longer be any sweet words whispered to me in the wee hours. Just the whir of the sound machine and the snoring husband. I will sleep peacefully through the night, never a worry of a sick child or a crying baby. It will be but a memory. These years of being needed are exhausting, yet fleeting. I have to stop dreaming of "one day" when things will be easier. Because, the truth is, it may get easier, but it will never be better than today. Today, when I am covered in toddler snot and spit up. Today, when I savor those chubby little arms around my neck. Today is perfect. "One day" I will get pedicures and showers alone. "One day" I will get myself back. But, today I give myself away, and I am tired, and dirty and loved SO much, and I gotta go. Somebody needs me.

Article courtesy of [yourbestnestindy.com/2014/02/27/mommy-somebody-needs-you/](http://yourbestnestindy.com/2014/02/27/mommy-somebody-needs-you/)



## Paleo Non-Alcoholic Raspberry Mojitos

- |  |                                    |
|--|------------------------------------|
| 16-20 fresh raspberries                                | 1-1/2 cups sparkling mineral water |
| 24 mint leaves, no stems                               | Extra raspberries to garnish       |
| 2 Tbs. honey or stevia to taste (approx. 10 drops)     | Ice                                |
| 1 cup raspberry juice – most will be mix in the stores | 4 fancy glasses of your choice     |
| 8 Tbs. fresh lime juice or 2-4 large limes, juiced     |                                    |

- Add the sparkling water to a medium sized pitcher.
- Mix and squish gently the honey (stevia) and raspberries until they are well combined. Add this to the sparkling water.
- Add raspberry juice, lime juice and mint leaves stir. Add Ice and pour into your glassware.
- Garnish with lime, mint leaves and additional raspberries

# Backpack Misuse Leads to Chronic Back Pain

Backpacks are commonly used all over the world. Not only are they used by students for carrying books, they are used by individuals of all ages to carry a variety of different things like clothes, laptops, camping equipment etc. So it will come as no surprise that carrying a heavy backpack can bring with it strain on the back resulting in injury and chronic back pain. The shoulders, lower back and the neck are the most susceptible to injury.

Backpack misuse and its consequences have become an area of concern when it comes to children's and adult's health. In this article, we will take a look at how backpack induced chronic back pain can be prevented, and how a chiropractor can offer help.

**There are number of ways to make sure backpack use will not cause any pain.**

1. Wearing the right size backpack. This is essential as oversized ones can be overfilled and cause too much stress. The American Chiropractic Association recommends that backpacks do not hang more than 4 inches below the level of the waistline.
2. Do not overfill your backpack. It is recommended that backpacks are not filled more than 10 - 15% of the person's body weight. Purchasing a backpack that has specific compartments for specific items is useful as it can help distribute the weight evenly.
3. Wear it around both shoulders. Back packs are meant to be worn around both shoulders, and not just hung around one. This can even out the weight and reduce injury. The shoulder straps should be thick and wide and should have the capability of being adjustable.
4. Lift with your legs, not with your back. If the backpack needs lifting off the floor, make sure you use your legs to lift it off the floor, keeping the back straight. Bending downwards and picking the bag up can induce strain on the back and can cause injury.

## How Chiropractors Can Help

In the event of an injury and back pain resulting from backpack misuse, chiropractors can offer safe and effective treatment that will reduce stress and pain significantly in children. They will provide the child and parent with advice on how to take care of back pains that occur due to backpack misuse, and will offer the tips listed above.

In some cases, they may provide treatment in the form of spinal maneuvers that will relax the muscles of the spine and shoulders, which helps relieve pain. Nutritional advice and overall health advice may also be offered to promote overall well being of the patient.

Backpack misuse can occur without one's knowledge of the effect that it can have on the child's neck, shoulders and back. Recognizing this is the first step to preventing chronic back pain. But help is always at hand from your friendly chiropractors, who will provide sound, safe and effective advice and treatment to help relieve pain and prevent any further injuries in the future.

