

HEALTH

News & Views

June 2014

Expect A Miracle Story
You're going to love this one!

Do You Grow Organic?
7 reasons why you should

Be A Healthy You
**Use Chiropractic and
Massage to Your Advantage**



Expect A Miracle



I have seen many miracles in my fifty plus years of practice in the USA, Australia and of more recent time, in Ireland.

Its easy in many ways, as there are so many obvious miracles that happen in Chiropractic offices, including my own and all around the world, every day. So many that they just become common-place to us! Sometimes they can even become surreal and you think it maybe would have happened anyway, even without Chiropractic care! - I'm sure you know well what I mean by that. But I guess that's the point. Its this living body that works the miracles.

What about the many unseen miracles that happen when you adjust someone, with little or no symptoms, and a terminal cancer cell is detected and destroyed, or life threatening auto-immune disease is nipped in the bud! What about when a fever is introduced to combat an infection or serious virus early in the life of a child or an infant and literally saves their life!

I would think that most of the real miracles, which happen in a chiropractor's office, would be totally unnoticeable! An enhanced and interference free nervous system stops problems before they've even begun. Normal physiology, interference FREE, is the real miracle and sometimes you stand dumbfounded in admiration of its power!

You know well that this body can make living flesh and blood out of a pizza and a beer.

The intelligence that each of us are blessed with, right from conception, before we went to school, grew from one tiny cell into hundreds of trillions of cells, all different, coordinated and working in harmony. To adapt this home we live in (called our body) to this hostile environment sees the miracle continue! There are over 60,000 miles or 100,000 kilometers of blood vessels in our bodies; hows that for a miracle! There are more brain connections than stars in the heavens! Your body does chemistry in seconds. Humankind cant even come close. There is seemingly no limit to how much information can be stored in our built-in computer, the brain. If that's not a miracle I don't know what is!

I realize I'm preaching to the choir here so I thought the best idea might be to tell my own personal story which I know was a Chiropractic miracle. I know I would not be alive or at best have the quality of life I now enjoy without the miracle of Chiropractic care.

At nine years of age I was hit by motor car and seriously injured. I was in and out of the hospital and my health was never the same. My immune system was severely compromised; my right arm was numb and partially paralyzed. I suffered from migraine headaches so severely they would put me in the hospital from dehydration. Every bug and virus that came along seemed to have my name on it and I would often end up back in the hospital with pneumonia, sometimes twice a year. My spine would literally spasm and seize up. I was only nineteen years of age when they wanted to do radical surgery including a laminectomy and spinal fusion on my back! I had literally taken so many antibiotics the doctors felt my body was becoming immune to their effects; they could have trouble controlling any future infections!

Out of sheer desperation, as so often is the case, my parents took me to a chiropractor and that saved my life. No surgery, no more antibiotics, immune system improved out of sight, my arm returned to almost complete normal function and no more headaches. Thank God and the chiropractor! I was in my third year of pre-med and I quit to study Chiropractic, at the Palmer College, in Davenport. Iowa, USA some fifty five years ago.

I have seen many miracles, in those 50+ years of practice, but still the one that really keeps me showing up for work on Monday morning is my own miracle! It motivated me so much I became the most remote chiropractor in the world for some fifteen years and established the first flying Chiropractic service in the southern hemisphere in the outback of Central Australia.

Dr. Paul Pringle
Belfas , Northern Ireland



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.foodmatters.tv

We here at Food Matters are committed to helping you help yourself. We believe that your body is worthy of good care and that no one is more suitably qualified to care for it than yourself.

TOP 7 REASONS TO GROW YOUR OWN ORGANIC FOOD



1. GET THE NUTRITION YOU NEED & ENJOY TASTIER FOOD!

Many studies have shown that organically grown food has more minerals and nutrients that we need than food grown with synthetic pesticides. There's a good reason why many chefs use organic foods in their recipes—they taste better. Organic farming starts with the nourishment of the soil, which eventually leads to the nourishment of the plant and, ultimately our bodies.

2. **SAVE MONEY** - Growing your own food can help cut the cost of the grocery bill. Instead of spending hundreds of dollars a month at the grocery store on foods that don't really nourish you, spend time in the garden, outside, exercising, learning to grow your own.

3. **PROTECT FUTURE GENERATIONS** - The average child receives four times more exposure than an adult to at least eight widely used cancer-causing pesticides in food. Food choices you make now will impact your child's future health.

4. **PREVENT SOIL EROSION** - The Soil Conservation Service estimates more than 3 billion tons of topsoil are eroded from the United States' croplands each year. That means soil erodes seven times faster than it's built up naturally. Soil is the foundation of the food chain in organic farming. However, in conventional farming, the soil is used more as a medium for holding plants in a vertical position so they can be chemically fertilized. As a result, American farms are suffering from the worst soil erosion in history.

5. **PROTECT WATER QUALITY** - Water makes up two-thirds of our body mass and covers three-fourths of the planet. The Environmental Protection Agency (EPA) estimates pesticides - some cancer causing - contaminate the groundwater in 38 states, polluting the primary source of drinking water for more than half the country's population.

6. **SAVE ENERGY** - American farms have changed drastically in the last three generations, from family-based small businesses dependent on human energy to large-scale factory farms. Modern farming uses more petroleum than any other single industry, consuming 12 percent of the country's totally energy supply. More energy is now used to produce synthetic fertilizers than to till, cultivate and harvest all the crops in the United States. If you are growing your own food in the city, you are cutting down on transportation and pollution costs.

7. **KEEP CHEMICALS OFF YOUR PLATE** - Many pesticides approved for use by the EPA were registered long before extensive research linking these chemicals to cancer and other diseases had been established. Now the EPA considers 60 percent of all herbicides, 90 percent of all fungicides and 30 percent of all insecticides carcinogenic. A 1987 National Academy of Sciences report estimated that pesticides might cause an extra 4 million cancer cases among Americans. If you are growing your own food, you have control over what does, or doesn't, go into it. The bottom line is that pesticides are poisons designed to kill living organisms and can also harm humans. In addition to cancer, pesticides are implicated in birth defects, nerve damage and genetic mutations.



This recipe is Paleo and Gluten Free!

Paleo Mint Ice-Cream

2/3 cup cold almond milk
2 large cold avocado
3-5 tablespoons melted but not hot honey, to taste
peppermint spirits to taste

Mix all in blender. (omit chips until the end if you prefer)
Pour into ice cream maker.

Follow manufactures instructions, scrape the sides now and then.
Add some Paleo friendly dark chocolate pieces or chips and garnish with sprigs of mint leaves
Option: make ice-cream sandwiches using Paleo homemade cookies and you may layer with another flavored ice-cream. Yum!

Chiropractic and Massage For a Healthy Lifestyle

Regular chiropractic care and massage treatments are not just for relieving pain. They can be part of a healthy lifestyle and injury prevention.

Chiropractic Care

Doctors of Chiropractic are specialists in musculoskeletal health, as well as its impact on the nervous system and overall wellness. Chiropractors approach healthcare from a drug-free perspective. They practice hands-on therapies, and they can recommend exercises, stretches, nutritional, and dietary counseling. Chiropractic care looks at the individual holistically, and it aims to prevent issues and resolve underlying problems. Chiropractors can recommend ergonomic changes in a patient's lifestyle to help reduce repetitive stressors and injuries. The treatments and spinal manipulations can help adjust the spine, joints, and tissues, restoring mobility and alleviating muscle pain and tightness. Chiropractors adapt their treatment to the individual patient's needs. They do not necessarily have to be seen only when there is back pain, neck pain, joint pain, or headaches. Chiropractors can not only treat a variety of other systemic conditions, but they can also be helpful in maintaining a healthy lifestyle. They can treat infants and children, as well as adults and the elderly. Chiropractic care can improve the functioning of the nervous system, provide preventative care, and improve the immune system. Maintaining alignment can help prevent many injuries and illnesses. There are many athletes who tout chiropractic as being a factor in improving their performances

Massage Therapy

Some chiropractic offices offer massage therapy. Massage has been used for thousands of years, and when provided by a trained professional, it has few risks, and it is another drug-free, hands-on therapy. Massage is also considered a CAM (Complementary and Alternative Medicine). Massage can be used for pain management, sports injuries, stress reduction, anxiety, and depression. It can also be helpful as part of a healthy lifestyle. Massage therapy, like chiropractic, has many different techniques tailored toward the individual's needs. Swedish massage, sports massage, deep tissue massage, and trigger point massage (for myofascial trigger points/knots), are some of the types of therapies available. Massage therapists are available in many different settings, and some travel to the client. Massage therapy can reduce blood pressure and heart rate. It is thought that massage can provide stimulation that can help "block pain signals to the brain", or it may release endorphins or serotonin. Massage can be beneficial to clients of all ages. It can also enhance immunity in premature babies, improve blood pressure in the elderly, and reduce the anxiety and stress in cancer patients.

Pssst... people under
chiropractic care use
53% less drugs than
those not under care*
...pass it on!

