



People are committing suicide by lifestyle. ~ James Chestnut D.C.

?FREQUENTLY ASKED QUESTION?

Q: If I injure my back or neck and it is very painful, won't it hurt more if I get adjusted? I should wait until I feel better, right?

A: Actually, the sooner after an injury you are able to be adjusted, the faster the healing and the fewer the complications. There are many techniques that can be used that don't involve pushing directly on the injured area. In addition, adjusting/balancing the spine above and below the injured area will aid healing greatly.

SURPRISE?

Would it surprise you to know that drug companies have become the largest sponsors of medical research? The authors of an editorial in The Lancet (Britain's leading medical journal) believe that the companies' control over the studies and lack of openness regarding research threatens patients' best interest.

#1 SOURCE OF CALORIES IN AMERICA

Soft drinks and sweet drinks have taken over white bread as the leading source of calories in the average American diet.

MODERN HEALTH (?) CARE

Despite the fact that the United States spends more on health care than any other country, it has the highest infant mortality rate among nearly two dozen industrialized nations and the lowest life expectancy after age 60.

According to Joseph Mercola, D.O. (www.mercola.com) the traditional medical paradigm is fatally flawed. Relying on drugs and surgeries to correct diseases caused by poor diet, stress and a sedentary lifestyle is a prescription for disaster. By the end of the decade, health care costs are expected to rise to \$3 trillion. It is safe to estimate that over three-fourths of this money is used on short-term fixes, primarily drugs and surgeries. If those funds were redirected to optimize food and stress concerns, we would have more than enough funds left over to help the more than 40 million uninsured Americans.

While effective in emergencies, drugs, surgery and hospitals are rarely the answer to chronic health problems. Following a healthy diet, exercising, managing stress while thinking positively and loving unconditionally are the basic pillars of optimal health.

PET FRIENDLY

For the very same reasons getting your human spine adjusted is good for you, adjusting can also be beneficial for your pets. The nervous system is housed in the spinal column and when there are misalignments in the spine, the nervous system communications to and from the rest of the body can be interfered with, leading to pain, loss of movement and less than ideal functioning. Locally, the following veterinarians perform Veterinary Orthopedic Manipulation:

Dr. Diana Raddatz (231-947-2365)
Long Lake Animal Hospital
Traverse City

Dr. Albert Lynch (231-276-6365)
Animal Wellness Center
Grawn

You may also find more information on the technique at:
www.vomtech.com

AN INTERESTING QUESTION

Would you feed your dog or cat Coca-Cola and Doritos? Why not? Because it isn't good for them? How then, seriously, can it be good for us?

It is no measure of health to be well adjusted to a profoundly sick society. ~ J. Krishnamurti





Mayes Chiropractic
3819 N. Four Mile Rd. Suite B
Traverse City MI 49686

YET ANOTHER REASON TO QUIT SMOKING

Numerous studies conclude that smoking more than doubles the risk of suffering from lower back pain. There is also an association with an increased risk of musculoskeletal pain in other sites, such as the neck, upper limbs and lower limbs. Smoking is also blamed for the degenerative decay of spinal discs. One possible reason is that blood supply and nutrition are reduced to all parts of the body in smokers, also leading to a greater than average risk of fracturing the hips, wrist and spine. The very good news is that quitting results in a marked decrease in back pain and reduction in further disc damage as good blood flow is restored.

Each of us is the victim of memory. ~ Vedic Masters

AVOIDING THE FLU AND MANY OTHER ILLNESSES

The flu vaccine is clearly and for a variety of reasons grossly ineffective and the majority of respiratory illnesses people develop are not actually the flu. For these reasons, the following tips are helpful for getting through the cold and flu season unscathed.

1. **AVOID SUGAR.** Sugar suppresses the immune system.
2. **GET ENOUGH SLEEP.** Rest allows your body to do daily repair work.
3. **MANAGE STRESS.** The body's reaction to constant stress results in a susceptibility to illness.
4. **EXERCISE REGULARLY.** This ensures proper circulation of immune system components and relieves stress.
5. **DRINK PLENTY OF WATER.** Half of your body weight in ounces each day is recommended.
6. **GET ADJUSTED.** Studies show improved immune function with regular adjustments.
7. **WASH YOUR HANDS.** This provides an extra barrier of protection. Antibacterial soaps, however, are best avoided.