

happy father's day

MOM

Chiropractic Link

Our Intent:
To enhance quality of life by empowering one with the living principles of a connected and balanced nervous system.

CHIROPRACTIC CARE HELPS BOOST IMMUNE SYSTEM FUNCTION

Reference upon request

What you've always suspected is true—Chiropractic adjustments boost your immune system. Your immune system's function is regulated by your nervous system. When your nervous system functions at an optimal level, your resistance to disease is higher. Viruses and bacteria will not attack healthy tissue—it is when our resistance is lowered that we succumb to illness. Those are the times when we are under more stress, not eating well, are tired, etc. If you are suffering from an illness, the health of your nervous system will play a decisive role in how rapidly you will recover. Here is what the

research has discovered:

- After an adjustment, it was found that a person's white blood cells (the cells that fight disease and infection) were increased.
- A close relationship has been uncovered between adjustments and the nervous system's regulation of blood flow, especially with regard to Chiropractic management of high blood pressure.
- After an adjustment, antibodies (proteins that help fight infection and disease) were increased.



Chiropractic adjustments boost your immune system.

- CD4 lymphocyte cells (specialized white blood cells that help fight infection from viruses) increased after Chiropractic adjustment of HIV positive patients. (In fact, the results were so positive, that this study was discontinued—the research team at Life University in Atlanta

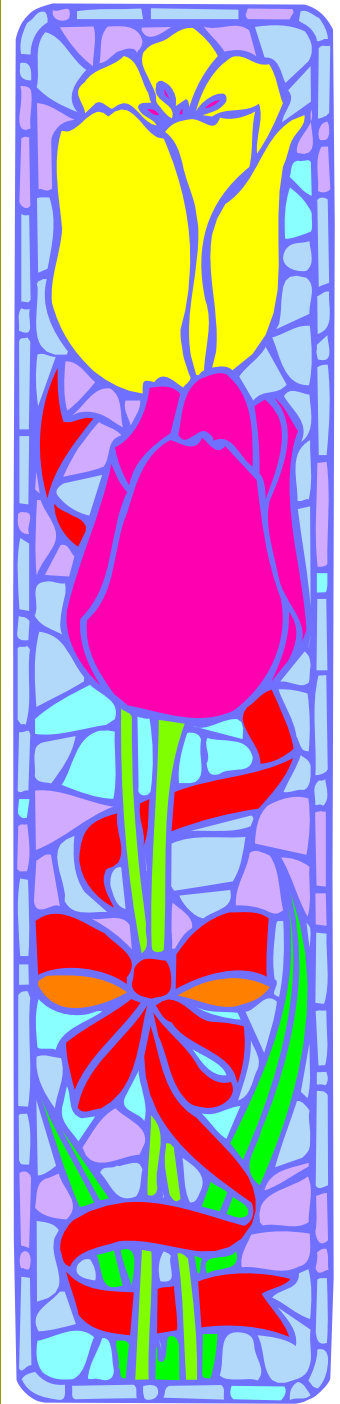
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THE POWER OF THE BRAIN

This is so interesting!.....can you read this note? I cdnuolt blveiee taht I clud aulacly uesdnatnrd waht I was rdgnieg THE PAOMNNEHAL PWEOR OF THE

HMUAN MNID Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deons't mttar in waht oreldr the ltteers in a word are, the olny iprmoatnt tihng is taht the frist and lsat ltteer

be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig huh?

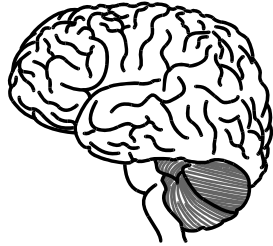


CHIROPRACTIC CARE HELPS BOOST IMMUNE SYSTEM FUNCTION con't

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could not withhold adjustments from the control group as it was felt that their health was in jeopardy if they did not receive Chiropractic adjustments.)

➤ Children under regular Chiropractic care showed an increased resistance to common childhood diseases like measles, chicken pox, German measles and mumps.



A nervous system free from stress and interference will help you guard against infection and disease.

➤ Senior citizens under regular Chiropractic care were less likely to have been hospitalized, less likely to be in a nursing home, less likely to use prescription drugs, more likely to be mobile, and more likely to report a better health status.

➤ Under Chiropractic care, patients with systemic lupus erythematous (Lupus—a disease of blood vessels and connective tissue) received relief of their systems associated with disease.

➤ A case study reported

that a patient with MS (Multiple Sclerosis—which causes degenerative changes in the nervous system) responded favourably to Chiropractic care.

This research goes to show and continues to affirm that a nervous system free from stress and interference will help you guard against infection and disease, and will help you better deal physically and emotionally with life's ups and downs. That's why we encourage you to have an adjustment if you have a cold or the flu. We know it will help you be back on your feet faster!

Good Morning America Show Does Report of Chiropractic Helping Blood Pressure Reference upon request

On March 25, 2008 the ABC morning show, "Good Morning America" aired a segment with Robin Roberts showing how chiropractic helps high blood pressure. The video later appeared on the popular publishing site YouTube at the following address: <http://www.youtube.com/watch?v=5TTzKwvNbP0>.

The parallel story also appeared on the ABC News website and starts with a profound statement, "Though doctors are unsure of what causes blood pressure to increase, a new study suggests that a specific type of neck adjustment may reduce hypertension for some of the 65 million Americans battling it."

The article referenced the University of Chicago study, published in the Journal of Human Hypertension, that showed that the

patients in that study who received chiropractic adjustments saw their blood pressure drop an average of 17 points.

The article quotes study author George Bakris MD, University of Chicago Medical Center hypertension specialist, "We set up a double-blind study to really look and see if in fact this procedure was affecting high blood pressure." The article and video notes that that, "The C-1 vertebra, located at the top of the spine, operates like a fuse box in the body."

Medical doctor and ABC medical consultant Tim Johnson was reserved in his reporting of the findings but was still impressed. He stated, "[There are] a lot of unanswered questions. But I'm telling you, this catches our attention because of a significant drop in blood pressure. It

absolutely deserves more study." He continued, "The truth is we really don't know that vertebra at the top of the neck is in a critical area where the brain stem, the lower part of the brain, is involved with regulation of blood pressure. It's theoretically imaginable that changing the anatomy of that area may have effect on regulating blood pressure."

Check it out!

<http://www.youtube.com/watch?v=5TTzKwvNbP0>

Chiropractor Provided for Baseball Team Reference upon request

An interesting story appeared in the sports section of the February 15, 2008 issue of the Philadelphia Enquirer. The story titled, "Phillies getting Hamels his chiropractor," is about the Philadelphia Philly pitcher who requested his team get a team chiropractor. The team has agreed to add one to their staff.

When informed that his team will be getting a chiropractor Hamels responded in the article, "Really? I've always thought it was beneficial. Ever since I've used one, it's done wonders



for me. This is nice. It's great that they're going out of their way to get a network going. I know I do have a bunch of guys in a vast majority of the cities that I've been able to go to. If they're able to get those guys, that's great. But it doesn't matter. They're putting in the effort, which is good. I definitely can't complain."

In response to Hamels' request, Phillies athletic trainer Scott Sheridan said, "That's the type of stuff you do every year. I certainly think that the

players' needs change as the game goes on. We're going to go through times when you find a group of players that need one thing, and we have to provide it. Certainly, it's our job as the medical team and administration to adapt to our needs. I don't have any problems with chiropractic care. Cole and I have had open discussions about it. I'm trying to provide him something that can help him."

The article notes that the Phillies hope to have a network of chiropractors in place when they are on the road. To accomplish this the
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High Heels – The Chiropractic Perspective Reference upon request



Two publications carried an article based upon a release by the Foundation for Chiropractic Progress. The articles from the January 2, 2008 Hudson Valley Press, and the January 8, 2008 Indiana Star, discuss the perils of high heels from a chiropractic perspective. Dr. Gerard Clum spokesperson for the Foundation for Chiropractic Progress and president of Life Chiropractic College West in Hayward, California starts the article off by stating, "From

a health standpoint, there's no good side to heels." The FCP release notes that wearing high heels changes the biomechanics of walking, therefore affecting the foot, leg and spine. Dr. Clum notes, "Dangers associated with wearing high heels affect the entire body, particularly the knee, hip, and back." He continued, "The abnormal weight-bearing and stressful posture induced by high heels can strain both the low back and the neck, not to mention the

foot, ankle, and knee." The Foundation for Chiropractic Progress made several recommendations for women who wear high heels. These are: If high heels must be worn, Dr. Clum advises not to wear them for more than two hours a day. He states, "Many high-heeled shoes do not allow for proper space and movement of the toes. Typically, the pointy toe of the shoe causes pain in the front of
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As the Saying Goes...

The term "**hobnobbing**" was once spelled "habnab" and its meaning was "have and not have." As a synonym for "give and take" it's an apt description of an intimate conversation. Thus we say two people in intimate conversation are "**hobnobbing**" together.

When we say "**make no bones about it**", we're referring to someone using frank speech. The early meaning of this expression

was "to let things pass"; a guest finding a bone in his fish soup or chowder would, for politeness' sake, "make no [mention of the] bones." Then the phrase began to be used in a satiric sense to mean just the opposite. Now the original meaning has been almost



forgotten. The word "**puppy**" comes from the French poupee, meaning "doll". By extension, it means any sort of a plaything—including a young dog. The "**thimble**" got it's name because it was first worn on the thumb; and since it's shaped like a bell, it was called a "thumb-bell".

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Our Mission:
Promote, protect and restore
health in our community.

"CHRISTMAS IN JULY"

in honor of the Caledonia & District Food Bank
July 7—11, 2008

Monday, July 7, 2008—*Pictures with Santa*
Please bring a canned food item.

Tuesday, July 8, 2008—*Dr. Aldridge is offering his services to scheduled patients in exchange for a bag full of non-perishable food items.*
(bags can be picked up at our office)

Wednesday, July 9, 2008—*Dr. Gandhi is offering her services to scheduled patients in exchange for a bag full of non-perishable food items.*
(bags can be picked up at our office)

Thursday, July 10, 2008—*Dr. Gandhi is offering an examination to all scheduled New Patients in exchange for a bag full of non-perishable food items.*
(bags can be picked up at our office)

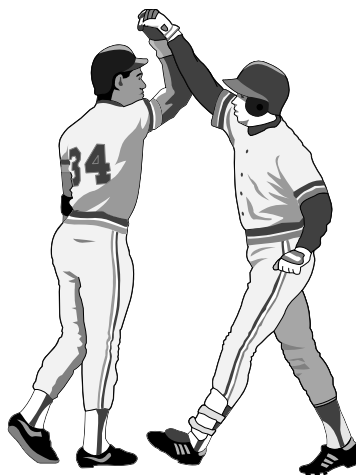
Friday, July 11, 2008—*Dr. Aldridge is offering an examination to all scheduled New Patients in exchange for a bag full of non-perishable food items.*
(bags can be picked up at our office)

Chiropractor Provided for Baseball Team con't

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Phillies have received help from the Philadelphia NFL football team, the Eagles, as the NFL already has a network of chiropractors in place for their players.

The article notes that Hamels believes that not having chiropractic care played a role in his being on the DL (disabled list) last year. "It's a vast majority of things that I could have done to prevent it, but I know it (chiropractic) would have helped," he said. The article notes that Hamels thinks this year, with chiropractic, 20 wins is a very attainable goal.



"It's great that they're going out of their way to get a network going."



High Heels con't

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the foot, which creates pressure on the metatarsals."

Doctors at the Foundation are not suggesting flat shoes but they do suggest wearing heels of two inches or less as a compromise. Dr. Clum summed up the chiropractic perspective by saying, "The vast majority of women who come for chiropractic treatment do not associate the heel height of their shoes with their ailments. It is important for women to realize that their everyday choices, including

what shoes to wear, will affect their entire body, not only their feet."

