



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Lain and Dr. Kelly's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

What causes illness? What causes disease? Are some people just born to be sick while other people spend their entire lives being healthy? I don't think so.

Understanding the cause of illness allows us to reach and maintain an optimal state of health. Think of it this way...Germs are seeds and our bodies are the soil. Many people mistakenly believe the cause of disease is from the seed, or the germ. However, if the 'germ theory of disease' were correct, there would be no one living to believe it. There are agents of disease surrounding us all of the time. Viruses and bacteria are everywhere we go and on everything we touch, but they cannot affect us unless we are susceptible. They can only affect us if our immune system is not strong enough to fight it off and adapt to the environment.

As long as our body, or the soil, is attuned to the natural flow of life and therefore having a strong resistance, optimal health is the only thing that can occur.

We see this truth in the words of Claude Bernard, "Illnesses hover constantly above us, their seeds blown by the wind, but they do not set in the terrain unless the terrain is ready to receive them."

INTHISISSUE

- Page 2:** What Causes Illness? What Causes Disease?
- Page 3:** Celebrate The 36th Anniversary Of "Earth Day"
- Page 4:** Chiropractic: Bringing Out The Best In You: Ear Infections
- Page 5:** Understanding Chiropractic
- Page 6:** Fascinating Facts To Think About...Did You Know?
- Page 7:** Listen To What Our Patients Are Saying...B. & M. Mongell
- Page 8:** Commandments For Parents

Chiropractic is a science that uses the natural, innate power of the body to achieve and maintain optimal health. When our body is in line with the natural flow of life, we express it at our fullest potential. When interferences occur, our health becomes hindered and our body is more susceptible to disease.

Vertebral subluxations are a common interference in the nerve system. Vertebral subluxations impair normal nerve flow, thus weakening the body's immune system, making us susceptible to disease. Chiropractors are doctors who are specifically trained to analyze the spine and correct vertebral subluxations, restoring and maintaining the true health we deserve to enjoy. Germs are a part of the disease process, however, they are not the direct cause of disease. It is the body's susceptibility to germs that is the cause of disease.

We are all born with the natural, innate ability to be healthy and fight disease. We need to keep our "soil" healthy and strong with regular chiropractic care to increase the body's ability to ward off disease.

The chiropractic model of health and wellness focuses on YOU and is centered on the philosophy that the human body, being knit together in a wonderful way, will heal itself given the right opportunity and circumstances. The passion for the Doctor of Chiropractic is to promote the healing process by locating and removing any interference or blockage in the nerve system, which may be interfering with your ability to express your maximum health potential.

In this extraordinary Patient Newsletter, **Chiropractic Miracles**, we will discuss different topics of interest, documented research studies, and even personal success stories. **I will reveal to you my personal "Guide to Chiropractic Wellness" which will absolutely arm you with the tools necessary to make the best health decisions for yourself and your family.**

Before we move ahead, let me first thank you for continuing to be a wonderful patient and friend and for choosing to live the "Chiropractic Lifestyle." I commend you for taking charge of your health and the health of those you love!

Celebrate the 36th Anniversary of "EARTH DAY" April 22, 2006

**WHO SAYS YOU CAN'T CHANGE THE WORLD?
In Honor Of "Earth Day", We Are Celebrating The Week Of
April 17th - April 22nd**

"Earth Day," which began in 1970, is now celebrated by millions of people worldwide. This year is its 36th anniversary, and around the world, hundreds of thousands of non-governmental organizations, governments, teachers, and faith-based groups, among others, are making plans to declare that they are part of something extraordinary: a worldwide movement to protect our planet, our children, and our future. This year, Earth Day Network's theme is "Protect Our Children and Our Future."

This Earth Day, hundreds of major events will take place around the world, in communities large and small, in classrooms, in parks and on beaches, in places of worship. From Kiev to Beijing, from India to Romania, from Africa to the Americas, we will demonstrate our diversity and our resilience.

"Earth Day" is a perfect opportunity to reflect on the inter-relationship between human ecology and global ecology. "Earth Day" educates and mobilizes people worldwide for environmental protection. It is our responsibility to keep our environment

clean and safe for generations to come and this is a great opportunity to bring people together for the common good.



And you needn't wait for April 22 to help protect the Earth. "Earth Day" is every day – to build a better future for the environment we all need to be working toward solutions on a year-round basis. "Earth Day" is the only event celebrated simultaneously around the globe by people of all backgrounds, faiths and nationalities. More than a half billion people participate in "Earth Day" campaigns every year.

**Who says you can't change the world?
You MAKE the difference!**

Ear Infections

Ear infections are affecting children in epidemic numbers. Statistics show that by the age of three, over two-thirds of all children have had one or more episodes of otitis media or middle ear infection. Chiropractic offers a drug-free, less invasive approach to ear infections than the traditional treatment of antibiotics and tubes.

Antibiotics and Surgery...

Antibiotics, decongestants and tubes in the ears are the most common treatments prescribed for children with ear infections. However, the value of each of these treatments is controversial. Studies performed with each of these treatments show that recovery time from ear infection utilizing each of these treatments was the same as those children who had no treatment at all. Another study showed that 88% of children with ear infections never need antibiotics. In fact, in those treated with antibiotics, recurrence of infection is high. In addition, there are many possible problems associated with antibiotic usage including allergic reaction, intestinal problems and antibiotic resistance. Tubes in the ears have a high rate of recurrence as well and studies show that hearing loss years later may be a risk of tubes.

The Chiropractic Approach...

Ear infections are one of the most common reasons kids see chiropractors. Every child is born with an inner wisdom that always knows what is needed to be in perfect health. Spinal misalignments (also called subluxations) can occur during childbirth, irritate nerves and eventually disrupt the body's ability to function properly, causing many childhood illnesses, including ear infections. For 109 years, chiropractors have been educating parents to the awareness that by removing interference in a child's nerve system, their inner wisdom can express itself and heal their bodies from the inside out. "Better health through better chemistry has failed. Drugs and surgery are not the answer to health and wellness, because health comes from within." Researchers have finally proven this and are recommending a restraint in the prescription of harmful drugs.

Case Study...

A 6-year-old boy entered my office with chronic ear infections. He also suffered from occasional tonsillitis. Three years prior, tubes were placed in his ears. The child was scheduled for another ear surgery and to have his swollen tonsils removed. He had been on nine courses of antibiotics over the past three years. His symptoms would resolve and then return within one month. After his first chiropractic adjustment, he stopped complaining of ear pain. At a six-week evaluation, there was no ear effusion in either ear. His tonsils were normal size. The ENT doctor cancelled surgery. Six months later, this child is free from ear infections and antibiotics. More and more parents are discovering regular chiropractic care for their children, often after first exploring medical care.



Understanding Chiropractic

Being a practicing chiropractor for 5 years, I have the opportunity to meet a wide variety of people everyday. When patients enter my office on their initial visit, they enter with certain symptoms as well as very specific expectations of what it is they want to accomplish. Most commonly, they present with back pain, neck pain, headaches and other symptoms of disease and have a simple understanding, or should I say misunderstanding that chiropractors "fix backs." And, their expectations are that they want to feel better "NOW."

For these reasons, it is my belief that it is absolutely critical to take time to educate and empower every one of my patients so that they have a complete understanding of the following four things:

1. **What exactly has caused their problem.**
2. **What it is going to take to correct their problem.**
3. **How long is it going to take to correct their problem.**
4. **Exactly how chiropractic can help.**

You see, what I want every patient to understand is that as unique as each individual is when they enter my office, they ALL have certain things in common. **For me, the very best part about being a chiropractor is knowing that every patient that walks through the door walks in with a problem and the solution inside of them. Remember, healing always comes from within each of us. It is my responsibility as the Doctor of Chiropractic to help facilitate that healing by removing vertebral subluxations from the nerve system. When interference is removed, the body can adapt and heal on its own.** How long that will take is unique for each individual.

It is absolutely critical to empower patients to live a healthier lifestyle...a chiropractic lifestyle. This includes proper diet, exercise, stress reduction and adding love to their lives. I find that patients who own a greater understanding of exactly what it means to be "healthy" can make the best health decisions for themselves and their families. **I am truly proud that my chiropractic practice is comprised of families who choose to be lifetime chiropractic patients because they are empowered to live long, healthy and vital lives.**



Fascinating Facts To Think About

- **Just 5 to 10 minutes of sun exposure every day can yield important health benefits.** A little sunshine may boost the brain's production of serotonin, a chemical that can enhance your mood and sense of well-being. A little sunshine may help our bodies process vitamin D, which in turn gives us energy. A little sunshine may inhibit the body's production of melatonin, a hormone associated with sleep. Of course, too much sun can lead to premature aging of the skin, cataracts and skin cancer. Appreciate the health power of small doses of sun, and protect yourself with sunscreen, sunglasses and clothing coverage if you're outside for longer stretches of time. Source: Bally Total Fitness.
- **Researchers have discovered that hardening of the arteries, which can lead to heart attack or stroke, can begin in people as young as 13.** Even more alarming is the fact that 37 percent of 20 to 29 year olds and 60 percent of 30 to 39 year olds show signs of this condition. Source: Health, December 2001.
- **A researcher from Duke University in North Carolina reports that niacin appears to have a positive effect on blood levels of HDL, the "good" cholesterol.** He compared a time release form of the vitamin to a known HDL-rising drug (gemfibrozil) and found that niacin worked twice as well. Volunteers taking niacin raised their HDL levels and average of 26 percent during the study, as reported at the annual meeting of the American Heart Association in Dallas, November 11, 1998, by Dr. John Guyton.
- **Researchers from Harvard Medical School in Boston report that men who eat a lot of nuts seem to be resistant to sudden deaths from heart disease,** especially such fatal arrhythmias as ventricular fibrillation. In fact, those who consumed the highest quantity of nuts had the lowest risk for any heart related death, even after adjusting for age, exercising, blood pressure, cholesterol, diabetes and alcohol. It is thought that alphinolenic acid is responsible for a large portion of the healthy effects of nuts.
- **A report in the British Medical Journal concludes that baby walkers delay normal developmental milestones.** In the study involving 190 babies, researchers found children who used the devices took three to four weeks longer to crawl and walk on their own than children who did not use them. Because of these findings and other data on injuries associated with baby walkers, researchers discouraged their use. Source: British Medical Journal, June 22, 2002.
- **How well is a new mother able to recognize the crying of her own baby?** A study played tape recording sounds of the mother's own baby crying, while the mother was sleeping. Eight out of ten times, the mother awakened immediately to the cry of her own baby. In a different test, the mothers awakened only half of that time when the crying baby was not their own.



CHIROPRACTIC MIRACLES

“Listen To What Our Patients Are Saying”

How Dr. Kelly Saved Our Daughter's Life When The Medical Doctors Quit ...

Our oldest daughter, Courtney, was going into her senior year in high school (a stressful time under the best of circumstances), but in our case an absolute nightmare. Courtney was, and is, a highly motivated young woman - at the top of her class academically, the editor of the school yearbook and a highly successful varsity athlete - having been chosen for the U.S. Olympic Team Field Hockey Futures Program. Her dream to be able to attend one of the top colleges in the country appeared anything but unrealistic ... until two serious, freak athletic accidents occurred.

During her junior year, Courtney had a head-on collision with the team's goalie. The doctors determined that Courtney had sustained a concussion and she was hospitalized for a short period. In time, things fortunately returned to normal. Courtney then attended an advanced field hockey clinic in Massachusetts. During one of the drills, she had another head-on collision and this one, less than a year after the first, was totally debilitating.

Again, she was hospitalized with a concussion - with burning, radiating pain emanating from her neck that caused headaches so severe that she could not lift her head or tolerate light or noise. She was treated by the best known doctors, neurologists, psychologists and physical therapists available and subjected to countless CAT scans, MRI's and an ever increasing regimen of ever more powerful drugs (with terrifying side-effects). Nothing worked.

By November, three months after the accident, the head neurologist - **a renowned pain specialist, told us that there was nothing more that could be done medically.** At that point, in light of the chronic burning, radiating pain in Courtney's neck, **I asked the doctor if it was possible that her neck was out of alignment causing pressure on nerves.** The doctor became indignant and said, "If you are asking my opinion about using a chiropractor or osteopath, I can't say that you shouldn't and won't say that you should!" The next morning, I called Dr. Kelly.

When we arrived that morning, Dr. Kelly examined Courtney and took x-rays. As we anticipated, Courtney's neck vertebrae were severely out of alignment. Dr. Kelly gave Courtney an adjustment and she was immediately relieved of the headache, albeit for just a few hours - but for the first time in 3 months! We took Courtney for adjustments twice daily for months and eliminated those terrible drugs. Courtney ended up graduating with her class and with honors! She attended one of the most selective colleges in the country and is now a graduate student at Carnegie Mellon University.

New England Chiropractic, Dr. Kelly, and the wonders of chiropractic, truly did save a life! ...and we will forever be grateful.

-B. and M. Mongell

Closing Thoughts ...

Commandments For Parents

(written from a child's point of view)

- My hands are small; please don't expect perfection whenever I make my bed, draw a picture or throw a ball. My legs are short; slow down so that I can keep up with you.
- My eyes have not seen the world as yours have; let me explore it safely. Don't restrict me unnecessarily.
- Housework will always be there; I'm little for only a short time. Take time to explain things to me about this wonderful world, and do so willingly.
- My feelings are tender; don't nag me all day long. You would not want to be nagged for your inquisitiveness. Treat me as you would like to be treated.
- I am a special gift from God; treasure me as God intended you to do; hold me accountable for my actions, give me guidelines to live by, discipline me in a loving manner.
- I need your encouragement, not empty praises, to grow. Go easy on criticism; remember you can criticize the things I do without criticizing me.

We owe it to our children to help them realize human beings are given the freedom and ability to make choices. We owe it to our children to nourish their souls with the power to make healthy choices. We owe it to our children to teach them ways to feel good without taking drugs. We owe it to our children to acknowledge the divine wisdom available within them.

Give your children the best gifts a parent can give...Let them know how much you love them and how proud of them you really are. Hug them and make them laugh at least 3 times every day. AND...**Get**

their spines checked regularly for vertebral subluxation and nerve system stress. As a practicing chiropractor specializing in pediatrics, I find that adjusting children and removing stress to their nerve systems, insures the best possible healthy and stress free futures.



Source: God's Little Devotional Book For Moms