



**MURRAY**  
FAMILY CHIROPRACTIC  
Pain Relief to Wellness

# HEALTH CONNECTIONS

Chiropractic • Exercise • Nutrition



October, 2005

www.MurrayChiropractic.com

905-895-0663

## Announcements: **Happy Hallowe'en**

- Bring your child in for their spinal tune-up during the month of October and they will receive a Hallowe'en goody bag with lots of fun stuff for school!
- Our food drive for the Crossland's Community Soup Kitchen ends on October 6<sup>th</sup>. We have not yet reached our goal of 150 pounds of food, but we're on the way! If you could spare a few non-perishable food items, we would greatly appreciate your support.
- Our fees will be changing effective October 24<sup>th</sup>. Please see our announcement sheet at the front desk which outlines our individual fees and NEW family discount rates.

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### Chiropractic

#### Health Comes From Within

We are all born with the ability to be healthy. Every one of us has a nervous system, which is the master control system of the body. It runs on its own and it works around the clock 24 hours a day, 7 days a week to keep your body healthy.



Your nervous system coordinates and runs thousands of subconscious events within

your body every day. It controls everything from your heart beating and lungs breathing, to your body temperature and blood pressure. All of these events are controlled by your nervous system.

For example, let's think of what happens when you cut your finger. It is important to understand that it is your body that is doing the healing, not the band-aid you placed over the cut. Your nervous system reduces blood flow to the affected area, blood clotting is started, and eventually you end up with brand new skin. Quite an amazing event that we often take for granted. Your nervous system is much wiser than any doctor, chemist or pharmacist. It knows what you need with the correct amount, and when to start and stop administering it.

Many health problems are caused by the inability of your nervous system to perform its everyday functions that

keep us healthy. Rather than focus on the symptoms of the condition, we should be looking for the cause of the condition. Many times Subluxations are the cause of the condition. Subluxations are misaligned vertebral bones that apply physical pressure on your nervous system and interfere with your nervous system's ability to maintain good health. Gentle chiropractic adjustments remove the interference to your nerves so your nervous system can function at its best ability. Your body will then heal itself, relieves the symptoms, and remedies the condition you are suffering from.



This is such a simple concept, yet it can have a profound effect on the health of you and your family members. Chiropractic care adds years to your life, and life to your years!

***"Our own inner intelligence is far superior for health than anything taken from the outside."***

**- Deepak Chopra, M.D.**

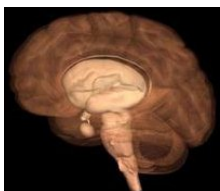
#### Chiropractic for Happier, Healthier Children



Want a happier, healthier child? Bring them in for a chiropractic spinal checkup. Chiropractors locate and correct vertebral subluxations in children's spines, reducing posture, nerve and spinal stresses. For over a hundred years parents, clinicians and researchers have noticed improvements in physical health,

behavior and emotional states of children following chiropractic care. Among the observed effects of subluxation correction are improvements in emotional, behavioral and neurological problems such as asthma, anxiety, inability to concentrate, hyperactivity, dyslexia, learning disabilities, attention deficit disorders, discipline problems and even low grades. (1)

## Chronic Back Pain Causes Brain Shrinkage



The *Journal of Neuroscience* brings sobering news to chronic back pain sufferers. Scientists found that even one year of chronic back pain can age the brain 10 to 20 years. 26 people with chronic, continuous pain of more than a year were compared

with 26 healthy people. The researchers theorize that the stress of chronic pain causes "burnout shrinkage." But that may not be a life sentence. Shrinkage doesn't always equal loss of brain cells and shrinkage may reverse once the chronic pain ends. (2) Can chiropractic reverse the damage? Chiropractic success with chronic conditions is well known. Apparently "learning to live with it" may cause serious long-term problems. If you know anyone with a chronic condition, please tell them to explore chiropractic - their pain and their brain will thank them.

## What You Say About Us

It was at that first appointment that Dr. Murray again explained about Subluxations (a term I had never heard before) and how important it was to correct them to attain a better quality of health. It was then I told him that I had cerebral palsy affecting one side of my body, that my left leg was somewhat shorter than the right leg causing me to limp. I was curious to discover how my spine might be affected by this.

Dr. Murray took exceptional care in my examination. He measured my legs and determined that they were the same length! With more examination he said it was my pelvis on the left side that was the problem. He said it seemed stiff, like a rusty hinge might be. He also made other observations and thoroughly explained why things were the way they were because of the cerebral palsy. No other doctor had ever before addressed my handicap concerning my leg. I learned a lot from Dr. Murray and I am truly grateful.

X-rays were taken and then I started on a course of treatments. By the second week, after the fifth session, I could walk better. I was quite easily able to put my left foot down heel first with each step. As time passed it became easier to do. Now I can walk quite normally.

My husband claims that I don't limp at all. He's thrilled with the results and is happy for me. Friends have also seen an improvement in my walking and my twin sister is just overjoyed at the outcome.

I thank Dr. Murray for encouraging me to take the chiropractic treatments and being so helpful. He personally is pleased to have been able to help me.

**Karin,** Newmarket

## Nutrition

### Foods that Fight Flu's and Colds



Your best protection against the common cold and flu is a healthy nervous system. A healthy nervous system will consequently provide you with a healthy immune system. That's why most patients under regular treatment in our office don't get colds and flu during the winter season! Aside from regular chiropractic adjustments we need to provide the proper building blocks for the nervous system to work with. Listed below are foods that can help your body fight a flu or cold. (3)

**Chicken Soup.** It's been called nature's penicillin and is at the top of the list for its curative powers. Hot chicken soup helps clear clogged airways, and the nourishing broth will give you more energy. Add plenty of vegetables, including onion and garlic, for extra healing power.

**Hot and Spicy Food.** Cayenne pepper, horseradish, chilis and spicy sauces help ease congestion. Try cooking Indian or other ethnic foods that contain these ingredients, or simply add a spicy sauce to foods for extra zip.

**Garlic.** This fragrant bulb contains a flavoring agent called "alliin" which acts as a decongestant. Garlic is also believed to act as an antioxidant and destroy free-radicals, the active oxygen molecules that damages cells, so add garlic liberally to your favourite foods.

**Fluids.** Stay hydrated with plenty of liquids. Instead of coffee, fizzy or sweetened drinks, have plenty of water and pure fruit juices. Hot beverages work better for some people, so consider chamomile or peppermint herbal tea, or sip on hot water with a slice of lemon.

**Citrus Fruits.** Reach for citrus fruits to increase your vitamin C intake. Drink orange juice for breakfast, snack on half a grapefruit, or add tangerine slices to a lunchtime salad. Getting an increased amount of vitamin C is especially important if you smoke, as smoking increases both your risk of catching a cold and your body's need for this protective vitamin.

**Vitamin C.** Citrus fruits aren't the only foods high in vitamin C. Potatoes, green peppers, strawberries and pineapple can help as your daily cold-fighting food arsenal.

**Ginger.** Many people find fresh ginger root helps treat the coughing and fever that often accompany colds and flu. Try making a ginger tea: Pour a cup of boiling water over 2 tablespoons of freshly grated ginger and let it steep for 5 to 10 minutes.

#### References:

1. Walton EV. Chiropractic effectiveness with emotional, learning and behavioral impairments. *International Review of Chiropractic*. 1975;29:2-supervisor of chiropractors of Kentucky in connection with Kentucky houses of reform, Greendale, Kentucky, Lexington, Kentucky, December 1, 1931;7.
2. Apkarian V, Sosa Y, Sonty S et al. Chronic back pain is associated with decreased prefrontal and thalamic gray matter density. *J of Neuroscience*. 2004;24(46):10410-10415.
3. *Herbal Cures for Common Ailments*, Jim O'Brien, Global Communications Corp., 1997.