

HEALTH ALERT

The holiday season is truly upon us. This is the time of year I look forward to because I have a chance to slow down my life a little, check my compass and make sure that I am on course. I hope you take the time to do the same.

Part of my reflecting is to take more time to read and evaluate what I am reading critically. There were 3 very interesting articles in The Record on Thursday and Friday last week. I would like to review them with a chiropractic perspective with you.

Breast cancer rates have dropped the same time that hormone replacement was abandoned in 2002. Many women stopped taking these drugs because of concerns about the increased cancer rates associated with these pills. There appears to a correlation between hormone replacement and cancer. Women have been putting these pills in their body for years and cancer has been rising. As soon as women stop taking these pills, the cancer rates drop. This is clear enough to me; I do not wait for another 5 years for the medical community to study this further. I would rather err on the cautious side and not take a pill if the risks could be greater than the benefits. Please, be cautious with whatever you decide goes into your body or any of your family members' bodies. Lives may actually hang in the balance.

The second article is entitled Diabetes Breakthrough. **The article says there are abnormal nerve endings in the insulin producing cells that cause diabetes. So they say diabetes may be a disease of the nervous system.** I am glad science is advancing. I just hope they are drawing the proper conclusions as often as possible. Your nervous system grows all the 70 trillion cells in the body and is constantly maintaining and replacing them for your entire life. If your nervous system is damaged by stress or toxins in our environment, then the cells under its control will be damaged and the body cannot function properly. It is all the stresses in our crazy lives plus all the toxic substances that enter the body that are destroying your nervous system and causing sickness and disease. That is why insulin producing cells become damaged. I do not feel diabetes is a disease of the nervous system that is just where the damage is found. What caused the damage is more important than how it affected the cells. Healthy lifestyle is so essential to avoid sickness. Watch what goes into your body. If your body becomes

damaged, it becomes weak. A weak body is always more prone to any sickness than a healthy body.

In the lifestyle section there was an article where a Medical Doctor says taking “stuff” (Tylenol) to feel fine and reduce your fever is fine. He is not talking about lowering a fever to save a life. He is saying that it is okay to over rule your body and lower your temperature. I totally disagree. We have articles in our office written by other MD’s that say the exact opposite. You always have to remember, that these are just people’s opinions. Science does not support what he is saying. Ask me to see the articles I am talking about or do a little internet research. My family and I do not use Tylenol, advil, aspirin, avelle and so on. We choose to make healthy lifestyle decisions instead of getting sick and taking drugs. We do not get sick very often. My youngest son has never used Tylenol. He turned 12 last Friday. If we can live a healthy lifestyle, so can you. Our office would like to teach you and lead you in that direction.

Watch what you read and how it is interpreted, your life may depend on it.

Here is a list of our upcoming office events for the month of December and the New Year.

Please help us on our mission to make this community a healthier, safer place to live and raise a drug free family. You should never have to pick up a paper and read about children hurting or killing other children. We should be reading about how incredible our children are doing and how they will change the world.

If you won’t help make our community safer, then who will?

Patient Appreciation Day- December 20th, I know you have had some great changes in your life since you have started chiropractic care. It is time to give your friends that same gift-health. Subluxations can kill. Who's life can you change by a referral to us? Dr. Jeff will be doing no charge examinations that day!

Yoga - January 10th, a certified yoga instructor will be coming to the office to teach yoga, bring a friend or family member, the first class is no charge. Sign up with Meaghan or Linda.

Extreme Makeover - January 23rd, this six week program will show you how to change your life physically, mentally and spiritually. Dr. Jeff will be coaching you through the 6 weeks with a 5k walk/run at the end of the program. Ask Meaghan or Linda how you can get involved in this life changing program. Go to the link below to get more information. Click on www.familychiropractor.org and then click on the Extreme Makeover link on the left hand side of the page.

Success Workshop- January 18th, Learn how to achieve your New Year's Resolutions and Goal Setting for 2007.

Outside talks- We will be doing talks at Hopespring Cancer Support Center, the Waterloo Regional District School Board, and St. Aloysius church throughout January. Can you help us get into your school, church or workplace to educate your community?



52 Bridgeport Rd. East
Waterloo, ON N2J 2J6
www.familychiropractor.org
drjeffdc@sentex.ca

Thank you for being part of our mission, and making our community a healthier place to live.

Dr. Jeff and Staff