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## Stop the Madness

How many people need to die or suffer needlessly before we take a stand? Rates of obesity, cancer, heart disease, anxiety, asthma, ADHD, autoimmune disease and more continue to increase. The vast majority of these are preventable. Are drugs or surgery the answer? Does a healthy spine and lifestyle sound logical? Your body's innate intelligence is what heals you, not a doctor, pill, or surgery. Is it wise to wait until one feels or notices a problem before taking action, even though we know problems arise before symptoms? Chiropractic is not a treatment for back pain. It is essential if one wishes to live a life to their fullest human potential. People see a dentist twice a year for a check-up. The wellness/preventative/proactive movement is the answer. Save a life by getting a spinal check-up for a child or loved one.

A study published in the March 2, 2007 issue of *Journal of Human Hypertension* found that upper neck adjustments decrease blood pressure as much as two medications. The study included 50 patients (pt's) with hypertension. Half the pt's received a C1/atlas (first vertebrae beneath skull) adjustment by a chiropractor and the other half received a "sham intervention" designed to be indistinguishable to the patients from an authentic adjustment. Pt's were assessed immediately after and 8 weeks following. No blood pressure drugs were taken during the 8-week study.

Pt's who received the adjustment saw an average 14mm Hg greater drop in systolic blood pressure (BP) and an average 8mm greater drop in diastolic BP than pt's who were in the sham group that didn't ...

## Hypertension & Vitamin D

... receive a chiropractic adjustment. Lead author George Bakris, MD, said "We were shocked to find out that we got more than double what we expected in blood pressure reduction." The research is conclusive; chiropractic is essential for a normalized nervous system. **Note: None of the subjects in this study reported neck pain.**

Research over the past 10 years has shown that vitamin D (vitD) is essential for overall health and disease prevention. It plays a role in regulating cell metabolism, insulin production, the immune system, and inflammation - factors that contribute to a host of chronic diseases, including cancer, diabetes, high blood pressure, cardiovascular disease, and many autoimmune disorders, such as MS, lupus, and rheumatoid arthritis.

We get 90 to 100 % of our vitD requirements from the sun. The rest comes from natural and fortified dietary sources like oily fish, vitD-fortified foods and supplements. VitD deficiency is prevalent.

Based on this research, some researchers are calling for a revision of the recommended intakes for vitD, asserting that the RDA for vitD be increased to 1,000 IU's/day during times when sun exposure is insufficient. Safe sun exposure is important when considering vitD for health. The importance of sun exposure cannot be denied; 10-15 min. of sun exposure (**without sunscreen**) per week is adequate for most individuals. A sunscreen with an SPF of at least 15 should be used for any exposure beyond that time. <http://www.toyourhealth.com/mpacms/tyh/article.php?id=924>

**THE  
POWER  
THAT MADE  
THE BODY  
HEALS  
THE BODY**



***Our mission is to create wellness by educating and inspiring people to live well and by adjusting the spine to allow full innate expression.***

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