



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Marc Weissman's Breakthrough Patient Newsletter...

Mercado Chiropractic

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Dear Patient and Friend,

When we can't figure out just how to use our new computer, digital camera, cell phone or any other machine for that matter, it is usually because **we haven't read the instructions**. An automobile, a computer, a fax machine - these are all complex mechanical devices requiring instructions. We can learn how to use them effectively by reading the instructions or by allowing somebody to teach us how to use them. Sometimes, if we haven't used these machines in a while, we have to go back and review the instructions all over again. These complex machines are a very important part of our lives. In fact, sometimes we feel lost or out of control if we lose the ability to use them.

Are you aware that the human body is defined as a "machine?" We generally think of a machine as made of metal and moving parts, but a "machine" can also be defined as "an intricate natural system or

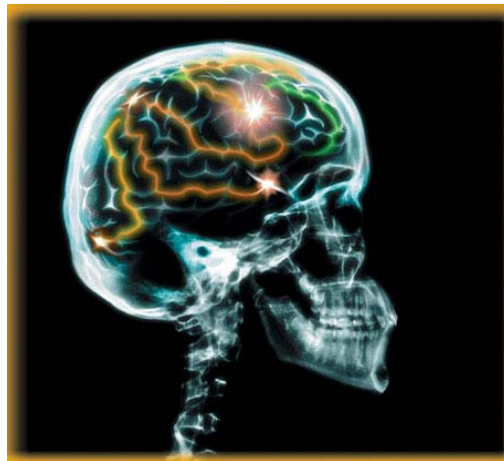
organism, such as the human body."

Unfortunately, our bodies don't come with an instruction manual when we are born. And it is true, our bodies are the most important machines we will ever own in our lifetime. Therefore, it is very wise to learn as much as we can about it.

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Let's focus first on the terms "natural system" and "manmade system." Computers and cars are not natural systems. They are manmade and come with a set of instructions to learn from. The human body is a natural system and does not come with instructions. Instead, the body comes fully equipped with its own natural ability to heal itself. When we are experiencing a health issue, it is important to understand that symptoms of illness are our body's intelligent way of letting us know that something is wrong. Something is interfering with the body's natural ability to heal itself.



Chiropractic care is so effective because it works with the body's natural healing ability. Pills will simply mask the symptoms of an illness without ever locating and correcting the cause of the problem. Chiropractors do not rely on pills, but rather focus on enabling the body's natural system to restore health.

The most amazing aspect of this "natural system" is that it works with no conscious thought. Our body works perfectly without us even thinking about it or reading an instructions manual to operate it. We don't have to tell our heart when to beat or how to digest food or

how to grow hair. When there is no interference in communication between the brain and the rest of the body, each system works optimally.

Chiropractors restore the body's communication system by removing interference caused by spinal misalignments (subluxations). When the vertebrae of the spine are misaligned, this can cause a breakdown in communication of nerves to other parts of the body. This is when symptoms can arise. Chiropractors correct subluxations with an adjustment and help to restore the body's natural ability to heal itself.

Chiropractic care is a health care approach based upon the body's natural ability to heal itself and is a very important step in a commitment to optimal health. Optimal health is one of our most valuable possessions. We should value ourselves enough to strive for the highest level of health. When we take responsibility for the choices we make regarding health, we give ourselves the best opportunity to achieve all of our health goals. Chiropractic care can help give us the natural health we deserve when we commit to learning more about our body and take all of the necessary steps to stay well.

Three Girls Died, Others Hospitalized, After HPV Vaccine

British Medical Journal June 9, 2007;334:1182-1183

Amid controversy over state legislatures in the U.S. requiring young girls to take *Gardasil*, Merck's new vaccine for Human Papillomavirus (HPV), severe side effects are being reported.

1,637 adverse reactions have been reported by *Judicial Watch*, a public interest watchdog, including three girls who died shortly after receiving the immunization. *Judicial Watch* obtained the reports from the *U.S. Food and Drug Administration* using the *Freedom of Information Act*.

In Australia, 25 girls who had just received their first injection of the vaccine experienced headache, nausea and dizziness. In some cases, the problems were so severe that they were hospitalized. Shares of the vaccine's Australian developer, *CSL*, fell after the incident was reported in the news.

CM



Should young girls be required to take *Gardasil* by the government when possible side effects include hospitalization and death? There have also been reports from the *National Vaccine Information Center* about fainting and dizziness reported by dozens of patients as side effects of *Gardasil*, and there are even some concerns that *Gardasil* may cause infertility. These are steep risks for a vaccine that only sometimes protects against HPV.

Please realize that Merck has manipulated the medical and political system to FORCE children to get this dangerous vaccine for their own bottom line profit. The potential promised reduction of cervical cancer is the bait they use.

As Merck's own literature says, it is important to realize that *Gardasil* does not protect women against some "non-vaccine" HPV types. So, even if girls accept the risks and get vaccinated, they can still get HPV.

Finally, although more than 6 million women contract HPV each year, a woman's immune system is often strong enough to clear up the infection on its own. About 90 percent of HPV infections simply clear up within two years.

When Chiropractors Act As Primary Care Providers, Costs Drop

A study in the May 2007 issue of the *Journal of Manipulative and Physiological Therapeutics* reports health plans that use Chiropractors as Primary Care Providers (PCPs) reduce their health care utilization costs significantly.

The study covers the seven-year period from 1999 to 2005. Researchers compared costs and utilization data from an Independent Physicians Association (IPA) that uses Chiropractors as PCPs and a traditional HMO that doesn't.



The Chiropractic PCPs had 59 percent fewer hospitalizations, 62 percent fewer outpatient surgical cases and 85 percent lower drug costs compared with the HMO plans.

The patients in the Chiropractic PCP group also reported higher satisfaction with their care than the HMO group. Over the seven-year period, Chiropractic patients consistently demonstrated a high degree of satisfaction with their care that ranged from 89 percent to 100 percent.

Study co-author James Winterstein, D.C. says that patients using Chiropractic PCP health care groups “experienced fewer hospitalizations, underwent fewer surgeries and used considerably fewer pharmaceuticals than HMO patients who received traditional medical care.”

“The escalation of medical expenditures remains an urgent problem in the United States, and it’s becoming quite clear that cost containment strategies by conventional medical providers are failing to achieve even mediocre results,” he said. “This study confirms that the integration of [medical], chiropractic and other complementary and alternative medicine (CAM) providers can positively impact patient quality of care while limiting costs. This approach to patient care has great potential to improve the U.S. healthcare system.”

Chiropractic :: Bringing Out the Best in You

Easy Steps to a Long and Vital Life

1. Minimize the Stress: Before adding more things to our lives, we must give thought to shedding some of the work load. Stress is a killer of life and vitality. Find ways to reduce stress, whether through exercise, relaxation techniques or even making a job change.

2. Feed the Mind and Soul: Many psychological and social factors may either shorten or lengthen our lives. Getting enough rest, laughing regularly, developing a spiritual life, building long term and healthy relationships with others, attending cultural events and owning a pet all have been associated with extending life expectancy.

3. Don't Overindulge: Many times, increased vitality can be felt immediately by reducing overindulgence in alcohol, caffeine beverages, junk food, candy and a high-fat diet.



4. Exercise the Body: For many people, exercise is not fun and it's difficult to find the time to exercise in a busy schedule. An effective fitness plan can be as simple as a daily 30 minute walk.

5. Exercise the Brain: Staying mentally sharp is just as important as staying physically fit. Read books, listen to educational tapes, travel more and be creative.

6. Eat a Healthy Diet Including Lots of Fruits and Vegetables: Fresh foods contain higher levels of vitamins than processed foods. Eating healthy foods help you to feel better, stay younger and prevent many illnesses.

7. Have a Purpose in Life: People with a special purpose or mission in life often live longer. Never stop learning, growing and holding yourself to the highest standard.

8. Maximize Nerve System Function: Chiropractic care ensures that the life and vitality flowing from the brain to the rest of the body is free of interference. When your nerve system is functioning optimally, your body can be truly healthy!

Fascinating Facts to Think About

Did You Know?

- ❖ **Many studies have shown that soy helps lower cholesterol** in people who have elevated levels. In fact, this health benefit is touted on levels of almost every soy product on the market. For the first time, a study conducted by Tulane University has found that adding soy to the diet can help even people with normal levels of cholesterol lower their risk for heart disease.

Source: Vegetarian Times, April 2000.



- ❖ **A study found that kids who have dinner with their families** on a regular basis eat more fruits and vegetables and less junk food than kids who are left to fend for themselves.

Source: Archives of Family Medicine, March 2000.

- ❖ **Being positive leads to better health**, according to a study from the *Mayo Clinic Proceedings*, Feb. 2000. This report suggests that a positive mental attitude will help you live a longer, fuller life. This project revealed that regardless of age or gender, optimism prolonged life and generally led to more success at work, school and in health. Pessimists had a greater chance of death.

- ❖ **Blueberry compounds just may keep vision rosy.** The reason: They help to protect eyes against potentially damaging inflammation and oxidative stress, which can contribute to conditions like macular degeneration.

Source: Journal of Nutritional Biochemistry, May 31, 2002.

- ❖ **People who retired early had higher mortality rates** than those who kept working beyond age 55, shows a recent study. However, more research is needed to determine whether the reason for early retirement, such as health reasons as opposed to financial security, decreased longevity.



Source: British Medical Journal, Oct. 29, 2005.

CHIROPRACTIC MIRACLES

“Listen To What Our Patients Are Saying”

I thought that I knew all there was to know about chiropractic care and I have always been very comfortable with it. However, I thought people only went to chiropractors if they had a bad neck or back. Boy was I wrong! Since I have been bringing my seven year old son David to see Dr. Marc, his health has been incredible.

Since David was just two years old he has been suffering with allergies, chronic ear infections and headaches almost daily. He has had a very difficult time concentrating in school because of his discomfort. In addition, he is absent from school so often that it has affected his grades. David has always enjoyed playing soccer and baseball and just spending time with his friends. This has also been difficult for him to do because he just never feels good enough to play.

My friend Caroline has been going to Mercado Chiropractic for about a year and recommended that I bring David for an evaluation to see if chiropractic care could help. I was excited to try something that could help David feel good again without having to put him on more and more medications. He has had more pills than and little boy should have.

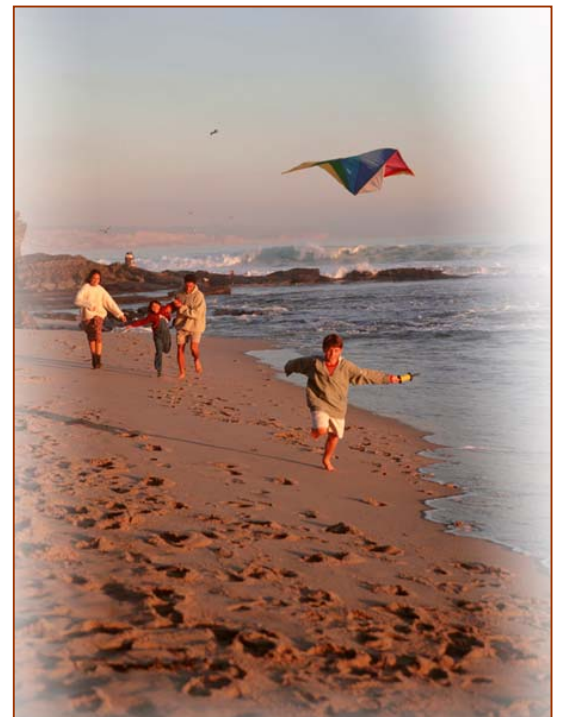
Within two weeks of care, David's improvement was dramatic. And now, after six months of care, David has not had an ear infection or a headache and his allergies are greatly improved.

David has not missed one day of school in six months and he's back on the playing field doing what he loves the most!

My only regret is that I wish I had been aware of the many benefits of chiropractic care earlier so David didn't have to suffer. I am very grateful that he is healthy once again!

Thank you,

M. Gordon



Closing Thoughts ... Life Exercises

- Every so often, **push your luck**.
- Never underestimate the power of **a kind word** or deed.
- **Never give up** on anybody; miracles happen everyday.
- Become the most **positive** and enthusiastic person you know.
 - Learn to **listen**.
 - Think big thoughts, but **relish small pleasures**.
- Don't expect **others** to listen to your advice and ignore your example.
 - **Opportunity** sometimes knocks softly.
 - Leave everything a little **better** than you found it.
- Don't forget ... a person's greatest emotional need is to feel **appreciated**.
- Never waste an **opportunity** to tell someone that you love him or her.
 - Treat **everyone** you meet like you want to be treated.
 - Make new friends, but **cherish** the old ones.
 - Don't use time or words **carelessly**; neither can be retrieved.
- Judge your success by the degree that you're enjoying **peace, health and love**.
 - **Smile a lot**; it costs nothing and is beyond price.

-Author Unknown

It is time that you recognize how wonderful, powerful and perfect you already are. All of the answers you will ever need are right inside of you. All you need to do is trust your inner wisdom. Set your goals, raise your standards and choose to show up as the "Best YOU Ever!" Decide to live in the present and live an "EXTRAORDINARY" life. Share this valuable information with those you care about so they can transform their lives too!