

# WE GOT YOUR BACK!!

BLUE RIBBON CHIROPRACTIC

404-444-4519



## THE CURIOUS CASE OF CONSTANT DIARRHEA

Not anyone's fave subject, but this might be happening to YOU...

A patient presents to a busy and overworked doctor in an emergency clinic. The patient complains of having constant diarrhea and says that this problem seriously interferes with his job as a flight attendant. The patient goes on to say that he didn't have the problem until he quit smoking. Now, he is so uncomfortable, embarrassed and inconvenienced that he is considering taking up smoking again.

The doctor looks at the patient and notices that he is chewing gum. The doctor smiles a little and asks the patient, "How many packs?" The patient thinks this is a ridiculous question but answers, "Oh, two or

three a day." The doctor chuckles and says, "No, how many PACKS OF GUM are you



chewing each day now?" The patient is beginning to think he should request a different doctor but replies, "About six or seven." The doctor looks stunned, then says, "Six or seven packs of gum?? Per day??" As the patient nods, the doctor asks, "Sugarless gum?" The patient snorts and says, "Well, yes." The doctor makes a quick note in the patient's file and snaps it shut

He looks at the patient and says, "Sugarless gum has SORBITOL as a main ingredient. Dude, we use that as a laxative around here. Cut out the sorbitol and you'll be fine again. No diarrhea." The doctor leaves as the patient takes out his gum and with a disgusted look, throws it in the trash can.

This is a fictional case, but it is happening more and more often as sorbitol replaces sugar in so many items. Some people even believe they have something as serious as bowel cancer or irritable bowel syndrome when all they need to do is stay away from sorbitol.

Moral: Look to your diet as the cause of some problems.

For your chiropractic care, give me a call and come by to see me... 404-444-4519.



### April Dates to Spotlight:

- April 12—Happy Easter!!
- April 15—File your taxes!
- April 22—Earth Day...plant or save a tree, GO GREEN!!
- April 22—Administrative Professionals Day. Do something nice for those who take care of YOU!!
- April—Get your spine ready for summer...Make your chiropractic checkup or your consult appointment at 404-444-4519.

## THE WHOLE WORLD IS YELLOW!!

Do you wonder if the pollen season will EVER be over? The entire world, it seems, is covered in fine, yellow pollen dust. Yes, it does end, but not before causing absolute misery for some folks.

Fortunately for you, your

chiropractor can adjust your sinuses and help give you some relief during pollen season. Getting your sinuses adjusted will reduce your congestion and the pain caused by holding too much fluid in the sinuses.

Even better...the only side

effects of chiropractic adjustments are GOOD for your body, don't make you sick or drowsy and won't eat up your liver or any other internal organs like some drugs may.

Come by today, let us help you to breathe better!



Chiropractic Tip of the Month:

Chiropractic releases your body's own ability to heal.

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## MORE CHIROPRACTIC "MIRACLES"

Each month, I will present a chiropractic "miracle" here for you, actual stories from actual people about the differences that chiropractic has made in the their lives and in the lives of their children, parents, friends and acquaintances. I put the word "miracle" in quotes because as a Doctor of Chiropractic, I witness every day what most people would call "a miracle" but which is only an expression of what the human body is capable of doing when allowed to work the way that nature intended for it to work.

"When I was 8 years old, a group of kids and I were playing and I jumped off a porch. I fell down and hurt myself. From then until I was 10 years old, I limped. All the kids made fun of me, calling me "limpy."



One day I was at a park with my dad. He was playing horseshoes with a man and when I came up to them limping, the man asked my dad what was wrong. My dad told the man how he had taken me to all kinds of doctors and not one was able to help me. The man asked my dad if he would bring me to his chiropractic office and he would see what he could do.

When I went there, he put me on a table

and "cracked" me a few times. From then on, I never limped again. The chiropractor would not even let my father pay for the visit. To this day I still visit him on a regular basis to have him check my spine. You should never stop going to a chiropractor."

*Jimmy—Mobile, Alabama*



## WHY BE A CHIROPRACTOR?

It is a mystery to those who do not study the human body in depth, but those of us who choose chiropractic as a profession are driven. We are driven by the truth that our bodies have an "innate intelligence" and know how to heal themselves, given the proper chance. This chance comes in the form of a nervous system that is working as it should, and that cannot happen when parts of the nervous system are cut off or "pinched" by bones in the spine that are misaligned.

Chiropractors are the ONLY doctors that specialize in misalignments of the

spine and how to properly adjust them back into place.

Chiropractors have historically been called "quacks" and "voodoo doctors" but that doesn't stop us from knowing that the truth of what we do is seen every day in our patients that feel better and start to live life on a renewed plane just from being adjusted. How totally AMAZING is it that just moving bones in the spine can bring about

such miracles of health? I have seen it happen so many times, and I have experienced it myself. Being a chiropractor is rewarding in so many ways, the main one being that the people you adjust live from wellness and not sickness and dis-ease.

*"Each patient carries his own doctor inside him. They come to us not knowing that truth. We are at our best when we give the doctor who resides within each patient a chance to work."*

*—Albert Schweitzer, M.D.*

## A CHIROPRACTIC CASE STUDY

The following case study was taken from the Chiropractic in New Zealand Report published in 1979 by The Government Printer, Wellington, NZ.

"Mr. R's experience of chiropractic took place many years ago, but his case is of interest. He is a farmer. Thirty years ago he suffered an injury to his back. Bone fusion surgery was prescribed. A few days before he was to enter the hospital a friend persuaded him to try

a chiropractor. After a course of care the effects of his injury disappeared and for 20 years he has not required further chiropractic care. He is now 77 and is in excellent health. He still farms. He shears sheep and takes part in axemen's events at the local sports. Photographs were shown to us of Mr. R, vigorously competing as an axeman at the 1977 local sports."

So many miracles and great case stud-

ies. Get YOUR own miracle by calling us today! 404-444-4519.

