

# WE GOT YOUR BACK!!

BLUE RIBBON CHIROPRACTIC

404-444-4519



## MORE DRUG-RELATED DEATHS—WHY??

Enough already!! Haven't we lost TOO MANY people to drug overdoses and bad drug reactions??

On June 25, 2009, the entire world was stunned to hear the news that Michael Jackson, the King of Pop, had died, apparently of cardiac arrest.

What gives? This man was preparing for a 50-concert tour, dancing his rear off. Yes, he seemed to be severely underweight for his height; according to preliminary reports, he was 5'11" and weighed only around 120 lbs., much too light for his build. Other reports state that he was using a mixture of drugs, some to help him sleep, some to curb anxiety, etc.

It seems that some folks did not learn the lesson

that made an example of Heath Ledger last year. This wonderfully talented young man, who had everything to live for, was taking a mixture of drugs prescribed to him for everything from sleep loss to depression. Apparently, he died suddenly of an accidental overdose of these pills.



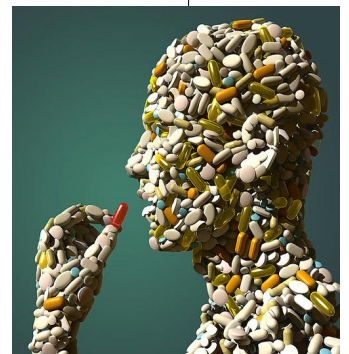
What law says that our greatest talent must suffer and die like this? It is so senseless.

Chiropractors, as a rule, do not prescribe drugs. We operate under the belief, supported by a lot of research, that your own body is the very best medicine for whatever is bothering you. Your

body knows how to care for itself and how to heal itself. It just needs to have that power unleashed by having your nervous system be as un-tied up as possible. In other words, your spine must be properly aligned for your nervous system, and thus your immune system, to be at its peak ability to heal your body.

No, I am not saying to dump all your prescription drugs. Some of these are needed by you and are thoughtfully prescribed by your medical doctor. Having a spine that is properly aligned is the BEST way to help your body and even help necessary medications work better. Aligning your spine is your chiropractor's job.

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



## THE LOGIC BEHIND REGULAR ADJUSTMENTS

"Wow, do I really have to see you 2 times a week for 2 weeks? Why?"

I get asked these questions a lot, at the beginning of someone's chiropractic care.

The reason is that we have

to consider not only the bones we adjust for you, but the soft tissues attached to those bones. They are used to being in the "wrong" place and must become happy with being in the correct place for your spine to be in alignment—

and to STAY that way.

Sorry, sports fans, but this procedure TAKES TIME and it also takes several adjustments. Usually, and happily for most patients, the element of pain goes away by the end of 2 weeks. Just keep going for your visits!

### July Dates to Spotlight:

- July 4—Independence Day! Happy Birthday, America!
- July —Get your spine checked out for all those summer activities...Make your chiropractic checkup or your consult appointment at 404-444-4519.



Chiropractic Tip of the Month:  
Chiropractic is GOOD for your  
body. No drugs, no bad reac-  
tions. Just GOOD.

404-444-4519



## 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 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.

“The most obvious benefit of chiropractic is of course the physical relief and strengthening that takes place. I find my lifestyle to be very physical. As a registered nurse, with my running every day, I find there is a lot of pulling,



pushing, and lifting. I feel this strain particularly in my neck, shoulder, and back. In the past, I would have taken two Tylenol, used heat, or some other medical remedy. Now I find relief is obtained because of my weekly adjustments.

A less obvious benefit is the decrease of tension I experience because of my weekly adjustments. As a priest, nurse, and counselor, I am exposed to conflict, stress, and anxiety

on a regular basis. This exposure tends to make me feel some of these very same stressors.

Thanks to chiropractic, the physical benefits help restore a sense of inner harmony in conjunction with physical harmony. As a consequence of this I know that I function better because of chiropractic and I would highly recommend it to everyone.

Fr. Nathaniel—Los Angeles, CA



## YOUR NERVOUS SYSTEM...CAN'T LIVE WITHOUT IT!

A lot of people believe that chiropractors have no effect on the body's nervous system. Such a belief could not be further from the truth. Although we do adjust your bones, we do it to care for your nervous system.

Your nervous system is the MOST important system in your body. You could not live without it. Some processes, like standing up, are controlled by you consciously. Others, like your breathing and heartbeat, happen without any input from your conscious mind.

Chiropractors check and correct the alignment of your spine so that your nervous system can operate at its maximum ability. We do this by removing misalignments (called “interferences”) so that the flow of your impulses, between your brain and the rest of your body, can happen without any blockage or slowdown.

Anybody knows that freeways are much easier and simpler to navigate when there are NO wrecks or stalls! Chiropractic

removes those “wrecks and stalls” from your spine and clears the way for your nervous impulses to move freely and at warp speed.

Hint: that is why so many athletes count on chiropractic to help them perform their best.

*“Intelligence is present everywhere in our bodies...our own inner intelligence is far superior to any we can try to substitute from the outside.”*

—Deepak Chopra, 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.

“Many newborns and infants are vomiting up to 15 times a day and stop almost immediately after a few adjustments. Colicky babies who scream constantly, miraculously stop once the nerve interference is gently removed and kids with ear infections get better

when nerve flow is improved. The conditions that respond to chiropractic care are unlimited—from bedwetting to learning problems. We had a 12 month old who couldn't crawl and after one hip adjustment ran in the door to greet us on the next visit. This week I saw a baby who had the right side of her face compressed during the birth process. At 8 weeks old, one side of her head was 2 1/2" wider than the

other. After using the Webster cranial technique, the measurements were almost even and have stayed that way since. It is truly a miracle when infants and children have their life force turned on.”

So many miracles and great case studies. Get YOUR own miracle by calling us today! 404-444-4519.

