

Liberman Family Chiropractic & Herskowitz Footcare Newsletter!

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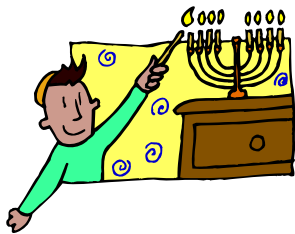
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Every heart that has beat strongly and cheerfully has left a hopeful impulse behind it in the world, and bettered the tradition of mankind. – Robert Louis Stevenson

The best and most beautiful things in the world cannot be seen nor touched...but are felt in the heart. – Helen Keller



Have a wonderful Holy-day season

May this be a time for renewal, peace, wisdom and healing. Thank you for joining our practice and letting us introduce you, your friends and family to the wonders of chiropractic and the world of natural healthcare. If we haven't seen you in a while please stop by for a checkup (your body will thank you) and share season's greetings with us.

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You Are Dancing All the Time

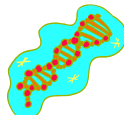


Your body is made up of billions of little packets of life called cells. These tiny bits of life are vibrating, singing and dancing as your life energies organize them from a formless mass into a *living body*. Your cells are organized to form tissues, your tissues dance and vibrate together to form organs, organs are organized as systems (such as the digestive system, circulatory

system, etc.) and when all your systems are working in a harmonious, coordinated fashion they create an organism – a healthy, living you. What is it that makes all these structures come "alive" and dance and work together? After all, a corpse has all its parts but it is not alive. What is missing?

The wisdom of your body (also called your innate intelligence) directs life energies and information that travels over your nervous system – your brain, spinal cord and billions of nerve fibers that go to your every nook and cranny. This flow of energy is necessary for organizing your many parts and the thousands of activities your body does every second. If your nervous system is stressed, this fantastic communications system has "interference" – your energies are disturbed and you suffer from dis-ease – and your parts aren't working in harmony.

The most common cause of nerve interference is a vertebral subluxation, a tiny distortion in your spine that stresses your



nervous system. Chiropractors spend thousands of hours learning how to locate “subluxations” and correct them. Without nerve interference your body and mind are more organized, function with greater harmony and are better able to heal. See your chiropractor to get a spinal checkup to make sure your life energies are flowing without interference.

Avoid Winter Foot and Ankle Problems

AVOID WINTER FOOT AND ANKLE WOES

The season for ice, snow and sub-zero cold is here and with it comes the risk for serious foot and ankle problems for anyone who spends time outdoors.

Ankle sprains and Achilles tendon problems are very common in winter due to slips on icy sidewalks and from injuries that often occur when playing basketball and other indoor court sports. Very often ankle sprains are not taken seriously and may not heal properly. This can result in long-term ankle instability and increases the risk for joint damage and eventual arthritis.

The initial treatment for ankle sprains should include rest, ice, compression and elevation to decrease pain and reduce swelling. Compression with an elastic bandage, splint or brace may be used for stability and to optimize healing. The ability to walk or put weight on the joint depends on the severity of the sprain, as determined by the podiatric surgeon when assessing ligament damage caused by the injury.

Even minor sprains should be protected by bracing for several days. In most cases, it takes at least three weeks for an ankle sprain to heal and up to eight weeks for severe sprains.

Another winter malady, frostbite in the toes, is best treated by rapidly re-warming the affected extremities at the first sign of severe cold and numbness. Nearly half of all frostbite cases involve the foot or ankle and, in my experience, rapid re-warming is effective in preventing tissue damage. Therefore, at the first sign of possible frostbite it's imperative to seek prompt treatment and apply controlled heat right away with warm towels and warm water.

Cold weather impairs circulation, especially in women who smoke and drink caffeinated beverages. Blood vessels can shut down in the feet, causing the toes to turn white and blister. Just as with frostbite, it's critical to keep the extremities warm and insulated to avoid exposure to the cold.

Winter is a good time to think about corrective foot surgery if you're not as active as during warm-weather months. For those who would benefit from surgery to correct bunions, hammertoes or persistent heel pain, scheduling the procedure now allows enough time for post-operative rest and to resume normal activities when spring arrives.

Children's Letters to God

“In Sunday school they told us what you do.



Who does it when you are on vacation?” *Jane*

“How did you know you were God?” *Charlene*

“Dear God, I read the bible. What does begat mean?

Nobody will tell me.” Love,
Alison

“Dear God, Instead of letting people die and having to make new ones, why don't you just keep the ones you got now?” *Jane*

“Dear God, Who draws the lines around the countries?” *Nan*

“Dear God, What does it means you are a jealous God. I thought you had everything.”
Jane

“Dear God, Is reverend Coe a friend of yours, or do you just know him through business?”
Donny

"Did you really mean do unto others as they do unto you, because if you did then I'm going to fix my brother." *Darla*
 "Dear God, When you made the first man did he work as good as we do now?" *Tom*
 "Dear God, My grandpa says you were around when he was a little boy. How far back do you go?" *Dennis*
 "Dear God, How come you did all those miracles in the old days and don't do any now?" *Seymour*
 "Dear-God-if-we-come-back-as-something-please-don't-let-me-be-Jennifer-Horton-because-I-hate-her." *Denise*
 "Dear God, My brother is a rat. You should give him a tail Ha Ha." *Danny*
 "Dear God, Please send Dennis Clark to a different camp this year." *Peter*
 "Dear God, Maybe Cain and Abel would not kill each other so much if they had their own rooms. It works with my brother." *Larry*
 "Dear God, I want to be just like my Daddy when I get big but not with so much hair all over." *Sam*
 "Dear God, I am doing the best I can." *Frank* (1)

Chiropractic Questions and Answers

Can You Tell if You Need a Chiropractic Adjustment on Your Own?

Generally, no. A subluxation can be likened to a dental cavity: you may have one developing for a long time with no noticeable symptoms. That's why periodic spinal examinations by a chiropractor are so often recommended.

However, after a period of time under chiropractic care, some people become much more spine conscious and can actually be able to tell when they need an adjustment.



The effects of spinal nerve stress are often gradual and slowly eat away at your well-being in tiny increments. For that reason, an occasional spinal checkup by a chiropractor is advisable.

Did You Know...?

Your brain contains more than 100 billion nerve cells called neurons. Common "wisdom" was that every day thousands of

your neurons died until you eventually lost brain function. Therefore, so the logic went, senility was inevitable. Fortunately for us all, this "wisdom" was incorrect. Recent research shows that, in fact, few neurons are lost as you age and your brain is reorganizing and rebuilding itself, even into old age. Although there is some cell loss, it's far less than once believed and appears to be confined to certain highly select areas. Memory areas are spared, so don't blame your forgetfulness on your age. (2)

Hysterectomy – Always Get a Second (or Third) Opinion

US hysterectomy rates are still higher than those of other countries – unnecessary operations are the reason. This news comes in spite of attempts to reduce hysterectomy rates over the last few years. The rate is more than three to four times the rate of other countries and represents more than 600,000 surgeries per year. (3)

References

1. Marshall E (Editor), Hample S (Illustrator). *Children's Letters to God*. NY: Workman Publishing. 1991.
2. <http://healthy.net/scr/news.asp?id=7918>
3. Farquhar C. *Journal of the American College of Obstetricians and Gynecologists*. January 31, 2002.

