

Straight Talk

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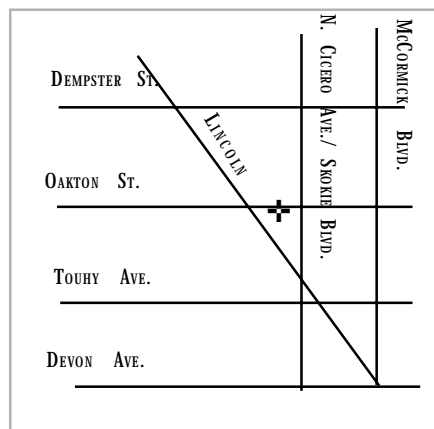
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- *Parking is available in the former Market on Oakton parking lot.*



✦ Goodfellow Chiropractic

News Alert!

According to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our times (nearly 850 papers in peer review journals), if an individual has had five consecutive flu shots between 1970 and 1980 (the years studied) his/her chances of getting Alzheimer's Disease is ten times higher than if they had one, two or no shots.

Dr. Fudenberg was asked why this was so and he said it was due to the mercury and aluminum that are in every flu shot (and in most childhood shots). The gradual mercury and aluminum buildup in the brain causes cognitive dysfunction (difficulty thinking).

-Is that why Alzheimer's is expected to quadruple!?!?

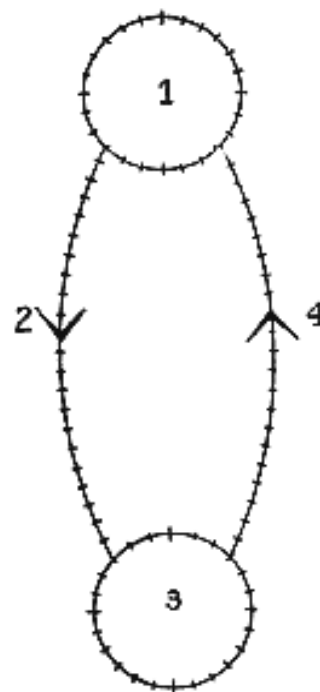
The Safety Pin!

The safety pin serves as a great analogy for all the healing arts to one degree or another. In Chiropractic, the safety pin symbolizes the foundation of all happenings in the body. Every process in the human body evolves from the nervous system, including each organ, which develops at a branch of the nervous system. Like a tree, the trunk supports the branches that give rise to the fruit. Therefore, it stands to reason that if problems exist in or around the nervous system, tissues and organs may be affected.

The nervous system connects two parts of the human body: the brain and the tissue cell. The nervous system creates the continuity in our body. The top circle represents the brain and the bottom circle represents the tissue cell. The lines between represent the communication link (nervous system).

Let's begin with the lower circle, the tissue cell. The tissue cell is the weakest part of our bodies. It is limited by the genetic material passed from your mother and father and by the continual abuse inflicted by unclean air, food, water and over-use.

The brain (the upper circle) provides direction to the tissue cells. Without the nervous system connection, how would the tissues know what to do? They wouldn't! Genetics provides the building blocks, but what provides the direction? The brain and the innate power in you. That inner something that makes us more than one big chemical reaction. The power through which a mental impulse provides the direction necessary to keep sugar at appropriate levels in the blood and to allow



The Safety Pin! (Cont.)

the kidneys to retain the right amount of salt so your body works at its optimum. The message process flows through the body in an Above - Down - Inside - Out motion.

What happens if the connection is disrupted? We don't know. Certainly something, but to what extent, we do not know. The body design is perfect. Often the disruption from Above - Down - Inside - Out (vertebral subluxation) creates a situation where the message is garbled and the body appears less than perfect. To what extent is difficult to tell. Nevertheless, the message has changed. It is not complete. It is not right.

How do we regain the communication from Above - Down - Inside - Out? A CHIROPRACTIC ADJUSTMENT! That is the only way to reconnect the communication from the brain to the tissue cell. That is Chiropractic! We find the break in the communication from the Above - Down - Inside - Out cycle and help the body fix it! Does that mean Chiropractic CURES? Look inside yourself for that answer...

In Appreciation

I want to thank my patients for giving the gift of Chiropractic to others. Chiropractic has done so much for us, we need to spread it to the masses. Most people have no idea what Chiropractic is or what a Chiropractor does. You are the fortunate, you know. They will only know if you tell them.

**“No matter what they tell you,
Chiropractic is not heating them
up, cooling them off or rinsing
them out!”
- Dr. Galen R. Price**

In particular, I want to thank the Lopez Family for their consistent support and their diligence in spreading the Chiropractic message. Also, John Louis, a massage therapist and recent referral, who runs an excellent massage therapy clinic in Winnetka. Please ask for his card during your next visit.

Galen R. Price, D.C., Ph.C. (1912-2000)

This issue is dedicated to the memory of Galen R. Price, D.C., Ph.C., a man who taught many a Chiropractor, including my mentor, Dr. E. L. Crowder. He taught more Chiropractors Chiropractic Philosophy than any man or woman in the history of the profession. I am fortunate to have met the man at a Palmer College Lyceum. Sadly, he is no longer with us.

My colleague Dr. Rob Sinnott speaks of Dr. Price often. I am lucky to receive the pieces of Chiropractic history I do from Dr. Sinnott. Another piece of a great profession has withered away. I only hope that the efforts in this office live up to Dr. Price's convictions and principles. I know I try.

Rob has told me often of the last words Dr. Price spoke in a Homecoming tent just a few years ago, *“No matter what they tell you, Chiropractic is not heating them up, cooling them off or rinsing them out!”*

I ask you to remember these words well as you read print media, see the television, or talk with others in my profession. There are too many who did not hear the words of Dr. Price that day. At least I heard them second hand.

Chiropractic is Born.

If we really want to understand Chiropractic, we must return to its beginnings over 100 years ago. Daniel David Palmer, a Canadian born entrepreneur, had successfully practiced various healing arts in Davenport, Iowa. Dr. Palmer or D. D. as he was known, was practicing in the Ryan building in 1895.

The janitor of the building had been deaf for eighteen years. He became deaf after feeling a bone in his back 'pop' while working in a stooped cramped position.

D. D. analyzed this area of his spine and found a vertebra that appeared misaligned. Dr. Palmer theorized that this vertebra might be interrupting proper transmission of messages along nerve pathways. He then, using his hands, applied a force in the necessary direction - removing the interference - thus allowing the janitor's body to once again transmit messages along nerve pathways. The janitor's hearing was restored and Chiropractic was born.

Does this mean Chiropractic is a cure for deafness...?

YMCA Annual Campaign

The YMCA is asking for your support in furthering its ability to help our community. I am a member of the board of directors of the High Ridge YMCA. This past year, more than \$182,000 was given in the form of scholarships to families and KIDS in need. The 'Y' has provided an excellent place for the next generation to learn skills, become better people and stay off the streets. By far, the High Ridge YMCA has one of the most extensive youth oriented programs in the Metropolitan YMCA. It also provides an excellent athletic environment at a much lower cost than health clubs do and features much the same equipment.

Something near to my heart is wrestling. The Irving Park YMCA rolled out the program last year and High Ridge now offers an opportunity for kids to learn discipline through wrestling. Chicago high schools did not have a feeder program, but now they do. This will offer an added advantage to becoming a member and/or supporter of the YMCA.

If you wish to provide needed monetary assistance to the High Ridge YMCA, please contact my office or you may contact the 'Y' directly at (773) 262-8300 or stop by the 'Y' at 2424 W. Touhy Avenue, Chicago, IL 60645. If you prefer, YMCAs are located throughout the area and one is certainly near you. Please give, Thank you.