

No One Ever Died of Crooked Teeth

When we look in the mirror every morning to get ready for the day, we almost naturally look at our teeth, and then proceed to brush them usually with an inorganic element known as fluoride to eradicate cavities or tooth decay. Yet no one asks, "If the fluoride can eat away at decay and cavities, what does it do to my teeth? And what does it do to my body for that portion that I swallow?". But the most obvious thing we see, is the straightness, or lack of straightness and contour of our teeth. We can see immediately, by opening our mouths in front of a mirror, whether our teeth are straight, crooked, missing, discolored, chipped, fake, or bleached white. Our teeth become a constant reminder in our home mirror of the ongoing and continual advertising on TV that reminds us to fight tooth decay. It also reminds us, when seeing our teeth that they may not be perfect, and that orthodontist's care is available for all people that are willing to get braces and have their teeth straightened.

Of course, orthodontic work takes time. The average dental correction takes about two years which has an approximate current price tag of \$4,500.00 made in monthly installments. Visits can last as little as 10 minutes once a month or every month and a half, and routinely utilizes several assistants to assist in the work. This breaks down to about \$10 per minute for the doctor's time. And for those who have gone through the process, feel it was well worth the effort. Your teeth come out straighter, more functional, and you can smile more with pride raising your self-esteem. However, crooked teeth are not life threatening, nor will you die from crooked teeth.

What the public has been kept in the dark about, is most people's spine's are crooked and curved with loads of nerve pressure effecting the performance of our organs. We see problems ranging from heart arrhythmias, to tumors disappear and get little or no attention by the media. Yet, no one ever died of crooked teeth, but they sure have died from nerve pressure. I recall two patients that were both in car accidents that elected not to undergo chiropractic care due to time constraints and in one case no insurance coverage due to being a hit and run. Both passed away within three months of their auto accidents due to arterial brain ruptures. The pressure on our nerve supply creates pressure on our brains. Relieving that pressure with chiropractic adjustments could have helped these people get relief.

I have seen high fevers lower, infertile patients have babies, constipation disappear, spines straighten, high blood pressure lower, seizures and paralysis get well, and one ladies eyesight restored. Yes, nerve pressure is a gradual assault on the proper functioning of our body, and despite all the different problems we see get well, it is still not the best way to use chiropractic. After getting well, staying well with chiropractic is the best use. I personally began chiropractic adjustments to stay well at age 21. My comprehension and retention in school shot up allowing me much better grades, I stopped getting colds in the winter time, my old knee injury improved, and I got my intuition back. I stopped medicating for 36 years during which time I had never been in a hospital and went for only one checkup to a medical doctor during that time, and I have never had a surgery. Yes, my vigilant use of chiropractic to keep well has paid off for my health.

So, what do you think at the prospect of straightening your spine versus your teeth? Which is more important? A nice look or a prolonged life? Health is our choice, we just have to make the right choices and take responsibility for our health. And, chiropractic costs a fraction of what it takes to straighten our teeth.

So, take the time to be healthy through chiropractic, and if you still want have good looking teeth, then do that too, but remember, no one ever died of crooked teeth.

Wellness, or Staying Well

Today we hear a lot about preventative medicine, wellness, staying well and avoiding getting sick. The subject areas most often publicized are exercise, healthy eating, regular medical checkups to find things developing in our bodies we may not be aware of, and vitamins, and a whole host of gadgetry that may support these wellness concepts. However, what you the public don't know, is that Chiropractic first began the concept of staying well and prevention way back in the 1960's. We knew that patient's that came to us did not know or realize the importance of having regular spinal checkups to promote a health nerve supply until they tried chiropractic care. To this day, it is a rare event that a medical doctor would refer a patient to a chiropractor. Despite medicine and many other companies getting on the band wagon of the wellness concept, not one of them can expect their patients to escape the dangers of having nerve pressure doing damage to their bodies. Nerve pressure is insidious, it is the original concept of Silent Killer that medicine also took from chiropractic. So, if you are planning on staying well, you can't do it unless you are utilizing chiropractic in your regime. Ask anyone who's been adjusted before how they felt. It makes you feel better. Even when we get sick, we don't get as severely sick, and we get sick less often. Every organ and part of our body is dependent on a full healthy nerve supply to function properly.

Today, I don't know of anyone who can afford to allow themselves to get sick. It can be catastrophic to the average family, especially if it is the primary income earner of the household. Leave your nerve supply to go unchecked, and you will lose your health in time. Medical and hospital costs have skyrocketed out of control, and when you allow your health to go, so bad, that it reaches a state of emergency that you can no longer refrain from medical intervention, you are now in their pocket. Prescriptions are expensive, hospitals and average medical visits are expensive, but worse is, losing your health, since drugs and surgery do not get you well. They get you through a pain crises but do not restore health and usually bring your health down further in the name of temporary relief. Completing your

nerve supply with a chiropractic adjustment is unique to chiropractic. Only chiropractors are trained to do adjustments aimed at clearing your spine of all nerve interference. A properly functioning nerve supply allows for chemical and hormonal balance in the body. It allows the spine to straighten, and the organs to function the way they were intended to function. Yes, chiropractic is something that has to be in our health regimes if we are going to expect to get and stay healthy. No other health entity provides the service chiropractic does, and the public has been kept in the dark regarding the purpose and benefits of chiropractic.

So, if we want to stay well, or better yet, if we want to stay well and save money, lots of money, we need to utilize chiropractic as our mainstream for good health. Without it, we fall prey to poor health, drugs and surgery. Only with chiropractic can you be assured of experiencing real health the way mother nature intended.

An Auto Accident can be a tragic experience, so slow down and watch out for the other guy!! When it does occur some good tips on what to do:

- 1) Spinal scar tissue begins lying down along misaligned spinal vertebrae immediately, begin chiropractic immediately to prevent a permanent misaligned spine.
- 2) Symptoms and pain are often delayed, don't sign off on your accident with the liable party until you are certain you are restored fully to your previous level of health before the accident.
- 3) Don't accidentally be tricked by the opposing insurance company. Sign nothing, do not speak with them directly, allow your attorney to speak with them only.
- 4) Don't jeopardize your rights by waiting to get examined. Insurance companies challenge injured victims who begin treatment after 30 days of the accident. The first week of injury is the best time to begin care.

“Those patients who receive regular chiropractic adjustments have a 200% stronger immune system than those who don’t....”

- Dr Ron Pero-New York
Institute for Preventive
Medicine and Health Office-
NYU