



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Spencer L. Hoffman's Breakthrough Patient Newsletter...

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Dear Patient and Friend,

***"Insanity is doing the same thing over and over again, but expecting different results."***

This statement probably rings true for most of us. Are you allowing old habits to rob you of the freedom you deserve? Take a few moments and think about it. Each morning we awaken to begin the basic routines that drive our lives. We sleep on the same side of the bed, brush our hair, stop for coffee, go to work and eat three meals with little variation each day. Such routines help us to organize our lives. However, these routines can also hold us prisoner of our own habits. Breaking this routine may be difficult to do, even though we are aware that changing the routine will result in different and more positive results in our lives.

I think about the changes I want to make in my life on a daily basis. I'm sure you do too. Since we think frequently about making changes in our lives, why do so few people do anything about it? It could be procrastination, or fear, or just lack of commitment. It's time to get out of the comfort zone and make the necessary changes once and for all. It's time for us to stop allowing our long-standing habits to control us and to finally take control of our lives and our health.

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In addition to everyday routines, most adults have routines for health care as well. We may have settled into a comfortable routine of not exercising, but we really want to improve our health by being more active. However, it is easier day after day to stay in our routine.

When we change our routine and incorporate exercise, we establish a new routine. The longer we stick with the new routine of exercising, the easier it becomes for exercise to become a regular part of our everyday lives.

There are other health habits that govern us. Sometimes we ignore health problems and think that they will go away on their own. Sometimes we have a habit of temporarily relieving symptoms with drugs, even though we know that when the drugs wear off, the problem is still with us. Do you have recurring health problems? Do you live your life on a roller coaster ride of feeling good one day and then feeling lousy the next? If you answered YES, it may be time to break free of the handcuffs that your health habits have placed on you. It is time to stop ignoring your health issues and to stop masking the symptoms.

Have you been following the same health care routine without getting the results you want? If so, I encourage you to make a commitment to change your health care routine. It may not be easy however, change is necessary to create better results, and for you to be healthier than ever before.

**Chiropractic care is a health care approach based upon the body's natural ability to heal itself and is a very important step in a commitment to optimal health.** Optimal health is one of our most valuable possessions and we should value ourselves enough to strive for the highest level of health. **We all can reach this goal if we take responsibility for the choices we make regarding our health care routine.** Chiropractic care can help give us the natural health we deserve if we commit to learning more about our body and take all of the necessary steps to stay well.

There has never been a better time to pursue a *"New Lifestyle"* of optimal health, peak performance, ideal weight, maximum vitality, and positive attitude!

Hoffman Family Chiropractic and Wellness Center educates and empowers patients with the most effective and most natural secret to optimal health, **"Better health through better living and better lifestyle choices."**

Millions of people have been searching for the answer to optimal health and wellness. They are ready to make the commitment. If this is something you are committed to, read on...I am about to reveal my closely guarded secrets...

Practicing chiropractic for more than 10 years, I have been at the leading edge in healthcare and I have coached thousands of patients of all ages to take full responsibility for their health. Inside this issue I will share with you a wealth of valuable information that is guaranteed to address many of your concerns and answer pressing questions. It will absolutely provide you with all of the tools necessary **to empower you to make the best health choices for you and your family** and guide you on a path to *"optimal health."* Here we go...

# Possibility That Chiropractic Care May Reduce Anxiety Symptoms

*A recent study, published in the Journal of Vertebral Subluxation Research (JVSR -- <http://www.jvsr.com/>), describes a 19-year old female diagnosed with General Anxiety Disorder (GAD) who suffered from somatic and psychiatric symptoms for two years. After a four-month course of chiropractic care, the young woman reported an 80% reduction in her anxiety symptoms, including a 90% decrease in her headaches. The patient was able to resume a normal lifestyle without resorting to prescription or over-the-counter drugs.*

*The patient's previous medical treatment had included multiple emergency room visits; private specialists; and a rotation of drug therapies including Paxil, Xanax, and Celexa -- which all failed to manage her symptoms.*

*The research was co-authored by Dr. Madeline Behrendt, Associate Editor of JVSR, and Dr. Nathan Olsen, a chiropractor in private practice in Boise, Idaho. The patient's history included at least three motor vehicle accidents between 1995 and 1997; in one, her head shattered the windshield. The initial chiropractic evaluation detected the presence of spinal distortions, referred to as vertebral subluxations, which can result from trauma. Subluxations may interfere with the integrity of the nerve system and affect mental health.*

*According to the National Institute of Mental Health, anxiety is the most common mental health illness, affecting more than 19 million Americans ages 18-54. These patients make three to five times more visits to doctors' offices and emergency rooms and the Anxiety Disorders Association of America reports that direct healthcare costs and lost productivity of these conditions cost more than \$42 billion per year.*

————— **CM** —————

The drug therapies commonly used in treatment for mental health disorders have recently come under closer scrutiny because of their poor rate of effectiveness and potentially deadly side effects, including increased suicidal tendencies in young people.

Despite this, most consumers are not given information on non-drug options and remain unaware of the benefits and cost savings that chiropractic care may offer.

This young woman spent two years in crisis, going from emergency room to private specialist, spending thousands of dollars for tests and drug therapy, without any resolution of her problems. A simple, non-invasive spinal screening ultimately provided the findings that made the difference: her spine was subluxated, impinging on nerves, and altering the proper function of her nerve system. How many other people are suffering unnecessarily because they are missing the proper screening?

A chiropractic adjustment is the quickest and most effective way to release stress and anxiety in your nerve system. Removing interference and anxiety in your nerve system gives your body the ability to heal and regulate at its optimal level. Prevent anxiety by getting adjusted regularly and by living a healthier lifestyle.

# You Have The Power To Be Healthy!

Source: Journal of American Health Policy, 1992

Perhaps the greatest discovery of our time is the *awesome power* of the human body to heal and rejuvenate itself.

The generally accepted philosophy of health and wellness is drastically shifting. Traditionally, drugs and surgery were utilized as solutions to health problems. Today, more and more people refuse to rely on drugs and surgery and are shifting to a more natural approach to health and wellness. They are searching within their own bodies and allowing the power of the body to heal itself.

This approach is what chiropractors have been sharing with their patients for 110 years. The power that made the body is the same power that heals the body. This is the foundation of chiropractic care. Millions of people are discovering that chiropractic care is one of the most sensible and safe methods to optimal health and wellness.

## **Have You Heard?**

Chiropractic patients tend to have substantially lower health care costs, according to a review of data gathered from over two million chiropractic patients in the United States. The data also indicated that chiropractic care reduces the need for both physician and hospital care.

— CM —

## The Chiropractic Way

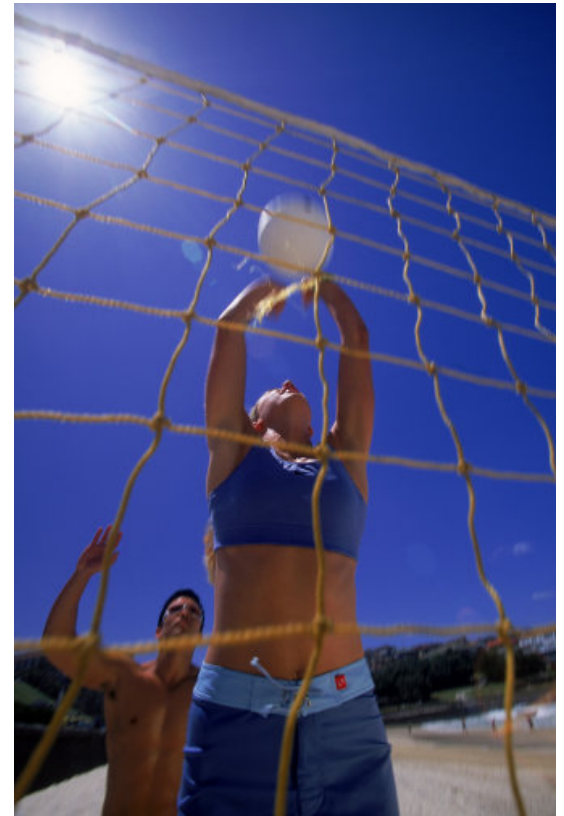
- San Francisco Chronicle, May 4, 2003

*"The chiropractic approach to healthcare is holistic, stressing the patient's overall health and wellness. It recognizes that many factors affect health, including exercise, diet, rest, environment, and heredity. Chiropractors provide natural, drugless, non-surgical health treatments, and rely on the body's inbuilt recuperative abilities. They also recommend lifestyle changes - in eating, exercise, and sleeping habits to their patients."*

*"Chiropractors emphasize the importance of healthy lifestyles and do not prescribe drugs or perform surgery. As a result, chiropractic care is appealing to many health-conscious Americans. Chiropractic treatment has become more accepted as a result of recent research and changing attitudes about alternative healthcare practices."*

In my many years of experience coaching people of all ages to achieve optimal health, I have found that empowering them to exercise properly, eat healthy foods, manage stress properly, get lots of rest, have love in their lives, and of course maintaining excellent spinal health through regular chiropractic care, greatly improves the overall quality of their lives.

**The most common words I hear from patients who have mastered this "chiropractic lifestyle" is that they feel more alive, more vital and "On Top Of The World!"**



## :: **Chiropractic:** Bringing Out The Best In You

### Choosing Your Chiropractor As Your Family Doctor

Millions of people around the world are experiencing the miraculous benefits of living the “Chiropractic Lifestyle.” It is becoming more and more evident that people are sick and tired of taking a pill for every ailment and they will no longer accept it. **The popularity of chiropractic continues to grow and become more widely accepted as a primary health care than ever before.**

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As you personally benefit from corrective chiropractic care, you take on some new responsibilities. As your pain is eliminated, your energy increases, your sleep habits improve



and you are living a more vital life than ever, it is your responsibility to share your success with others you care about. Then others can improve their lives as well. **Sharing with your family is the best place to begin!**

**More and more families today are choosing to consult their family chiropractor first, before their traditional medical doctor.** That is a smart choice. Adverse reactions to drugs are epidemic and surgery is becoming more and more dangerous. Chiropractic offers safe, natural and effective results.

Family care can start from the very beginning. Newborns, infants and children benefit from chiropractic care. Detecting and correcting childhood problems can help to avoid problems later in life. **A healthy spine and nerve system, working at its very best, keeps people of all ages looking and feeling their best!**

## Did You Know?

# Fascinating Facts To Think About

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- New research shows it is more important to avoid *negative* thinking than to just think positively. Researchers at *Ohio State University* studied middle aged and older adults, half of whom were caregivers for a relative with Alzheimer's disease. At one-year intervals in this three-year study, participants reported their degree of optimism and pessimism, negative life events, depression, stress, anxiety and other issues. Individuals who reported the least amount of negative thinking turned out to be the healthiest of the study participants.
- A researcher from *Duke University* in North Carolina reports that niacin appears to have a positive effect on blood levels of HDL, the "good" cholesterol. He compared a time release form of the vitamin to a known HDL- rising drug (gemfibrozil) and found that niacin worked twice as well. Volunteers taking niacin raised their HDL levels and average of 26 percent during the study, as reported at the annual meeting of the *American Heart Association* in Dallas, November 11, 1998, by Dr. John Guyton.
- Drinking several cups of caffeinated coffee a day makes the body react as if it is under stress all day, say *Duke University Medical Center* researchers. When subjects had 250 milligrams of caffeine (about two cups of coffee in the morning and again at noon), stress levels spiked and stayed elevated late into the evening. Persistently high levels have been linked to heart damage.
- Olive oil keeps on winning. Researchers at *Oxford University*, England found in one study that countries with the highest intake of olive oil had the lowest rate of cancer. Olive oil decreases levels of a harmful acid in the body that may cause cancerous cells to grow, and increases the level of a cancer fighting enzyme.
- Breast feeding may be an antidote to the stress of motherhood. Mothers who nursed were more likely to have high levels of the hormone, oxytocin after cuddling their babies, and lower blood pressure readings before and after a stressful event, according to a study from the *University of North Carolina, Chapel Hill*. Oxytocin soothes areas of the brain involved in emotions and stress.
- Marital harmony is good for the heart. A cohesive marital relationship may help spouses with mild hypertension to keep their blood pressure from rising over the years, suggests a study in the *American Journal of Hypertension*. Researchers found that couples who participated in activities or outside interests together, among other things, were less likely to see their blood pressure go up.



# CHIROPRACTIC MIRACLES

## "Listen To What Our Patients Are Saying"

### How Dr. Hoffman Saved Our Daughter's Life When The Medical Doctors Quit ...



Our oldest daughter, Courtney, was going into her senior year in high school (a stressful time under the best of circumstances), but in our case an absolute nightmare. Courtney was, and is, a highly motivated young woman - at the top of her class academically, the editor of the school yearbook and a highly successful varsity athlete - having been chosen for the U.S. Olympic Team Field Hockey Futures Program. Her dream to be able to attend one of the top colleges in the country appeared anything but unrealistic ... until two serious, freak athletic accidents occurred.

During her junior year, Courtney had a head-on collision with the team's goalie. The doctors determined that Courtney had sustained a concussion and she was hospitalized for a short period. In time, things fortunately returned to normal. Courtney then attended an advanced field hockey clinic in Massachusetts. During one of the drills, she had another head-on collision and this one, less than a year after the first, was totally debilitating.

**Again, she was hospitalized with a concussion - with burning, radiating pain emanating from her neck that caused headaches so severe that she could not lift her head or tolerate light or noise.** She was treated by the best known doctors, neurologists, psychologists and physical therapists available and subjected to countless CAT scans, MRI's and an ever increasing regimen of ever more powerful drugs (with terrifying side-effects). Nothing worked.

By November, three months after the accident, the head neurologist - **a renowned pain specialist, told us that there was nothing more that could be done medically.** At that point, in light of the chronic burning, radiating pain in Courtney's neck, **I asked the doctor if it was possible that her neck was out of alignment causing pressure on nerves.** The doctor became indignant and said, *"If you are asking my opinion about using a chiropractor or osteopath, I can't say that you shouldn't and won't say that you should!"* The next morning, I called Dr. Hoffman.

**When we arrived that morning, Dr. Hoffman examined Courtney and took x-rays. As we anticipated, Courtney's neck vertebrae were severely out of alignment. Dr. Hoffman gave Courtney an adjustment and she was immediately relieved of the headache, albeit for just a few hours - but for the first time in 3 months! We took Courtney for adjustments twice daily for months and eliminated those terrible drugs.** Courtney ended up graduating with her class and with honors! She attended one of the most selective colleges in the country and is now a graduate student at Carnegie Mellon University.

**Dr. Hoffman, and the wonders of chiropractic, truly did save a life! ...and we will forever be grateful.**

- B. and M. Mongell



## Closing Thought ...

# How To Put A Wow In Every Tomorrow

### ***Develop An Attitude Of Gratitude...***

Even when you are experiencing tough times, remember the blessings in your life. Always be grateful for the people, love and abundant treasures in your life. It's like sprinkling sunshine on a cloudy day.

### ***Encourage Others...***

When someone has a goal, most people point out the obstacles. You be the one to point out the possibilities. Tell them you have faith in them and that you'll support them in any way.

### ***Give Sincere Compliments...***

We all like to be remembered for our best moments. Acknowledge the good in people and make them feel better about themselves.

### ***Keep Growing...***

Life is about constant growth. There is always another level of growth. Walk a different path than you are accustomed to. Take a class. Read an inspiring book. Listen to motivational tapes. And then, share your growth with others.

### ***Give The Gift Of Forgiveness...***

Forgiveness is a blessing for the one who forgives as well as for the one who is forgiven.

### ***Take Care Of Yourself...***

Exercise, eat a healthy diet, reduce stress, get a good night sleep. Taking care of yourself may also include singing, dancing a little bit every day, and having love in your life.

### ***Perform Random Acts Of Kindness...***

Do kind things for others for no other reason than to make them feel good. Don't expect anything in return. The most fun is when the other person doesn't know who did it.

### ***Treasure Relationships...***

Create valuable relationships in your life and treasure them. Eat meals together, take walks, listen to each other. Share laughter and tears. Create memories. Don't forget to tell the other person how much you care for them.

### ***Share Your Faith...***

You can wish someone joy and peace and happy things. However, when you share your faith, you've wished them everything.

***Take time to appreciate life. Spend time with those you love and let them know how much you appreciate them. Life is a journey with many lessons along the way. Learn from each lesson and know that it is truly a gift.***