



# 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,

Do you invest in your health as seriously as you invest your money? One of the best ways to invest money for a stress-free future is to begin early in life and save a small amount of money over a long period of time. This type of investing can accomplish a significant savings goal without affecting lifestyle. Over time, a nest egg begins to grow. The more money invested, of course, the faster the investment grows because of compounded interest.

Upon retirement, most individuals will be able to maintain a comfortable lifestyle. The longer we wait to implement this investment plan, the more we will have to put away, and the less money we will have at retirement. Key factors for successful investing are money, planning and time. Time is by far the most important factor in successful investing. The earlier we begin investing, the more adequate our finances will be in retirement.

Investing in your personal health is very similar to investing in your finances. Most of us begin life with a full potential for health. We only need to maintain a healthy lifestyle to keep our bodies functioning in natural optimal health. The earlier we begin to maintain our bodies for wellness, the more we guarantee lifelong health well into our retirement years. The longer we wait to "invest" in our health or to correct a problem, the harder it will be to reach an optimum level of wellness, the longer it will take to get there, and the more money it will require to achieve the desired level of health.

In other words, it is irrational and unwise to practice "crisis management" when investing

## INTHISISSUE

- Page 2: Your Health...Your Biggest Investment
- Page 3: Docs Rethink Hormone Replacement Therapy
- Page 3: Chiropractic Most Popular Wellness Discipline
- Page 4: How Should I Feel After An Adjustment?
- Page 5: Six Benefits Of Exercise
- Page 6: Fascinating Facts To Think About...Did You Know?
- Page 7: Listen To What Our Patients Are Saying... J.Mandell
- Page 8: Are You Richer Than 75 Percent Of People In The World?

your money or in your health. To secure our future in both areas, we need to begin early and be consistent in our behavior over the years. It is obvious that the planned approach over time is much more effective than managing by “crisis.”

Chiropractic care is a “planning ahead” method of building true health and wellness. Chiropractors focus on the spine and nerve system and the roles they play in the control and the function of the body. The faster a health related problem is corrected, the faster the body can return to normal function as health is restored. This method of “planning ahead” is far more effective and longer lasting than the symptom-treating model because it focuses on restoring health, rather than just masking a symptom.

The chiropractic profession can be compared to financial planners who teach people how to build a solid financial future one step at a time through consistent, early investment. Much of the medical



profession is based on a “crisis management” system that pulls people out of emergency ill-health and injury situations. While emergency situations may warrant a medical doctor, many do not resolve health problems.

The keys to investing in your health are “time” and “consistency.” It is never too early in life to have your spine checked for vertebral subluxations. Living the “chiropractic lifestyle” allows us to attain optimal health throughout your lifetime. The longer we can implement this “health investment” plan, the more health and vitality we can look forward to as we grow older.

So before we begin with this Special Edition Patient Newsletter, I must tell you that each and every one of us is born with “ultimate perfection.” All of us are born with the potential to be truly healthy. And it is our decision to maintain a state of optimal health throughout our lifetime or to allow ourselves to become unhealthy and at disease. Yes, that is correct; it is your lifestyle choices that will ultimately determine the direction of your health.

Millions of people have benefited from the safe, natural, drug-free chiropractic approach to optimal health and wellness. They observe miraculous physical and emotional improvements as their body functions are freed from the stress of vertebral subluxation.

So sit back, relax and enjoy this powerful and helpful newsletter. I am certain that when you finish you will be confident that you have made the best decision by choosing to live the “Chiropractic Lifestyle.”

# Docs Rethink Hormone Replacement Therapy

## Millions of women may be taking HRT for the wrong reasons

Natural Health, September 2002

A new report co-sponsored by the National Institute of Health (NIH) debunks some of the widely hailed benefits of hormone replacement therapy (HRT), which doctors prescribe to at least 10 million women each year.

HRT does alleviate menopause symptoms and it can help prevent osteoporosis. However, it doesn't help with heart disease, Alzheimer's, depression, or urinary incontinence. In fact, studies show that HRT may increase a woman's risk for heart disease complications, as well as breast cancer and stroke, and could have serious side effects like blood clots and gall bladder disease.

The truth has finally been uncovered and by now, most health conscious Americans know the risk of taking hormone replacement therapy. And yet, the medical profession continues to prescribe these hormones as if they had no long term, negative effect on the human body. **As you know, hormone therapy simply masks symptoms and inevitably greatly increases the risks of other potentially devastating diseases.** Are you willing to make that trade? I hope NOT! It is becoming more evident to me as I hope it is to you that **drugs are NOT the solution to health and wellness because health comes from within.**

— CM —

## Chiropractic Most Popular, Helpful Wellness Discipline For Arthritis Patients

The September 21, 1999 issue of The Annals of Internal Medicine reports that **chiropractic is the most popular and by far the most effective of the wellness disciplines for patients suffering from rheumatologic diseases such as arthritis and fibromyalgia.**

In the study, 63% of patients who went to a rheumatologist also took advantage of the wellness disciplines. 31% of those patients tried chiropractic care at least once.



**73% of the patients who began chiropractic care found it useful.** The rest of the wellness disciplines (diet supplements, magnets, etc.) were found helpful by less than 50% of the people who tried them.

It is no surprise that arthritis patients experience such miraculous results from corrective chiropractic care. By gently adjusting vertebral subluxations and removing any nerve system interference, your body is able to repair and maintain itself in its healthiest state. Chiropractic does not treat arthritis or any other disease however, when your nerve system is functioning to its greatest potential, your body has the potential to heal from all diseases, including arthritis.

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

# How Should I Feel After An Adjustment?

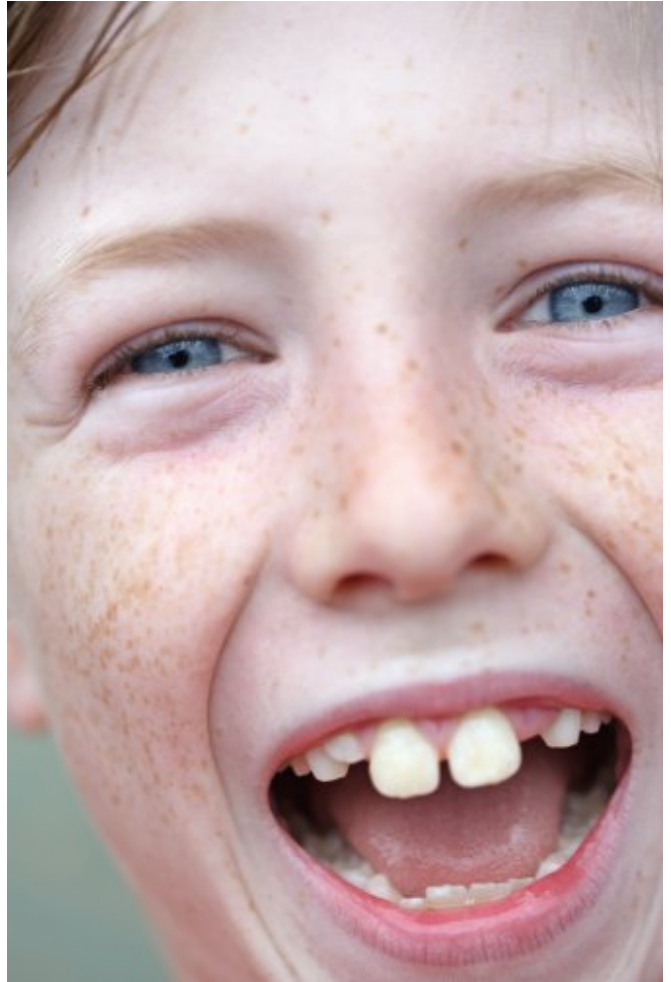
At the very moment that your chiropractor corrects your subluxation, hundreds, if not thousands, of body functions and activities are affected. The flow of nerve impulses over your brain, spinal cord and nerves to your internal organs and tissues is normalized, and your body begins to rebalance, renew and rebuild itself.

**A chiropractic adjustment affects more than physical well-being.** Many patients report a feeling of deepening peace and relaxation after an adjustment. Others describe a warm feeling flowing to various parts of their bodies. Some feel very relaxed or energetic, or both.

**Most chiropractic patients find that the problems that brought them to their chiropractor soon begin to lessen after their first few visits** although some people feel little difference after initial adjustments. This does not mean that they are not receiving any benefit; healing may be occurring under the surface. And occasionally, a patient may initially feel muscle soreness after their first adjustment, usually giving the feeling of exercising for the very first time.

As you continue your chiropractic care and your spine and nerve system continue to release deep stresses you will begin to notice:

- Better balance, smoother movement and increased energy.
- Increased awareness of your spine and body stress.
- Increased ability to breathe more deeply.
- Increased emotional relaxation.
- You may spontaneously change your eating habits, feel an increased desire to exercise, go for more walks and find more ways to relax.



The most important benefits of the chiropractic adjustment are usually found below the level of consciousness. It is when the nerve communication to the heart, lungs, joints, sexual organs, skin, eyes, ears and the brain itself are improved, that the true benefits of chiropractic are experienced.

# Six Benefits of Exercise

- 1. Exercise Wakes You Up.** If you feel too fatigued to do anything after a long day of work, spending 20 minutes just two or three times each week performing some form of exercise will increase your endurance and skyrocket your energy.
- 2. Exercise Makes You Smile.** Reach for your sneakers instead of a Snickers when you're feeling down, stressed or angry. A study performed at Duke University shows that just eight to ten minutes of strenuous exercise can dramatically reduce negative feelings and make you feel better. Exercise releases chemicals from the brain known as endorphins, which naturally make you feel good.
- 3. Exercise Helps Prevent Cancer.** Regular exercise proves to be a key factor in cancer prevention. Research continues to confirm that exercise reduces the risk of developing cancer. Researchers theorize that it may boost the immune system's ability to detect and kill cancer cells.
- 4. Exercise Soothes Arthritic Joints.** Stretching exercises, swimming and range of motion exercises all help to reduce arthritic pain and increase joint mobility. Strength training builds muscles and keeps joints moving well.
- 5. Exercise Keeps You Young.** As we grow older, our bodies manufacture less human growth hormone (HGH), a substance that improves our immune system, builds muscles, burns fat and contributes to our general feeling of well-being. Lower body exercises with weights can help slow down age related decline by stimulating the production of HGH.
- 6. Exercise "Knocks You Out."** Exercise helps you to sleep better. Studies from the University of Arizona, Tucson, found fewer sleep disorders among young men and women who took exercise classes or who walked briskly at least six blocks each day.

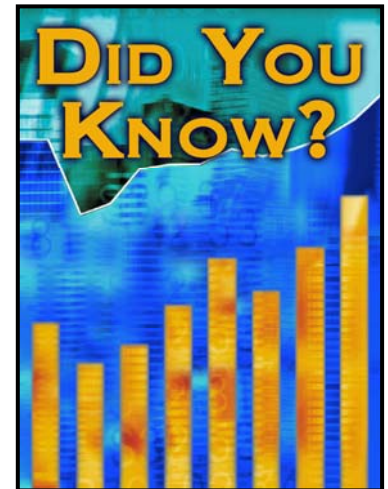


## Did You Know?

# Fascinating Facts To Think About

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- **Avocados are making a comeback.** Though they are packed with a high fat content, the oil is monounsaturated fat which helps decrease the risk of heart disease and stroke. One medium sized avocado contains a generous amount of vitamins A, C, E and B, as well as potassium, folate and fiber.
- **Naturally lowering blood pressure is possible through good nutrition.** A low-fat diet rich in fruits and vegetables can lower blood pressure significantly, according to studies done by the National Heart, Lung and Blood Institute.
- **Coffee increases the body's stress level,** according to researchers from Duke University Medical School who found that on days when people consumed as much caffeine as is contained in four cups of coffee, their levels of the stress hormone epinephrine increased, on average, 30 percent and their blood pressure rose. The long-term result of ingesting too much caffeine could be an elevated risk of heart disease and stroke.
- **Researchers from Harvard Medical School in Boston report that men who eat a lot of nuts seem to be resistant to sudden deaths from heart disease,** especially such fatal arrhythmias as ventricular fibrillation. In fact, those who consumed the highest quantity of nuts had the lowest risk for any heart related death, even after adjusting for age, exercising, blood pressure, cholesterol, diabetes and alcohol. It is thought that alphinolenic acid is responsible for a large portion of the healthy effects of nuts.
- **J.S. Wright, D.C., conducted a study and reported to the Journal of Chiropractic** that 74.6 percent of patients with recurring headaches, including migraines, were either totally relieved of pain or experienced reduced headache symptoms after receiving chiropractic adjustments.
- **Americans consume more than 50 billion nonprescription pain relief pills yearly,** yet nearly half don't read the labels. Fewer than 40 percent consult pharmacists and 43 percent are not aware of the potential risks, according to a survey commissioned by the American Pharmaceutical Association.
- **Backpacks are getting too heavy.** Some 71 percent of the members of the American Academy of Orthopedic Surgeons felt that backpacks are a clinical problem for children, and 58 percent of the doctors reported seeing youngsters whose back and shoulder pains could be attributed to carrying backpacks that were too heavy for them. **Bring your children to your family chiropractor for a spinal checkup and give them the best possible chance to get healthy and stay healthy throughout the school year.**



# CHIROPRACTIC MIRACLES

## “Listen To What Our Patients Are Saying”

As a child, I never had allergies or asthma. However, 5 years ago, at the age of 32, I found myself with a health challenge that caused me to feel fatigued and congested daily. As well, it began to interfere with my work and family life. I experienced sinus related headaches on a daily basis as well as asthmatic attacks when I was physically active. I am not sure why this started all of a sudden. I do know that after 5 years of suffering, I just couldn't take it anymore.

I have 3 children ages 8, 6 and 4. I enjoy my work as an attorney and I love to exercise. When my life as I enjoyed it began to fall apart due to my suffering, I knew it was time to do something about it. I went to my M.D. who referred me to an allergist. To make a long story short, after thousands of dollars of allergy tests and medication, I was no better than when I began the treatment. I tried nasal sprays and decongestants and nothing seemed to make me better. I was frustrated and depressed and I felt like there was nowhere else to turn.

My friend Amy showed me a newsletter called “Chiropractic Miracles” that she picked up at Hoffman Family Chiropractic. It had information in it that directly related to my problem. I had never been to a chiropractor before. I had some hesitation, but I was willing to give it a try.

On my first visit to Hoffman Family Chiropractic, Dr. Hoffman explained to me that if the bones in my spine are out of alignment, which could be causing my problems.

He took x rays and performed a computer scan of my spine. By the end of my first visit I felt very confident that Dr. Hoffman could help me to be healthy again. I finally had hope. Dr. Hoffman told me that he found the cause of my problem. My questions were answered and I was no longer hesitant.

After 3 weeks of adjustments I experienced headaches weekly rather than daily. After 3 months my headaches are completely gone. My asthma attacks are rare and I expect they will be gone soon too. My adjustment schedule is currently 2 visits each week and my goal is to continue on a wellness schedule to stay healthy. I never want to experience that suffering again! My children get adjusted weekly because now I understand how important it is for their spines to grow up healthy.

Thank you so much Dr. Hoffman and my friend Amy. I share this newsletter with all of my friends because I never know whose life it may save as it did mine.

-J. Mandell



## Closing Thought ...

### Are You Richer Than 75 Percent Of People In The World?

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As Thanksgiving approaches, this is a “perfect” time of year to be grateful for the abundance of happiness, health, love and prosperity in your life. To some people, these gifts may seem lacking at times. This information will give you some idea of just how blessed you really are. Sometimes, in the midst of plenty we forget to “Give Thanks” for all that we have. This is a great reminder!

1. If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...**you are richer than seventy five percent of the people in the world.**
2. If you can attend a church or synagogue meeting without fear of harassment, arrest, torture or death...**you are more blessed than three billion people in the world.**
3. If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation...**you are more blessed than five hundred million people in the world.**
4. If you have money in the bank, in your wallet and spare change in a dish...**you are among the top eight percent of the world’s wealthy.**
5. If you woke up this morning with more health than illness... **you are more blessed than the million who will not survive this week.**

**Waking up every day with “more health than illness” is a special blessing because health makes it possible to enjoy the other good things in life.** Since optimal health is our most valuable possession we need to remind ourselves frequently that the choices we make help to determine not only the quality of our daily lives but also the length of our lives.

**What is the true meaning of “Thanksgiving” to you?** Is it simply just another day to eat until you can no longer get up off the couch and then eat some more?

Thanksgiving is my favorite holiday of the year because it is the time of year for “giving thanks.” Thanksgiving is a golden opportunity to give thanks for the miracles in our lives, for our wonderful family and friends, and for our health, our happiness and the love that each and every one of us has in our lives.

**I am extraordinarily thankful for the opportunity to serve my wonderful family of patients and friends.** It is because of you that I am able to fulfill my higher purpose, to coach people to achieve optimal health and healing. **I am thankful for the miracles that occur everyday when patients choose to live the “Chiropractic Lifestyle.”** I am thankful that you always share the miraculous benefits that chiropractic has to offer with all of those you care about. **And I am thankful for the opportunity to serve all of your family’s health care needs.**