



# Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

## Dr. Brunengraber's Breakthrough Patient Newsletter...

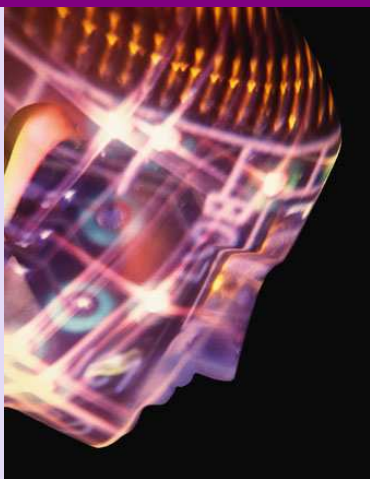
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### INTHISISSUE

#### Page 2 ::

The Importance Of Following  
Instructions

#### Page 3 ::

Preventative Antibiotic Use  
Questioned

#### Page 4 ::

Lifetime Resolutions

Dear Patient and Friend,

When we can't figure out just how to use our new computer, digital camera, cell phone or any other machine for that matter, it is usually because ***we haven't read the instructions.*** An automobile, a computer, a fax machine- these are all complex mechanical devices requiring instructions. We can learn how to use them effectively by reading the instructions or by allowing somebody to teach us how to use them.

Sometimes, if we haven't used these machines in a while we have to go back and review the instructions all over again. These complex machines are a very important part of our lives. In fact, sometimes we feel lost or out of control if we lose the ability to use them.

Are you aware that the human body is defined by some as a *machine*? We generally think of a machine as made of metal and moving parts, but a *machine* can also be defined as "an intricate natural system or organism, such as the human body." ***Unfortunately our bodies don't come with an instruction manual when we are born.*** And it is true, our bodies are the most important machines we will ever own in our lifetime. It is very wise to learn as much as we can about it.





“Chiropractic care is so effective because it works with the body’s natural healing ability.”



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Let’s focus first on the terms *natural system* and *man-made systems*.

Computers and cars are not natural systems. They are man-made and come with a set of instructions to learn from. The human body is a natural system and does not come with instructions. Instead, the body comes fully equipped with its own natural ability to heal itself. When we are experiencing a health issue, it is important to understand that symptoms of illness are our body’s intelligent way of letting us know that something is wrong. Something is interfering with the body’s natural ability to heal itself.

Chiropractic care is so effective because it works with the body’s natural healing ability. Pills will simply mask the symptoms of an illness without ever locating and correcting the cause of the problem. Chiropractors do not rely on pills but rather focus on enabling the body’s natural system to restore health.

The most amazing aspect of this *natural system* is that it works with no conscious thought. Our body works perfectly without us even thinking about it or reading an instructions manual to operate it. We don’t have to tell our heart when to beat or how to digest food or how to grow hair. When there is no interference in communication between the brain and the rest of the body, each system works optimally.

Chiropractors restore the body’s communication system by removing interference caused by spinal misalignments (subluxations). When the vertebrae of the spine are misaligned, this can cause a breakdown in communication of nerves to other parts of the body. This is when symptoms can arise. Chiropractors correct subluxations with an adjustment and help to restore the body’s natural ability to heal itself.

**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. We should value ourselves enough to strive for the highest level of health. When we take responsibility for the choices we make regarding health, we give ourselves the best opportunity to achieve all of our health goals.

Chiropractic care can help give us the natural health we deserve when we commit to learning more about our body and take all of the necessary steps to stay well.

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## **Preventative Antibiotic Use Questioned For Recurrent Urinary Tract Infections**

The July 11, 2007 issue of the Journal of the American Medical Association reports that using antibiotics as a preventative to ward off repeat urinary tract infections in children does not prevent the infections from recurring. In fact, the report says, this practice leads to antibiotic resistant infections that are much more dangerous.

The study, performed at the Children's Hospital Medical Center in Philadelphia and the University of Pennsylvania, was based on the records of nearly 700 children. The researchers concluded that as many as 180,000 children in the United States have a urinary tract infection by the age of 6 and up to 40% of those have backflow problems which can cause a growth of bacteria to remain in the tract.

Lead researcher, Dr. Patrick Conway said, "We found that daily antibiotic treatment was not associated with a decreased risk of recurrent urinary tract infections, but was associated with an increased risk of resistant infections." The authors concluded that pediatricians should "discuss the risks and unclear benefits of using preventative antibiotics with families for children with recurrent urinary tract infections."

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**Chiropractic care offers a wonderful solution to many common childhood illnesses, including recurrent urinary tract infections.**

Chiropractic care is a gentle, safe and noninvasive approach to restoring the natural, inborn healing powers of the body. Regular chiropractic care can help anyone, at any age, achieve optimal health.

**Parents who often appreciate the importance of checkups for their child's teeth, hearing, eyes, ears, nose and throat draw a blank when it comes to their child's spine.** In fact, a spinal checkup could be one of the **most important** of your child's life.



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## Closing Thoughts ...

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### Lifetime Resolutions



“Good health is everyone’s major source of wealth.”



No one ever gets out of this world alive.

Resolve therefore to maintain a good sense of values.

Take care of yourself.

Good health is everyone’s major source of wealth.

Without it, happiness is virtually impossible.

Resolve to be cheerful and helpful.

What you give to the world comes back to you.

Resolve to listen more and talk less.

No one ever learns anything by talking.

Be cautious in giving advice.

Wise men don’t need it and fools won’t heed it.

Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and wrong.

Some time in life, you will have been all of these.

Do not equate money with success.

The world abounds with big money-makers who are miserable failures as human beings.

Resolve to not procrastinate another day, for it is the thief of today’s peace of mind and tomorrow’s happiness.

Resolve to be the person you want to be ... today!

*Cited in Ann Lander’s newspaper column*

***With Love, Dr. B***

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