

In Good Hands

A Free Monthly Newsletter For The Friends and Practice Members of Dr. Jacob Hans
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“Life is 10 percent what you make it and 90 percent how you take it.” ~ Irving Berlin

Important Information For Anyone Who Doesn't Want To Shrink Three Inches And End Up A Hunchback!!!

“Interesting Facts About Why You Are Shrinking... *Right Now*...And What You Can Do About It!”



San Diego – Did you know the average human (man & women) shrinks up to three inches over the course of their life?

It's true. You can begin losing height slowly some time in your late twenties... then... the process accelerates as you age. So, if you are in your thirties...

You Are Shrinking Right Now!

And the worst part is... Some shrink more and quicker than others. The results can be a devastating “hunchback” appearance, limited mobility... and... constant pain.

The good news is: there are simple and easy things you can do... *right now*... to minimize the aging and shrinking process to make sure you stay strong and tall and don't end up looking like the hunchback of Notre Dame! Let me explain...

First let's talk about WHY you shrink: Although there are several factors that lead to shrinking, the one that has by far the biggest impact is your spine. How?

As you know, the spine is made up of 24 moveable bones that stack on top of each other like blocks. In between each spinal bone, or vertebrae, is a disc.

The disc has several important functions:

1. It helps to “glue” the vertebrae together... keeping them in place.
2. It acts like a shock absorber, allowing the spine to compress and rebound when stress is applied. Sort of like a spring.
3. It maintains proper spacing between the bones. Proper spacing is needed so each bone can move completely. This space also allows nerves to pass through their opening without getting pinched.

What does all this have to do with you shrinking? Simple. The disc is like a week old jelly donut: it has a tough outer layer and a soft, gel-like center. That center is normally 88% water.

So guess what? Your disc makes up 33% of the height of your spine. So, if your disc somehow loses water... dries out so-to-speak...

You Lose Height!

How does that happen? Simple, once again: You see, your discs only have ONE WAY to keep their water content... MOTION! And, not just motion... but... *proper* motion!

Proper motion serves as a natural pump that brings water and other nutrition in and out of the disc. As soon as that motion is stopped... or altered... the disc literally begins to shrink up and die.

If your spinal bones misalign or malfunction (what Chiropractor's call a subluxation) the discs cannot move through their normal range of motion... its water content is lost... and... the disc height is decreased.

And here's an amazing fact: An estimated two inches of vertical height of the spine may be lost if the water content of the discs are lowered by only sixteen percent!

What's worse: This sets off a vicious cycle of spinal and body degeneration.

As your disc shrinks, it compresses joints and causes inflammation (swelling) due to friction. Swelling and more friction reduce mobility even more. As more motion is lost, the disc loses more water... shrinking even more... causing compression and the cycle keeps going until...

Your Spinal Discs Look Like A Slice Of Pepperoni!

What's more, your spine can become deformed, making it difficult to maintain balance and upright posture. That's one reason you see people with "hunchbacks" or using a walker.

During this process, nerves can get pinched that can cause *severe* pain and other chronic health problems.

That was a heck of a lot of bad news... wasn't it? Well, here's the good news:

Even though you can't completely stop the aging process of your spine... you can drastically slow it down - reducing the amount of height you lose and all the chronic pain and health problems that go along with it.

How do you do that? By simply going to your Chiropractor and having your spine routinely checked for misaligned and malfunctioning spinal bones (subluxations).

Through quick and easy methods, we can determine if you have a problem that can cause spinal degeneration and all the problems we spoke about above. If a subluxation is found, proper steps can be taken to correct it before serious, permanent damage is done.

Then Chiropractic adjustments, (combined with rehabilitation procedures and nutritional advice) can restore proper motion to malfunctioning spinal segments... decreasing friction and swelling, and allowing fluid back into the disc... stopping the vicious cycle of pain, degeneration and shrinking!!!

Let me ask you a question: Does it make more sense to routinely see your dentist for check-ups... even though your teeth don't hurt...or... should you wait until your teeth hurt?

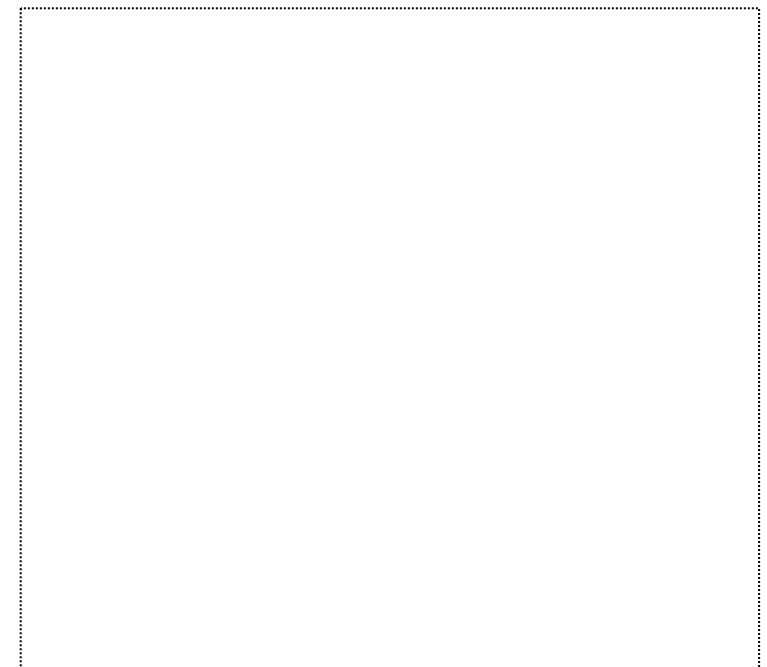
I don't know how you answered that question, but I think it makes more sense to see my Dentist BEFORE I wake up in agonizing pain and need a root canal. Or... maybe have the tooth pulled.

If you think like I do, it also makes sense to come see me BEFORE you're in agonizing pain. By that time, your spine needs a Chiropractic root canal. A lot of work must be done and money spent that could have been avoided.

The worst thing is: waiting until you are in pain means damage has already been done. Some damage can be corrected... some cannot. Over time, this damage adds up... leading to problems and pain that may not be able to be corrected.

The real key to living a happy, healthy, pain-free life can be found in the wise old saying: "An ounce of prevention is worth a pound of cure."

...And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your, questions. We're here to help, and don't enjoy anything more than participating in your life long good health.



Success Story Of The Month

(Names And Details Have Been Changed To Protect Privacy)

“The Amazing Story Of Jackie, McDonald’s, And A Crystal Ball!”

100 shares of McDonald's stock worth \$2,250 when it was first offered in 1965 was worth more than \$1.4 million dollars 30 years later in 1995. Pretty amazing... isn't it?

And, if we would have only known then, what we know now... we would all be filthy rich! Sure is easy to look back... with a little hindsight... and make all the right decisions. Isn't it?

And, unless you can fly as fast as Superman to make the earth spin backwards, you're never going to have an opportunity to have such insider information. Shucks!

Instead, the best you can do is gather as much information as possible... and... do the best you can. Mistakes are bound to be made... but... the most important thing is – you learn from those mistakes so you can minimize them in the future. The difference between learning from your mistakes and making them over and over can be the difference between living a happy or miserable life. That's why Jackie's story is so important.

Jackie was born in 1919. She was only 10 when the day the stock market crashed, the great depression struck and her father lost his job. He looked everywhere... but... there was no work to be found. As time went on, things got worse. There were many days when there was no food to eat... and... the times there were it was usually just a little bread or pasta that wasn't even enough for one of them... much less four.

Jackie's father spent the first several months... every day... looking for a job. From dusk 'till dawn he would search and always came home empty handed. He became very depressed and ashamed of the fact he couldn't support his family.

Then One Day, He Didn't Come Home

Jackie, her mom, and 12-year old brother Jim were left to fend for themselves.

Many people rolled over and gave up during the great depression... not Jackie and Jim. Instead, they became real scrappers. They put together a shoeshine box and would walk through the local bars shining shoes for a penny or two. They got pretty good at it and worked hard. Some days were good and they would bring home enough for the family to eat.

Others were spent dealing with mean, drunk men who had lost everything they had to the depression. Now they just drank their life away. Any way you slice it... she lived through a time and was forced to experience things no child should ever have to endure. But Jackie did... and... Jackie made it. She made it all the way into my office at the age of 84!

The first day Jackie came into my office, she had to be carried in by her two daughters. And, from what you've heard about Jackie already, you know, if she was carried in... **Things Were Bad**

During the examination I discovered Jackie had had back pain for over 40 years. Year after year, it progressively got worse. She came from the “old school” that didn't go to doctors, so she just learned to live with the pain.

She suffered along until things got so bad, she could no longer walk... and... her daughters intervened and literally dragged her into my office.

We took a couple of x-rays and found severe degeneration. Jackie's discs were almost gone... and... she was riddled with arthritis. It didn't look good. I honestly didn't know how much we could help her at this stage. But, we were her last hope... so... we had to try.

We explained what we found and put Jackie on a treatment plan. It took quite a few treatments over several weeks, but Jackie started to feel better. She actually has some pain-free days now. The only problem is, there was so much degeneration already, the results we got were limited. She got quite bit of relief... but... she will always struggle in and out of pain.

The sad thing is...It Didn't Have To Be That Way

If Jackie would have come in sooner... there is a good chance her problem could have been corrected and maintenance care could have prevented much of her crippling degeneration and arthritis... and... she would be able to enjoy her golden years she worked so hard to reach.

Jackie has told me several times that if she would have known how things were going to end up... and... she knew about Chiropractic care... she would have done something to prevent her problem years ago. If she had a crystal ball that told her the future, she would have been my patient 40 years ago.

Now, it's too late to correct all those years of damage. The best we can do is relieve some of the pain... The rest she has to live with. Think about this: You have the ability... right now... to have that crystal ball. You have that hindsight we talked about in the beginning of this story. You have the ability to take action now to make sure you don't end up like Jackie.

Jackie didn't know. Jackie didn't have her story to guide her. The decision you make to maintain your health is the most important choice you will ever make. All the money in the world couldn't take away all of Jackie's unnecessary suffering.

Don't end up like Jackie.

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Network Spinal Analysis. Don wait until you can no longer move!

Did You Know?...Mineral FACTS:

- More than 30 minerals are needed to make a computer
- Zinc makes the average automobile last longer - 17 pounds of zinc protect it from rust. Another 20 pounds are used to make zinc die cast parts like door handles and locks, and each tire contains ½ pound of zinc, which is needed to cure rubber.
- In one day, to maintain our standard of living, 18 million tons of raw material must be mined, cut or harvested to meet the demands of US citizens for "things and stuff", about 150 pounds for every man, woman and child.
- In one day, 23 million photographs are snapped, more than 29 acres of wallet-size photos.
- Zinc is found in hundreds of products, including vitamins, cereals, cosmetics, pet food, paints, fertilizers, tires, batteries, ointments, shampoos, soaps and pharmaceuticals.
- Copper is essential in the human diet. It helps iron-rich foods make red hemoglobin in the blood. In fact, it is essential for the normal healthy growth and reproduction of all higher plants and animals.
- Internet usage eats up about 70 million tons of coal each year in the form of coal-fired electricity. Even huge turbines used to generate wind power couldn't be made without mined minerals such as zinc and copper
- A modest-sized house contains more than 430 pounds of copper
- It has been estimated that the first mile of the earth's crust contains 204,000,000 million tons of zinc, under dry land, while the seabed under the oceans holds another 16,000 tons.
- Zinc is recyclable. More than one-third of the zinc consumed in North America is produced from recycled material. Over 2 million tons of zinc are recycled annually. Zinc can be recycled again and again and still maintain its properties. This means that zinc can be recycled forever.

Tip Of The Month: “How To Sleep Your Way To Better Health!!!”



Wouldn't it be nice if you could simply go to bed and wake up skinny? How about take a nap and become rich? Sounds pretty good, doesn't it?

Well, you can't! But there is something you can do while sleeping that's much more important than all the money in the world. What is it? You can decrease aging, boost your immune system, fight disease and improve your overall health.

In a recent study of people receiving a Hepatitis A vaccine, researchers found that participants who got plenty of sleep after being vaccinated had a stronger immune response to the vaccine.

This likely conclusion that a person who has proper rest would also be likely to have a better immune response to other viruses than someone without proper sleep.

Four weeks after receiving the vaccine, the participants who got proper sleep had almost double the amount of antibodies (a guide as to how well the immune system is working) as the sleep-deprived group.

Researchers suggest that the release of certain hormones during sleep may boost the immune system.

An important thing to note, however, is that it is not just as simple as sleeping more. What complicates things is that some people require a lot of sleep... while others only need a little. Research has also shown that your own internal clock makes that determination.

Some people need nine or more hours of sleep while others need less than six. This seems to be the reason why it is extremely difficult to change sleeping patterns... no matter how hard you try. Researchers say that the best thing to do is try to accommodate your sleeping pattern and not fit into someone else's.

Now That We Know How Important Getting The Proper Amount Of Sleep Is, Here Are Some Tips On Getting A Better Night's Rest:

Avoid eating sugar before bed. Raising blood sugar can make sleep difficult. When blood sugar eventually falls, you may wake up and not be able to fall back asleep. **Make your room as dark as possible.** Light disrupts your sleeping rhythm and can lead to poor quality sleep. Total darkness is best... when possible. This means sleeping with the TV on is a no-no!

Keep a diary. Writing down your thoughts before getting into bed will help keep your mind from racing and calm you down.

Keep your house cool. Most people keep their house too hot. The best is about 70 degrees. **Eat protein before going to bed.** Protein helps to release chemicals from the brain that aid in sleep. **Stay away from caffeine.** Research has shown caffeine stays in your system much longer than previously thought. Even a cup of coffee in the early afternoon can keep you from falling asleep.

Avoid alcohol. Alcohol makes you feel tired and fall asleep... but... the quality of that sleep is very poor. **Don't drink within 2 hours of sleep.** This will keep you from having to wake up to go to the bathroom during the night. If you do have to go, try not to turn on a light.

Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve!