



The

CHARGING RHINO

623-556-4772 ~ 15508 W. Bell Rd. Suite 105 ~ Surprise, AZ 85355 ~ www.rhinodocaz.com

Hours: M-W-F 8:30 to 12:00/3:00 to 6:00 Tue: 3:00 to 6:00 Thurs: 11:00 to 2:00



Nature's Multi-Vitamin formula provides a natural whole food source for vitamins and minerals. It also ensures that nutrients can be digested and absorbed. Whole foods and whole food complexes are composites, not synthetic composites or fractions of vitamins. A real nutrient must contain vitamins along

with their natural synergists (co-acting, concurrent, associated factors) as found in un-refined food. Fractionating (pulling apart the constituents that make up food) changes that food into a non-food. These non-food fractions are now foreign and unrecognizable to the body and are essentially reacted to like a drug.

This Holiday season, give a gift of health!
Gift Certificates can be purchased at the
front desk for any amount.



Tis' the Season!

No, not the season you're thinking of.
Flu Season!

The "flu season" lasts from October through February. Every year at this time, we are inundated with ads touting the importance of getting your shots. The question that's been rolling around in my head (scary, I know) is, if a person is immunized against the flu, they should be immune to the flu, right? So why should it be that if a person who is already immune to something, have to be made immune again? So I went on a little quest for an answer to my question. I was amazed at what I discovered. Here's what I found out:

Every place I looked and asked the question, the most common answer is that "there are different strains of the flu", and "we need to be protected from these

To Our Veterans and Their Families

We here at Kingswood Family Chiropractic would like to thank you for your service and sacrifice. We understand that our freedom is not free.

O beautiful for heroes proved
In liberating strife.
Who more than self their country loved
And mercy more than life!
America! America!
May God thy gold refine
Till all success be nobleness
And every gain divine!



O beautiful for patriot dream
That sees beyond the years.
Thine alabaster cities gleam
Undimmed by human tears!
America! America!
God shed his grace on thee
And crown thy good with brotherhood
From sea to shining sea!

"America the Beautiful"
by Katharine Lee Bates

different strains". This is a noble answer. According to the CDC (the Centers for Disease Control), due to waning antibodies, human immunity is only thought to last about one year, and because of these changes in strains circulating around year to year, people need to be immunized". This brought up another question: If there are different strains floating around year to year, how are the different flu vaccines planned for, developed, produced and distributed in time for the coming flu season?

There are three strains of flu for which vaccines are produced. They are referred to as two "A" strains and one "B" strain. Each vaccine contains all three, but the make-up of a specific vaccine to the "prevalent" strain in a given year is decided by "experts" at the CDC who make an educated guess as to which virus will show up in that given year. If they guessed correctly, and the flu strains match the vaccine, they might

In The KITCHEN



Turkey Tips!



☛ Smother turkey in mayonnaise, put in a paper grocery bag. Put bag/turkey in a roasting pan and close bag. Cook until done.

P.S. No, you don't taste the mayo and the bag will not catch fire!

-Ami

☛ Brine turkey for 24 hours. Take out and dry. Add salt and pepper. Cook as usual.

-Kayleen

Our New Interns!

Our office has partnered with Willow Canyon H.S. Sports Medicine Program. Each semester, student interns come into our office to observe and learn from Dr. Charlie!

have a 35% effective rate. If they guess wrong, as in 2003/04, the effective rate plunges to 0%. Nothing. Why inject something into the body that has a little to no effective rate?

Did you know that according to an Associated Press report, M.D.'s want you to get your flu shots, but that doctors and nurses are the least likely bunch to get vaccinated? The report states, that only 30% of doctors and nurses get annual flu shots. Interesting. Also, the annual global market for the flu vaccine is \$3.6B, and the U.S. is the single biggest and most profitable market in the world?

The CDC also mentions each year that there is an exceptional risk of hospitalizations and deaths from the flu. I found that though there may be these risks to certain aspects of the population, the statistics in their research includes meningitis, pneumonia and many OTHER cardiorespiratory infections.

In the reporting of their numbers, these other health issues are left out by name, but their numbers are not. This creates a false impression of things, doesn't it? The truth is, the CDC has admitted that they do not know the actual number of annual flu related hospitalizations and deaths. I found research on WebMD that stated that only 5-20% of the population actually get the flu each year. No wonder we're the biggest global market for flu vaccines.

Now, I'm NOT telling you that you should or should not get your shot. What I am saying is that there may be information out there that you don't know and need to in order to make an informed decision for yourself. I personally have not had a flu shot since I was 14 years old (I'm 45 now), and I can honestly tell you that I may have suffered from the flu maybe three times since then. My kids have never been vaccinated, and they are the healthiest people I know. Why? Good eating habits, proper hydration, exercise, and most important, they get ADJUSTED. The first flu shots were given in 1943 to the military, and in 1945 to the general population. If the flu has been around long before that, how did we protect ourselves and develop immunity? It certainly wasn't due to an injection, but from living healthy.

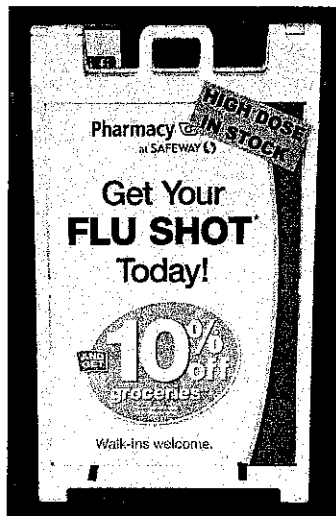
There is one benefit to flu shots that I did find in my quest: DISCOUNTS! One major grocery store chain is currently offering a 10% discount off your grocery bill if you "get your shot today!" What does that tell you?

I encourage you to ask your M.D. the tough questions, find out when they got their shots, and do some research yourselves.

Here are some websites to help get you started:

WebMD, Mercola.com,

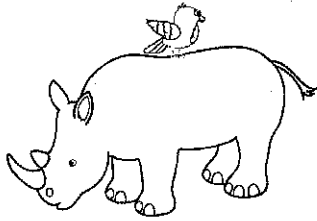
Childhealthsafety.wordpress.com, and CDC.com and the book, What Your Doctor May NOT Tell You About Children's Vaccinations by Stephanie Cave, M.D.



Flu Vaccine Ingredients

In addition to being made from inoculated fertilized chicken embryo's, the following is a list of common flu vaccine ingredients:

- 1. Thimerosal**
- 2. Ethylene glycol** – used as antifreeze; toxic to the central nervous system, heart & kidneys.
- 3. Phenol** – used as a disinfectant & dye
- 4. Formaldehyde** – used for embalming; cancer causing
- 5. Aluminum** – widely associated with Alzheimer's; studies have shown that people who received 5 or more flu shots during a 10 year period are at a 10 times higher risk of developing Alzheimer's
- 6. Neomycin and streptomycin** – antibiotics; can cause allergic reactions
- 7. Mercury** – can cause brain injury, and has been linked to autism and other autoimmune diseases



Biomechanics 101

Biomechanics. What is that? Simply put, “bio” refers to life or living, “mechanics” refers to how things work or move. Therefore biomechanics is a term used to refer to how your living body moves or functions. In order to have proper biomechanics, you need to have joints. Joints are made up of two or more surfaces connecting together. You have three types of joints in your body, each with separate classifications within each type. I’m going to keep it simple, and classify them into just two types: functional joints and stabilizing joints. Functional joints are ones that do the primary movements of your body. Think of a door hinge. The stabilizing joints do just that, they stabilize. An example of a stabilizing joint would be something such as the point where two walls join together. They don’t move much at all, but without them, your house would fall apart.

When we look at your body’s mechanics, starting from the bottom up, your feet and ankles are functional joints. They flex and move when you walk. Your knees are stabilizing joints. They may flex too, but that’s to clear obstacles. Their main job is to sup-

port the legs. As we move up to the hip joints, they are movers in all directions. Therefore, they are functional, while the pelvis and low back move very little. They are primarily stabilizing your body, giving it a good foundation. As you can see, there is a pattern that has developed, alternating between functional and stabilizing as we move up the body, with your mid back and upper neck being functional, while your lower neck is stable, even though there is some movement that occurs there. We can carry this pattern into the arm as well. Since the lower neck is stable, then the shoulder is functional, and again we alternate between the elbow, wrist, hand and fingers.

Now, your body was intended to operate with this alternating design in place. It does not want to work without this pattern. So, if a person has a subluxation in the low back, where there is a change in the proper alignment, the low back will in effect move towards functional, a job it was not hired to do. Pain and discomfort result from this change. Remember, your body wants the alternating pattern. If we use the same example, and it’s not addressed, other areas will eventually change, such as your mid back and hips changing from functional joints to stabilizing joints (feeling stiffer), while your knees change from stabilizing to functional joints (feeling more “loose”). This is what we refer to as compensation.

What’s important to take from this is that if you have for example, knee joint pain, and there is an absence of a direct injury to the knee, it is most likely coming from somewhere else in your biomechanical “chain”, like maybe the hips or pelvis. The same could be said for shoulder pain. We always look to the lower neck or even elbow for biomechanical changes that may be causing the shoulder to compensate, therefore creating pain. It’s also important to remember, that the majority of these changes occur slowly and over a long period of time. We should always get checked and adjusted to prevent these biomechanical changes from occurring. If you have any questions, please feel free to ask me on your next visit.

Your body has a very complex and beautiful design. If it is taken care of, and maintained, it will work as it’s supposed to, and will be mechanically sound, giving you years of good health. Get your check-ups regularly, BEFORE you have pain, and prevent any significant issues from happening later.

What's New?

Meet our Staff!

Mekayla

My name is Mckayla Lahr and I am the newest member at Kingswood Family Chiropractic. I just moved to Surprise, Arizona from Roseburg, Oregon. I am 24 years old and love being outdoors. I attended Oregon State University and I am now currently attending Brookline College to become a dental assistant. I am new to chiropractic, but so far it has helped me in many different ways I didn't think were possible. It not only helps me sleep better, but I rarely get headaches now. I am very excited to be working here!

Kayla

Kayla moved to the Valley in 2007 from the Midwest after graduating with a degree in Professional Photography. It wasn't until experiencing pain for 2 years that she became a loyal follower to chiropractic care. "Having a natural, simplistic lifestyle is important to maintaining a balanced sense of well being. Cutting out toxic chemicals in everyday products from beauty & hygiene to processed foods is one way I help achieve optimum health for myself. I have witnessed time & time again how chiropractic care has changed the lives of patients for the better and returned them to a state of functionality when nothing and no one else in the medical community could help them."

New Classes! Come and Learn!

Once a month come spend some time with us. Learn about different health topics and we'll even feed you! Each class will be held on the first Friday of every month from 6:30pm to 7:30pm. See the front desk for more information and to sign up. Don't forget to invite your friends and family!

December: Eat Healthy for the Holidays

January: Stretching/Exercise

February: Spring Cleaning the Natural Way

Food for the Hungry



Through the Food for the Hungry program, our office has sponsored a young girl named Zherlyn from the Philippines. Her picture is now on the bulletin board in the front office. If you wish to donate to her or sponsor a child of your own through the program, please talk to Dr. Charlie.




Foot Levelers, the global leader in postural support products, has helped alleviate pain for millions of people. Their individually designed Stabilizing Orthotics provide whole-body support by effectively balancing your feet - the body's foundation.

KID'S CORNER

Name that Rhino!

There are five types of rhino species. Use the clues below to guess which rhino they are talking about.

WHITE BLACK JAVAN SUMATRAN ASIAN

- | | | |
|---|--|--|
| <ul style="list-style-type: none">• Lives in India & Nepal• Good swimmers• Has one horn | <ul style="list-style-type: none">• Lives in Indonesia• More likely to run away than attack• "Lesser One-Horned Rhino" | <ul style="list-style-type: none">• Critically endangered• Also called "Hairy Rhino"• Spends days in ponds & mud |
| <ul style="list-style-type: none">• Square Lip• Lives in Africa• Near threatened status |  | <ul style="list-style-type: none">• Hooked Lip• Critically endangered• Most active at night |