

Life is fun!... chiropractic can help.

gernerchiropractic



Holistic Family Health Center
GENTLE CARE FOR ADULTS & CHILDREN



CHANGES AT GERNER CHIROPRACTIC!

If you've been in for your regular adjustment lately, hopefully you've noticed some changes around the office. There's more to come! Here's how it got started:

Our mission statement is: *"To make a positive impact on the world, one person at a time, through our gifts of healing, education, and genuine care."*

You may have noticed that we are so serious about this that we've painted it on our main reception wall for all to see! In an effort to continually improve our service, I've begun to work with a professional business coach. He asked me immediately, "What is your goal in your business"? I began a long explanation about reaching as many people as possible to educate them about natural health, to protect from harm, and to set our office apart as a true healing center and not just another "rack'em, crack'em, pain focused Chiropractic clinic". We've embarked on some fun and creative projects to do just that. Here are some of our changes:

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Gratitude

Dr. Lynn Gerner

I am an incredibly blessed person.

Besides the "firsts" on my list of family, love, health, sustenance... I have the incredible blessing of going to work each day to a place that I love going to and spending my time talking, laughing, healing, and connecting with incredible people. And I get paid for it. Not a bad life, huh? In light of all of that, do I still have times of discouragement, when I don't want to get out of bed in the morning and face the day? Yes. Absolutely. I guess that, as the person that other people come to for relief of their troubles, I'm not supposed to admit that I am human too. But it's true.

As a doctor, I am constantly trying to find ways to help my patients, to heal on deeper levels. I recognize this universal discouragement in life to be incredibly detrimental to our health; both mentally and physically. In a society like ours, in the middle to high socio-economic quiet town of Davis where we have ready access to healthy food and good schools, why do most of us still struggle to be truly happy each day? It occurred to me that it really boils down to one word and our ability to truly grasp it:

GRATITUDE.

Having just passed through the Thanksgiving holiday, most of us pondered at least a bit on our reasons to be grateful. While it's an important exercise- listing our blessings- perhaps we've done it so often during our lives (at least once per year) that we become immune to the exercise. We feel entitled to the basics of life and no longer feel satisfied with our prosperity. I think a much more valuable question to ask ourselves rather than, "What do I have that I am grateful for?" is...

"What do I NOT have that I'm grateful for?"

1. Do I have fear each day because I live in a country with a militant or terrorist government such as Afghanistan, Syria, parts of Pakistan, etc... Am I in danger of being killed or imprisoned if I go to school, speak out against the government, or simply walk down the street alone as a woman? Do I have clean water to drink, government aid if I am poor, the basics of healthcare? Don't hear my wrong, our country is not perfect and there is room for improvement on many levels, but we all have a level of safety, health, and prosperity in America that is NOT a basic right in much of the rest of the world. We really should stop criticizing our country and its leaders and be grateful for what we DO have here.
2. Do I, or members of my family, have a debilitating disease? Do I live in daily pain? Do I have all four limbs, sight, voice, hearing, and the ability to engage in the world? Do I live with a disfigurement and suffer the cruelties of others?

Gratitude

(continued...)

3. Do I, or my family, live in abject poverty? Was I born in the Congo? Liberia? Zimbabwe? The slums of India? Or any of the other poorest nations on the earth where food and housing are not taken for granted? Do I have any idea what it feels like to see my own children starve or suffer from lack of medical care? As I walk around my neighborhood in East Davis, past the Mace Ranch park and past house after house with manicured lawns, painted fences, and tall trees where there's usually a Mom, Dad, 2-3 children and designer furniture, I can't help but think about all the places I could have been placed on this planet where I'd see a very different scene. Even considering the lowest places in America: Am I homeless or in a gang on the streets of LA or NY? We live in Davis. Should we really worry about a fraction of the things that bring us down?
4. Am I unemployed? Have I lost my home? Do I have the ability to provide for myself and my family? I didn't ask if you LOVE your job. You can make changes there if necessary.
5. Am I alone? Do you have a family? A partner? A child? A grandchild? A friend? A loved pet? A community? If I do feel alone, am I free from an abusive (emotionally or physically) relationship?

I could go on. Some of us can look at these things and say, "Yes, I do suffer from some of these things". It is my prayer that those of us who DO NOT suffer from these things will reach out and consider those who need our help. Be generous to individual and charitable organizations who work to help the impoverished and down-trodden. Pay attention! Reach out to the lonely person who would love a visit, a note, a short telephone call to know that they are cared for. Be kind to the handicapped or impaired person who is usually overlooked or persecuted.

It is my belief that ***if we were TRULY grateful*** for the lives we live, for the suffering we are spared, and for what we are NOT call on to bear, that we would attain a higher level of happiness, satisfaction, health and lasting PEACE. Please think on these things each day as you prepare to get out of bed. I think it will lighten your step and brighten your heart.

I truly wish you a blessed Christmas and a Grateful New Year.

-Dr. Lynn

LEADING CONTRIBUTORS TO AUTISM

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UGLY SWEATER SPECIAL



Show us your ugliest Christmas sweater! We will take your picture and enter you in our contest to win great prizes like FREE ADJUSTMENT, FREE MASSAGE, DINNER OUT ON THE TOWN, STRENGTH TRAINING SESSIONS, and DAVIS DOLLARS!!!

You can also vote for your favorite ugly sweater to enter our drawing. There will be a winner on each 12 days of Christmas!



8) **Acetaminophen/Paracetamol:** My baby received an incredible amount of this. Acetaminophen shuts down the production of glutathione, the body's #1 antioxidant. Glutathione is absolutely critical in the body's ability to rid itself of toxins. So, one of the absolute worst things you can do is to give a baby acetaminophen when they get vaccinations or when their body is trying to fight an infection. The nurse at my son's pediatrician's office literally dosed him with acetaminophen at the exact moment she stuck in the needle. When the ear infections and stomach pain and fevers started as a result of the vaccine damage, I gave him acetaminophen to alleviate his pain. Are you starting to see how all of these horrors interlace.

9) **Fluoride:** Fluoride contains fluorine. Fluorine is only slightly less toxic than arsenic and is more toxic than lead. It is also a carrier molecule. It loves to combine with other materials and create even more toxic situations. It also can cross the blood/brain barrier. So if there is circulating aluminum in the body from say, vaccine adjuvants for instance, or if there is lead in the joints of water pipes, the fluoride can attach itself to these toxins and escort them right across the blood/brain barrier and into the brain. According to the National Research Council, 36 studies have linked fluoride with reduced IQ in children.

We didn't even **have** fluoridated water. I actually purchased it and gave it to my son **on purpose**. My pediatrician told me that he needed it because our water wasn't fluoridated. I bought "nursery water" that came in cute little plastic bottles with pictures of Bert and Ernie and Cookie Monster on them. I also gave him prescription vitamins—Poly Vi Flor—that contained fluoride. After all of this, he still required dental work by the time he was five, which required general anesthesia that contained- you guessed it—fluoride. Fluoride is also in many pharmaceuticals, including the antibiotic Cipro—drops used for ear infections—and Diflucan—the yeast killer we used off and on for years. Why did I make sure that I didn't give him toothpaste that had fluoride in it because it was poisonous, but give him fluoridated water? If you want a good scare, read the label on a tube of fluoridated toothpaste sometime. Ingestion of only half a tube of that candy-flavored fluoridated toothpaste could be fatal to a child, and yet we fluoridate our water supply. It is criminal in my opinion.

I can think of many more things I did wrong that I am sure contributed to my son's health crisis. I will mention diet, toxic cookware, benzocaine teething gel and toxic building materials. I am writing this to try to hit the biggies that people really need to research to make better decisions than I did. I truly believe that my son's autism was preventable. Think. Research. At this point, you can't afford not to.

Comments from Dr. Lynn- I can't help but be excited that many of these things can be avoided by receiving Chiropractic care during pregnancy and childhood- reduction of pain and discomfort for Mom during pregnancy (avoidance of medication), easier/safer births due to pelvic alignment (avoidance of Pitocin and C-sections), and an increased immune system to avoid infant/childhood infections (avoidance of antibiotics and medications) and a higher resistance to toxins.

******* *If you choose to vaccinate your child, I would advise supplementing your child with **glutathione** (the anti-oxidant mentioned, which is inhibited by Acetaminophen), either through the breast milk or directly. This can be purchased in most any health food stores in the form of **N-acetyl cysteine** (NAC) which then converts to glutathione in the body.*