

# In Good Hands

A Free Monthly Newsletter For The Friends and Practice Members of Dr. Jacob Hans  
Lifesource Network Chiropractic, 3636 4<sup>th</sup> Ave., Ste. 200, San Diego, CA 92103, Tel. (619) 296-4994

*“If you’re not enjoying the journey, you probably won’t enjoy the destination.” ~ Joe Tye ~  
Has Science Finally Found The REAL Reason We Are Healthy Or Sick?*

## **“The Mind-Body Connection. Shocking Proof About The Way You Think... Can It Really Relieve Pain And Cure Disease?”**



**S**an Diego – Ever wonder why our healthcare system in the United States is in such shambles?

Ever wonder why with all the amazing technology we have...and all the “breakthrough discoveries” you keep hearing about...every night on the news...we are still a nation of constant, chronic illness, pain and disease?

Ever wonder why...with the incredible amount of tax money the government takes and spends - - EVERY YEAR - - our health care system is just about bankrupt?

Ever wonder why YOU keep suffering with aches, pains, and various illnesses and doctors never seem to help?

### **Well I’ve Wondered About It, Too, And The Answer Will Shock And Amaze You!!!**

Now, before I get to the “meat and potatoes” and tell you EXACTLY why I think so many people...including YOU...maybe needlessly suffering...I have to give you just a tiny piece of medical history so you understand where all this is coming from.

I assure you this little medical history is necessary...and...I even guarantee you will find it *extremely* interesting. More than that...

### **It May Add Countless Pain-Free Years To Your Life!**

So here we go...This whole mess started way back in the 17<sup>th</sup> Century with a physicist, physiologist and mathematician by the name of Rene Descartes.

You know who Descartes is...he’s the guy that said...

**“I Think, Therefore I Am.”**

Anyway, Descartes revolutionized “modern” thinking with his theory of dualism. In a nutshell, dualism says that the mind and body are completely separate.

As the story goes, Descartes came up with his theory while meditating one morning. Then he actually made an agreement with the Roman Catholic Church that he...as a man of science...would restrict himself to the study of the physical body...while religion would deal with the “mind.”

From that time on, studies of mind and body have...for the most part...remained two distinct and separate fields. Scientists stayed within the realm of what they could see and measure. Meanwhile, those in the religious life lifted thought, reason, and emotion out of the body, into the realms of the spiritual.

The first problem with this separation is that medicine used science as its ONLY measuring stick. Procedures are ONLY used if they pass strict scientific testing. This means the procedures must be able to be seen and measured.

If they can’t be seen and measured and proven through scientific experiment...they do not exist and will not be used in medicine. But what about this - -

If you place your hand in a bucket of water...what happens to the water? It rises...right? It rises by the exact amount your hand takes up...or...displaces in the bucket.

You know it happened because you can measure the level of the water. This happens EVERY time...so it is called a law. The law of displacement.

Now...what happens if I stick my hand in the ocean? Well, we know that your hand displaces water. It has to...it's a law. The problem is...

### **Can You Prove It?**

After all...you can't measure it. You can't see the results.

So did the ocean actually rise?

ABSOLUTELY! It rose in an immeasurable amount. At least immeasurable with the tools we have at this time.

So what's the point? The point is...

### **By Throwing Out The Mind-Body Connection Simply Because It Could Not Be Scientifically Measured, Medicine Has Ignored One Of The Most Powerful Healing Forces Known To Man!**

How do I know the mind-body connection is such an important healing force?

**Here's how:** You see, in 1981 Neurobiologist David Felton at the University of Indiana discovered that the immune system is actually hard-wired to the brain through the nerve system. That's right, for the first time there was scientific proof that the immune system is under the direct control of the brain.

Why is this so important to you?

Well listen to this...this is the most important part of this newsletter. If you only read the next few paragraphs...

### **You WILL Live A Happier, Healthier Life!**

In 1974, Ader, an experimental psychologist, made what most consider to be one of the central discoveries of mind-body research. It, too, happened as a surprise. In the course of investigating conditioned response (Pavlov's drooling-dog-and-bell concept), he was testing to see how long such a trained response might last in some laboratory rats. Using a combination of saccharine-laced water and the nausea-inducing drug Cytoxan, he had trained the rodents to associate the sweet stuff with a bad bellyache. Afterwards, while giving them saccharine-water without the accompanying Cytoxan, Ader watched to see how long it might take for them to forget the association between the two.

Unexpectedly, during the second month, the rats began to fall prey to disease and die off. In investigating this unforeseen result, Ader checked into the properties of the nausea-inducing drug he had used and found that one of its side effects was as an immune suppressant. The rats had been conditioned, it developed, not only to associate sweet water with nausea, but also with an immune shutdown. The conclusion was obvious:

### **Their Minds Were Controlling Their Immune Systems!**

Isn't that amazing? The rats actually killed themselves just by thinking it!

So, my question to you is...what are you thinking your immune system into doing? Are you thinking yourself healthy or sick?

Here's an even better question...since your nerves serve as the communication lines between your brain and your body/immune system...are you sure those lines are open so your brain can keep you healthy?

The bottom line is: if you have misaligned or malfunctioning spinal bones...your brain CANNOT communicate properly with your body. And, as you now know...with your immune system. Having these spinal misalignments...or SUBLUXATIONS...may not only cause pain... but also weaken your immune system and lead to sickness and disease.

The only way to keep your spine free from these subluxations...and unnecessary pain and disease...is by routinely getting your spine checked by your Chiropractor (that's me!), just like you routinely brush your teeth and go to the dentist. So, if you haven't had your spine checked in a while, make sure you read the insert that came with this newsletter. It will not only give you an opportunity to get your spine checked again...it will show you how to put \$250 in your pocket!

**....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 lifelong good health!**

## Success Story Of The Month

(Names And Details Have Been Changed To Protect Privacy.)

### “Can You Help Me? I Can’t Go On Living This Way...”

Tom was one of those guys everyone knows around town. He had owned and operated several small businesses...including at one time, the biggest dry cleaner around. He was known as a man of honesty and integrity. He ran his businesses the old-fashioned way...

#### **With Hard Work And ALWAYS Going The Extra Mile For EVERY Customer**

Tom was also an avid golfer. Every spare moment was spent on the golf course... systematically whipping everyone in the county that dared to play with him. And he had no problem bragging around town about his latest “victim.”

The only thing he loved more than golf was his family. Tom came from the “old school” where family was everything. He often said you can have a big business and all the money in the world...but...if you don’t have a loving family to share life with...it all means nothing. I remember my grandfather saying the same thing.

Some say Tom was extremely lucky to have everything that he did...I know different. Tom was the perfect combination of effort, preparation and timing the lazy, jealous people call luck. That’s how Tom went from the son of a poor Armenian immigrant to a living, breathing example of the American Dream.

Tom’s success story is the stuff they make award-winning movies out of...

#### **But What Happened Next Surprised Even Me...**

The day Tom showed up at my office...it took him 45 minutes to get from the parking lot to my front door with the help of his wife and a cane. As he limped into my waiting room, I couldn’t believe what I saw.

You see, I did not personally know Tom...but...I had seen him around town quite a bit. And I knew “of” him. He was the strong “tough guy” type. This could not be the same man.

Tom asked if we could speak in private. He said he had suffered 2 strokes over the past couple years and was pretty much paralyzed on the left side of his body. He had gone to many different doctors and physical therapy, but nothing was helping.

He said he didn’t want to go on living like this, and there was only one reason he was still around...

#### **His Only Daughter’s Wedding**

He told me he had waited for this moment since the day Diane was born...and...he needed my help. He said several of my patients had told him how much I helped them and they said if anyone can help him...I could.

He also said they told him I would be honest and tell him if I didn’t think I could help.

At that moment, Tom looked me straight in the eyes and said...

**“I’ve Had A Great Life And Done More Things Than I Ever Dreamt Possible. But I Would Trade All That In For ONE THING; To Walk Diane Down The Isle And Dance With Her On Her Wedding Day...Can You Help Me?”**

I told Tom I honestly didn’t know, but I would examine him and tell him what I thought. To be completely honest...I had serious doubts.

After the examination, I told Tom I wasn’t sure what I could do...but...I thought it was worth a shot. Tom agreed. The wedding was in 3 weeks...so we started working.

To make a long story short...let’s fast forward 3 months to the Monday morning after Diane’s wedding...a day that I will remember as long as I live.

Tom came through the door and slowly walked across my waiting room floor with the help of his cane. He said nothing as he made his way towards me. I tried to read his expression...but couldn’t. The tension was like nothing I had ever felt in my life.

As soon as Tom got over to me...he gave me a big hug...and with tears streaming down his face...told me about the dance he shared with his daughter. He said he wasn’t quite like Fred Astaire...but he danced. It was one of the proudest moments of his life.

#### **It Was One Of The Proudest Moments Of My Life Too**

At that moment I realized the power of never giving up, the power of Chiropractic and why I do what I do. I thanked Tom for that. I thank all my patients for that.

***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 care! Don't wait until you can no longer move!***

# Did You Know?...Water Facts

*(Our monthly feature of tidbits of news and info to make your life easier and more fun, so you're healthy all the time!)*

- Water is the most common substance found on earth. The only water we will ever have is what we have right now.
- In a 100-year period, a water molecule spends 98 years in the ocean, 20 months as ice, about 2 weeks in lakes and rivers, and less than a week in the atmosphere.
- Each day the sun evaporates 1,000,000,000,000 (a trillion) tons of water.
- Water is the only substance on earth naturally found in the three true element forms. They are solid, liquid, and gas.
- 80% of the earth's surface is water.
- Over 42,000 gallons of water (enough to fill a 30x50 foot swimming pool) are needed to grow and prepare the food for a typical Thanksgiving dinner for eight.
- A single birch tree will give off 70 gallons of water per day in evaporation.
- An acre of corn will give off 4,000 gallons of water per day in evaporation.
- 72% of U.S. consumers have concerns about some aspect of their water supply aesthetic or health-related), and almost 50% worry about possible health contaminants in their drinking water.
- Currently EPA estimates that at least a half-million cases of illness annually can be attributed to microbial contamination in drinking water.
- Lack of access to clean water is a leading cause of death and disease in developing countries, killing about 5 million people annually and causing 3.3 billion illnesses.
- Up to 4 million children under age 5 die annually from diarrheal diseases caused by poor drinking water.
- Every 8 seconds a child dies of a water-related disease.
- Studies show up to 75% reduction in disease occurrence after investment in water purification.
- The average American drinks approximately 14 gallons of bottled water a year.
- On average, a human uses 70 gallons of water per day.
- The United States uses 100 billion gallons of water for irrigation of crops per day.
- In the United States, we use approximately 25 trillion gallons of fresh water each year.
- We are using our fresh water faster than we are recharging our groundwater.
- 66 % of your body is water. Bones are 25% water. Human blood is 83% water.
- The first water pipes made in the U.S. were fire-charred, bored-out logs.
- There are over 1 million miles of water pipelines and aqueducts in the United States and Canada, enough to circle the globe 40 times.



## **Tip of the Month... What Everyone Who Wants A Stunning, White Smile Should Know About The Effectiveness And Safety Of Tooth Whiteners...**

Let's face it...everyone wants a stunning, white smile. Who doesn't like to flash a perfect set of pearly whites that light up the room? The only problem is...what's the safest and best way to get your desired results? We've decided to cut through all the marketing hype and give you the REAL facts about the effectiveness and safety of various tooth whitening products and systems. **First, let's list some basic tooth whitening facts:**

⇒ Bleaching is not recommended for children under 12 years of age. ⇒ With bleaching kits, it is possible that some people will get no whitening at all. ⇒ The best results of bleaching are on teeth that have a yellow or orange hue, the worst on the dark blue-grey hue (mostly seen on children or adults with tetracycline stain). ⇒ Bleaching will not work on white fillings or caps. ⇒ If you are a smoker, it is recommended that you quit before attempting tooth whitening, since your teeth will still get stained from continued tobacco use. ⇒ It is recommended that your teeth be professionally cleaned before bleaching, and that you consult a dentist about the right approach for your teeth.

### **So what are some of the options for making my teeth white and their effectiveness?**

**1. Seeing your dentist for tooth whitening** is probably your safest and most effective option. Your dentist will make custom trays to ensure the teeth are evenly covered. This is a BIG problem with "over-the-counter" whitening strips. The cost can vary significantly between dental offices. I would NOT recommend solely choosing by price. Talk to satisfied patients and make a decision based on the results you want and if that dentist can give them to you. Price should NEVER be the deciding factor in choosing a doctor. The dentist will monitor your progress to avoid over bleaching or damage to your teeth or gums. The bottom line with in-office tooth whitening is...it is safe and effective, and the best thing is - - it can last up to 5 years.

**2. Over-the-counter whitening products/systems:** These products are less expensive than custom bleaching at a dental office. As in MOST cases... you get what you pay for. They may be problematic to use...such as twice a day for 2-3 weeks, and the results usually are not as good or last as long.

**3. Tooth-whitening toothpastes:** So-called whitening toothpastes can be effective in removing stain, but do not actually make teeth any whiter.

**So what about the risks?** If whitening products contact the gums or lips, they may cause irritation. It can be difficult to apply home bleaching products correctly...if bleaching strips are not applied straight or your teeth are big, small...or... crooked...you may end up with a 2-tone smile. Whitening strips also only contact the "front" teeth, which can also give you a 2-tone smile. Bleaching can cause tooth sensitivity that should go away after a couple of weeks. It is possible to over bleach, which can make tooth enamel chalky and brittle.

**So what about laser bleaching?** Laser bleaching uses a strong whitening solution that is "activated" by a laser. There are a few problems with this. It appears that the solution works just as well WITHOUT the laser and the laser is being used as marketing hype. Another problem is the cost. Most procedures are around \$1,000. Lastly, the A.D.A has not reviewed the procedure for effectiveness or safety.