

Summer/Fall 2005

DENITO CHIROPRACTIC CLINIC, PC

OFFICE HOURS

Monday 8:30-12  
4-8

Tuesday 12-4

Wednesday 8:30-12  
4-8

Thursday Closed for  
paperwork!

Friday 8:30-12  
4-8

Saturday 10-2



# The Spinal Column

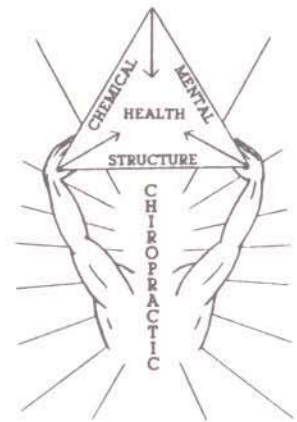
*What's new in Chiropractic and nutrition?!*

It has been several years since we put out a newsletter. This is primarily due to how busy I have been treating patients from over half the USA, using unique approaches in alternative health care. These protocols in nutrition are revolutionizing how you stay motivated, how efficient your body utilizes energy and how it ages. Most important of all is how your immune system does its job.

This all links to the chiropractic structural model, whereby the spinal adjustments help orchestrate the entire interactiveness of health.

The most important concept that has changed in chiropractic is that degeneration of the body's structure leads to trips to the chiropractor, NOT structural problems leading to degenerative changes.

THIS IS A VERY IMPORTANT CONCEPT. It leads us to key supplements that are literally your chiropractor in a bottle!



## RAW MEAT IS IN FOR DOGS & CATS



For close to a year now we have been carrying nearly a half dozen different companies' raw meat products for your pets. After seeing hundreds of dogs with joint problems it became obvious they needed better nutrition more than a chiropractic adjustment! These are 2 web sites of products we carry: [www.naturesvariety.com](http://www.naturesvariety.com) and [www.farmoredogfood.com](http://www.farmoredogfood.com) Also see web info on "B.A.R.F". for principles of raw food diets and pets. The costs are not much different than commercial foods. Vet bills drop dramatically and the length and quality of your pet's life will improve! We also carry healthier kibbles and canned foods than anything you've likely seen before.

## What are Neurotransmitters?



*A universe built on Yin and Yang. The balance of opposing forces, both serve a role!*

Your nerve system is both electrical and chemical. Within those chemicals are a group called neurotransmitters. When you get a chiropractic adjustment, especially to the upper neck region, these transmitters shift more favorably into balance. In children this positive shift may endure for a few weeks, but in adults it may only last a few hours.

Adequate B-vitamins and amino acids (from protein) are the building blocks for these substances. The transmitter

called serotonin is the most commonly depleted in our stress oriented society, and it is built back up from a substance called 5-HTP. This product can do the job of many pharmaceuticals without the side effects or being addictive!

When serotonin is balanced, we have a tremendous ability to enjoy life again. We want to eat right, we want to exercise, we want to enjoy our families. It all begins in your head, a simple thought to control your reality, and your HEALTH.

## Year 24 begins!

That's right, it has been that long since I began my practice and there are many things I can look back on with pride.

Besides the obvious clinical successes where other doctors have failed, my greatest pride comes from what I have done with my family.

I also enter into my 24th year of marriage with my wife Karen. She continually amazes me how she can manage to age even slower than me!

I'm so proud of my 2 children, words cannot describe everything! They are both A students in school as well as extremely healthy, athletically talented and downright beautiful people.

They represent what a healthy lifestyle will allow to express in the human genetic program. I try to imagine a world where we have all children growing up without interference from emotional stress, toxic drugs or chemicals in their bodies.

I'm honored their souls chose us as their parents!

*Man does not get to die,  
He kills himself.*



## What do we EAT?!

Diet has two faces. One represents phases of our life when we grow, repair and recover from trauma or illness. The other diet is the long-term "sustain" phase.

The sustain diet calories breakdown into:

50% complex carbs, 25% fats, 25% proteins.

The other diet phase sees the protein and fat portions increase up to 40% each, and drops the

complex carbs to as low as 20%. This type of eating also applies to weight loss, osteoporosis (a repair process) and heavy athletic demands.

I teach the principles of acid/alkaline eating because it puts everything into just 2 categories, not 3. However, my acid/alkaline chart is designed for the "sustain" phases of life. So, you have to use calories as a guide when you are in a non-sustain phase of life as I just defined.

GOT IT?



"Have you ever thought about sending your lunch to an African village?"

## WEB SITE PRODUCTION IS UNDERWAY

www.denitochiropractic.com is being created to allow you, our patients, access to all the handouts I have created as well as finding out basic information about our clinic. Most importantly, it will provide online shopping of our complete nutrition pharmacy of over 60 companies and 500 products. Using a special password provided by our office, you can shop for your supplements online and come pick them up when we have your order assembled, or even have them mailed to you for just the cost of

the postage.

The site will also provide basic information on all the products. This will give you a fantastic understanding of what we have to offer.

Also we expect you to be able to have some of your non-urgent questions answered by e-mail links. Due to the high volume of calls we get daily on nutritional advice, I have no choice but to charge \$5 per call starting October 1, 2005. This same fee will apply to web based replies.



## CLOT-BUSTERS TO THE RESCUE!

There are now nearly a half dozen varieties of these "fibrinase" enzymes on the market, some of which are prescription only. What do they do? Quite simply, they find an old blood related scar (originally a "clot"), in any place blood circulates and dissolve it away. This is obviously a great idea in stroke victims or people with occlusive artery disease,

but it has played a fantastic role in our joint repair protocols.

Degeneration of discs in the spine or cartilage in other joints all respond when given certain nutritional building blocks. But, when the blood flow is more permanently restored with the fibrinase enzyme, recovery is sped up by months!

## Street construction comes to an end!

I appreciate all the loyalty you have shown in maintaining our practice thru the last 17 months that Allen Drive has been under reconstruction. Many of you are aware of the numerous glitches the paving contractor, Tiseo Paving, had to deal with, or actually created. We plan on tearing up our old blacktop parking lot and replacing it with concrete before Christmas. This will only take a week however. No more muddy shoes!



"Whaddyer mean, 'The strawberries aren't fresh'? I just opened the can five minutes ago!"

**DENITO CHIROPRACTIC  
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"Congratulations! You're going to have  
a disease named after you!"



"Breathe deeply and take a  
quick look at my bill."

**I BELIEVE IN THE FUTURE BECAUSE:**

- Just about all religions tell us it will be better.
- Our children deserve it.
- You can't change the past, but you can steer your future.
- All truths have yet to be acknowledged, but they patiently wait to be accepted.
- I haven't yet learned all there is to know.
- Tomorrow really is a new day, not another day!