



EMPOWERED FOR HEALTH

*Hope for a Healthier Life through the Science of
Upper Cervical Chiropractic and Methods for Successful Living*

Living Above-Down-Inside-Out

What does it mean to live an Above-Down-Inside-Out Life-style? Let me give an example of a disobedient child. If a child steals a toy from his little sister, the adult could take a few different courses of action. First, the parent could just take the toy and give it back to the sister. While this treatment of the situation works in the short term, it will have to be repeated over and over again, with each new problem that arises. A spanking along with this could provide more teeth to the treatment of the situation, but would cause the child to continue the action when he thinks he will not get caught. Bribes like, "give the toy back and I'll get you some chicken nuggets," often works, but not only does it fill your child with toxic processed food, they will continue to do wrong in the hopes of getting more rewards. These tactics are outside-in methods of treatment. A more lasting method gets to the cause, makes a correction, and lets the child continue to grow in obedience from the inside-out.

What would that method look like you may wonder? In this circumstance, take the time to explain stealing, and make it personal so the child knows what it would be like having something of theirs taken. With a calm spanking, slight pain can be an effective motivator. The goal is not just to change this behavior, but to get the child to understand

and desire being good. To be long lasting the child must change from the inside-out. You can not force this, but you can help effect this change. This is why I believe the Bible



says "Train up a child in the way he should go and when he is old he will not depart from it" Proverbs 22:6. It does not say make your child do what you think they should do and they will be good.

Outside-in treatment philosophy permeates many aspects of our life. In health care, people treat the symptoms, rather than correct the cause of what is interfering with their health. We exercise to target certain parts of our body we don't like. Despite the advertising, research shows this doesn't work. Overall body workouts, with good nutrition, have a better chance of getting you the abs or thighs you want. Likewise we often try to eat certain amounts of a specific food to change a symptom, but the most successful route is getting an overall nutrition plan that assists your body's harmonious function. An apple a

day doesn't really keep the doctor away, but eating good living foods will make your body stronger and healthier.

This is why in upper cervical care, we aim to correct the interference to the nerve system at the top of the neck, the brain-stem area, the driver of the nerve system. Then we leave it alone to heal in place and your body heals itself.

Through the years I have learned many things, and made long lasting positive changes by avoiding the treatment of symptoms, and getting to the root cause of the problem. This Above-Down-Inside-Out philosophy applies to health, exercise, nutrition, raising children, financial issues, and even spiritual issues.

God doesn't just want our good words or good deeds to cover up our messy spirit, he wants us to give ourselves to Him, so He can change us from the inside-out. The good words and good deeds will follow. Learn to avoid covering up problems with external treatments, and find ways you can make a long lasting change to the root cause of a problem, from the INSIDE-OUT.

~ Dr. Mike Anderson

Special points of interest:

- *Find out why Fevers are GOOD for you... page 2*
- *You do Not need a flu shot... 10 reasons to avoid them on page 3*
- *Dr. Wolfertz has a challenge:*

12 Days of Juicing... take the challenge and find out how easy it is to live healthy!



More information about the 12 Day Juicing Challenge can be found at our website:
Andersonspecific.com

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Getting Hot Over Fevers By: Dr. Anderson

When I was a young boy, I remember running fevers of 102 and 103 with strep throat without taking anything to lower the fever. Many people these days would think it was crazy or dangerous, to not treat a fever of 100 – 104 degrees with drugs like Tylenol or Ibuprofen. When did we build such a great fear of fevers?

According to a new report from the American Academy of Pediatrics (AAP), “parents should not immediately rush for medicines when their child displays signs of fever, as fever alone is not a cause for intervention. Fever is not a danger itself; it usually is a benefit,” says Henry Bernstein, MD, Chief of General Pediatrics at the Cohen Children’s Medical Center of New York. “Parents need to know that fever is not something to fear, but more of a friend that shows the body is fighting the infection,” said Bernstein.

We have been telling our own patients' this for years, so it is nice to see the medical community finally come to this conclusion. The new guidelines on treating fever with over-the-counter medications are the first the AAP has ever released. Source: [redOrbit](http://redOrbit.com) (<http://s.tt/14pgi>)

To dispel the fear, we need facts.

- What are fevers?
- Why do we have them?
- Are they good or bad?
- What happens if I do nothing, or
- What happens if I treat the fever?

Fever is a body’s natural response to fighting infection. It is the body’s way of letting us know that something is wrong. It is also the body’s way of combating viruses and infection. Normal body temperature is around 98.6 °F (37 °C). If the body has a fever, temperature will steadily rise higher.

When infections invade the body’s system, toxins are produced. This usually results in a temperature rise. The response by the body is to activate the

immune system. White blood cells produce certain substances that raise the temperature; some toxins do not have a very good tolerance to heat. Therefore, fevers help fight these toxins and eliminate them from the body. When we sweat, we are expelling toxins. Generally speaking, with a fever not induced by chemical



poison or trauma, the higher the fever, the harder the body fights off the threat. It is important to know that a child’s body temperature can naturally fluctuate during the day by a degree or two, and most kids can hit a high temperature of around **100.2** in the early evenings, just from natural detoxification.

Children can have extremely high fevers when they are sick. It’s not at all uncommon to see fevers of 104 or 105. Fever generally becomes dangerous at around 106 or above.

Presence of a fever means your child has an infection, usually caused by a virus. Most fevers are good for sick children and help the body fight infection.

Use the following definitions to help put your child’s level of fever into perspective:

- **100°-102° F (37.8° - 39° C)**

Low grade fevers: beneficial, desirable range

- **102°-104° F (39 - 40° C)**

Moderate fever: beneficial

- **Over 104° F (40° C)**

High fever: causes discomfort, but harmless

- **Over 106° F (41.1° C)**

Very high fever: consult doctor

- **Over 108° F (42.3° C)**

Dangerous fever: fever itself can cause brain damage

Content Set: Pediatric HouseCalls Symptom Checker Version Year: 2011 Copyright 1994-2011 Barton D. Schmitt, M.D.

Brain damage from a fever generally will not occur unless the fever is over 107.6 °F (42 °C). Untreated fevers caused by infection will seldom go over 105 °F unless the child is overdressed or trapped in a hot place.

Febrile seizures do occur in some children. However, most febrile seizures are over quickly, and it doesn't mean your child has epilepsy, and they do not cause any permanent harm. (<http://www.nlm.nih.gov/medlineplus/ency/article/003090.htm>)

How is a fever our friend?

They stimulate the immune system, detoxify the body, and create a hostile environment for invading organisms by increasing the heat high enough that the invading microbes cannot live.

Next month we will look deeper into how fevers specifically stimulate the immune system, detoxify the body, and act as our first line of defense against sickness and disease. For now just remember that a fever is your friend in health, and should not be eliminated, but properly monitored and encouraged.

Next month: [How a Fever is Made, and How Does it Help](#)



10 Reasons to Never Get a Flu Shot

1. According to Hugh Fudenberg, MD, the world's leading immunogeneticist, if an individual has five consecutive flu shots between 1970 and 1980 (the years that were studied) his or her chance of getting Alzheimer's disease is ten times higher than if they had one, two or no shots. When asked why, Dr. Fudenberg stated that it was due to the mercury and aluminum in every flu shot (and most children's immunizations). "The gradual mercury and aluminum buildup in the brain causes cognitive dysfunction" (John Hopkins, Nov. 1998). Despite this fact some Doctors recommend flu shots for kids.

2. Do you think toxic chemicals and virus strains grown on living tissue belong in the human body? Especially in your children? Do you want ANY of

the following vaccine components in YOUR bloodstream:

3. Ethylene glycol (antifreeze)

4. Phenol, also known as carbolic acid (this is used as disinfectant, dye)

5. Formaldehyde, a known cancer-causing agent.

6. Aluminum, which is associated with Alzheimer's disease and seizures and also cancer in laboratory mice (additive used to cause antibody response)

7. Thimerosal (a mercury disinfectant/preservative) can result in brain injury and autoimmune disease

8. Neomycin and Streptomycin (used in antibiotics) cause allergic reaction in

some people and lowered immunity in everyone.

Our best patients keep a healthy spine and nervous system, eat a more natural diet, exercise, and reduce stress. They don't get the flu. If they did, they'd recover just fine... the way God intended.

9. All of these are in every shot. Vaccines are also grown and strained through animal or human tissue like monkey kidney tissue, chicken embryo, embryonic guinea pig cells, calf serum, and human diploid cells (the

dissected organs of aborted human fetuses as in the case of rubella, hepatitis A and chickenpox vaccines.) Nobody really knows what these toxic stews of chemicals and microorganisms do to the human body.

10. The Mayo Clinic doesn't recommend that all children get flu shots either. Not all children need an annual flu shot.

12 Days of Juicing

By Dr. Matt Wolfertz

"He had a broad face and a little round belly, that shook when he laughed, like a bowl full of jelly."

Sound familiar? That's how we describe one of our most beloved Christmas characters to our children. Santa—a portly, cookie eating icon. By this description, a month ago I would have qualified as a beardless Santa! That is until I watched an intriguing and inspiring documentary—*Fat, Sick, and Nearly Dead*. It may still be available to watch instantly on Netflix.

The film followed a man who determined that his ill-health (an autoimmune skin disease) and poor physical condition were the direct result of his own lifestyle choices—put simply, he was a portly, cookie eating person and paying the price for it. He reasoned that his sick choices (fast foods, junk foods,

holiday foods, and lazy lifestyle) got him sick, therefore healthy choices would, well, get him healthy. He decided to go all out and commit to 60 days of nothing but vegetable and fruit juice which he made out of fresh produce. He described it as a reboot, like when your computer is bogged down and running slow so you restart it, only this was for his body.

By the end of the 60 days he had dropped 80-85 lbs., was off the heavy steroids he had been on to control the skin disease, and hadn't had any skin issues for weeks. And his blood work came back normal for other things like cholesterol/triglycerides, liver function, etc. Not only that, but he was blown away by the amount of energy, clarity of mind, and motivation he had to continue living a healthy, productive lifestyle.

How much power is there in the foods

that God has already prepared for us? I invite you to find out.

To all you Mr. and Mrs. Clause' out there who have the belly jelly, cookie cravings, and just want to feel healthy and full of energy again, I invite you to join me on a 12 days of juicing experience. Beginning December 12th and ending December 23rd I will be posting 3 juice recipes every day on our website that you can make to reboot yourself. Think of it as a gift to your body. Do all 3 or do just 1. However hard core you decide to be with it, I promise you will notice the difference—the energy, the clarity. You may even shed some unwanted poundage!

If you have any questions about juicing please contact Dr. Wolfertz. You can send him your questions via email: drmatt@andersonspecific.com

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Almond Joy Fudge!
A great way to get both your chocolate fix and coconut oil in your daily routine!
Go to our website for the recipe.

Testimonials

“ After being told there was nothing to be done, that all my problems were idiopathic, the doctors concluded that I was totally disabled and should be put in a nursing home with medication for pain. Instead, I weaned myself off the medication and came to see Dr. Anderson. It is now July 2011. I am able to walk again on my own and do things for myself more and more. Everyday I gain a little back. I have hope I will return to a normal life again. Bless Dr. Anderson!”

Tami B. (Age 50)

“When I cam to Anderson Clinic, I had a constant pain between my shoulder blades and lower back. I play softball and some days I couldn’t even pick up a ball without extreme pain. Since I have been under Upper Cervical Care, there has been a huge change. I have no more pain in my back and when I do it is just a soreness. My throws in softball have been so much more accurate and the pain in my shoulders has gone away. This has changed my life tremendously, I went from having tons of pain and coming off the field crying to no pain whatsoever. Upper Cervical Care is something I will be grateful for my whole life.”

Hannah R. (Age 15)

“ I had back trouble and very bad allergies. After two years of care, the back problem is very much improved and the allergies are non-existent, even in the high pollen count.”

Vera C. (Age 72)

Blossoming Health By: Tricia Allen

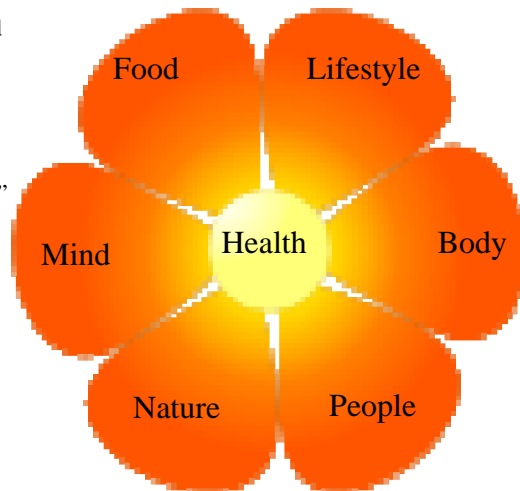
As a Nutritional Therapist, I always focus first on a nutrient-dense, whole food diet as the first step to achieving wellness and health. Switching from the Standard American Diet (SAD) to a diet that is based on real and traditional foods such as locally grown seasonal fruits, vegetables, nuts, seeds, and properly raised and pastured animals often brings healing and a sense of well being that most people never knew they could achieve. This is only one “petal” of the whole health “flower.”

For health to blossom, a balance must be achieved in six areas: Food, Lifestyle, Body, People, Nature, and Mind. These “petals” compliment each other to form the “blossom” of health.

The importance of each petal is:

Food: A nutrient dense, whole food diet that is properly prepared, consisting of real foods; such as, food found in nature and food that also creates harmony within your

body. Clean water with the chlorine and fluoride removed is also essential to health.



Lifestyle: A way of living that reduces toxins such as in cleaning products and personal care products and choosing health respecting health care choices.

Body: This includes proper structural alignment, proper digestion, good blood sugar handling, hormonal and mineral balance, enough water and restful sleep.

People: Connections to friends, family and your community as well as tending to your spiritual side are crucial to health and wellness.

Nature: Humans are first and foremost animals and we should spend as much time as possible outside in nature breathing in fresh air and soaking up the sunshine.

Mind: A positive mindset, controlling stress, being grateful and nurturing your creative side allow health to grow.

The balance of each of these “petals” creates total health and wellness. If one “petal” is smaller or not there, health is not balanced and this can lead to further degeneration. One petal without the others does not a flower make.