

# Healing Hands

A Free Monthly Newsletter for the Friends and Patients of: Metcalf Chiropractic

Dear Patients and Friends,

We're cruising through the year at this point, and it's almost St. Patty's Day. Is it just me, or do most holidays center around eating and drinking? And in this case, drinking green beverages! So who is this Saint Patrick guy anyway? Here's your history lesson for the month:

The story of St. Patrick's Day begins around 385 AD with a man who was sold into slavery at age 16, which brought him closer to God. He finally managed to escape slavery six years later and headed to a monastery in Gaul to study, where he adopted the Christian name "Patrick." Upon ending his studies, he moved to Ireland, where he felt his calling in life was to convert Pagans to Christianity. For the next 30 years, he traveled throughout the country, setting up monasteries and converting the natives. After his death in 461 (on March 17<sup>th</sup>, when else did you expect?), he was declared a saint.



So what happened from there? How did a man who spent his entire life converting Pagans to Christianity result in a day devoted to rowdy songs, parades, and drinking green beer, a day when everyone is just a wee bit Irish? The first St. Patrick's Day Parade was in America, not Ireland. It took place in New York City in 1762, and consisted of Irish soldiers in the English military marching through the city. This was a chance for the soldiers to reconnect with their heritage. Eventually, as more Irish immigrants came to America, the parades were a show of strength for Irish-Americans and political candidates had to make an appearance at them. Now a regular annual event, people of all backgrounds celebrate this day.

Ireland, on the other hand, does not have such a long history of St. Patrick's Day celebrations. Prior to the 1970s, it was a religious occasion and, indeed, Irish law mandated that pubs be closed on March 17! Apparently, there was no green beer for those in Ireland. This changed around 1995, when the government made a push to use St. Patrick's Day as a way to drive tourism and to showcase Ireland to the rest of the world. Parades and celebrations are now common in Ireland around this day (in fact, their celebrations last several days) and some one million people took part in last year's festivities in Dublin.



"Sorry, lad, but I lost all me gold during the recession. All I can give ya is a buck thirty in change!"

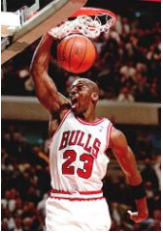
When people nowadays think of this day, they get an image of the shamrock in their head. You see it on the sides of buildings, on hats and clothing, on balloons and decorations. Why? Its origins are rooted in Patrick himself. He used the shamrock as a way to show how the trinity works: three separate elements of the same entity. So wherever you are, whether you're Irish or not, get out there and enjoy the day!

Now that you've smiled at least **once today**, it's your turn to give this newsletter to someone you want to bring a smile to (maybe even a chuckle.) [Give this newsletter to everyone you know.](#)

*We all need to SMILE.*

## FAMOUS FAILURES

(If you think you've made mistakes, check out these LOSERS!)



Michael Jordan was once cut from his high school basketball team. In his words: *"I've failed over and over again in life. That's why I succeed!"*



Donald Trump was over \$1 billion in debt in the 1990's. In his words: *"I refused to give up. Defeat is not in my vocabulary."*



Babe Ruth, in pursuit of his long-held homerun record, also landed the most strikeouts, totaling 1,330. In his words: *"Every strike brings me closer to the next homerun."*



Winston Churchill lost every election for public office until he became prime minister. In his words: *"Never give in, never give in, never, never, never, never – in nothing, great or small, large or petty – never give in except to convictions of honor and good sense."*

### Beware of the SWEET POISONS



Your Health is Your Most Important ASSET. Take it seriously, we do!



I am often asked by patients "What sweeteners are the safest for me to use?" With the dizzying array of sweeteners available on the market today, that's a great question. Here's my take on the subject.

Let's start with one the older sweeteners, Sweet N Low (pink packet). This is an artificial sweetener that contains saccharin. To me it is sweet, but has a rather bitter after taste. Saccharin was originally shown to be a carcinogen (cancer causing agent). Later research showed that it wasn't, and then more

research shows that, in fact, it is. Most diet sodas from soda machines in restaurants are sweetened with saccharin. Personally, I wouldn't touch it with a ten foot pole.

Next is Equal (blue packet), which contains NutraSweet. NutraSweet is a brand name containing a chemical that is in the aspartame family. Aspartame has been shown through exhaustive research to be a neuro-excitotoxin. In plain English, large enough quantities of aspartame chemicals will literally cause nerve cells to be over-excited to the point of death. Long term aspartame consumption has been linked to numerous neurological degenerative disorders such as Parkinson's and Alzheimer's disease. Verdict: throw it out!

Following next is Splenda (yellow packet), a brand which contains a sweetener called sucralose. Sucralose is a naturally occurring sugar, so you would think that side-effects would be less dangerous. Due to being relatively new on the scene, however, there has not been an incredible amount of research done on long-term effects of sucralose consumption. The verdict is still out on this one.

Next on the list is good old sugar (white packet). While there is exhaustive research on all the health problems associated with excess sugar consumption (diabetes, obesity, cardiovascular problems, etc.), I am convinced that you are much better off consuming the 10-20 calories per packet (that can be easily burned off with a few minutes of brisk walking) than putting some of these others poisons in your

body. While we should all work to keep our refined sugar intake as low as possible, I think this is the best choice for you and your families' long-term health.

### The Women's Movement

Two significant factors contributed to the emergence of women's history. The women's movement of the sixties caused women to question their invisibility in traditional American history texts. The movement also raised the aspirations as well as the opportunities of women.

### New Social History

Women's history was also part of a larger movement that transformed the study of history in the United States. "History" had traditionally meant political history—a chronicle of the key political events and of the leaders, primarily men, who influenced them. But by the 1970s "the new social history" began replacing the older style.

### The Personal Is Political

Since women rarely held leadership positions and until recently had only a marginal influence on politics, the new history, with its emphasis on the sociological and the ordinary,

was an ideal vehicle for presenting women's history. It has covered such subjects as the history of women's education,

birth control, housework, marriage, sexuality, and child rearing.



### Women's History Month

The public celebration of women's history in this country began in 1978 as "Women's History Week" in Sonoma County, California. The week including March 8, International Women's Day, was selected. In 1981, Sen. Orrin Hatch (R-Utah) and Rep. Barbara Mikulski (D-Md.) co-sponsored a joint Congressional resolution proclaiming a national Women's History Week. In 1987, Congress expanded the celebration to a month, and March was declared Women's History Month.

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#### SPECIAL NOTE:

**SEND a copy of this newsletter I've made available in this area.**

- Please feel free to call the office and leave their name, address, city and state, plus their zip code and we'll be more than happy to make sure they get a copy of our newsletter, each and every month.
- Don't forget to REFER your friends, co-workers and loved ones for a checkup. Their health is their most important asset.

Cut this certificate out and present it to my office for your March Health Check Up.  
This is for NEW PATIENTS ONLY.

# FREE

## “March Health Check Up”

Schedule Your Friend or a Loved One For Their  
FREE March HEALTH Check Up-NOW!

(all ages accepted, so call the office immediately!)



Give this certificate to your FRIENDS & LOVED ONES during the month of March and they'll receive a FREE Health Evaluation at our office. We care about you and your loved ones and we don't want to forget anyone, including the little ones. If you have a friend or family member that is currently "not" under our care, please take this certificate to them and have them call immediately. It's FREE.

They are NO HIDDEN CHARGES and the purpose of this check up is to determine if they are a chiropractic candidate. As always, there are no guarantees we can help, but if we can, we want that chance. There is nothing more important than your HEALTH. If you need additional copies of this certificate, please call the office and we'll send them to you-FIRST CLASS, or you can just pick them up at the front desk, on your next appointment. Just ask! You, your family members and your friends are always a top priority with us.

**COURTESY OF:**

*Dr. Metcalf*  
15315 1<sup>st</sup> Ave NE  
Duvall, WA 98019

**425.844.6428**

**“CALL NOW TO RESERVE YOUR TIME”**

<<<<<< CERTIFICATE EXPIRES on Thursday, March 31<sup>st</sup> >>>>>>