

In Good Hands

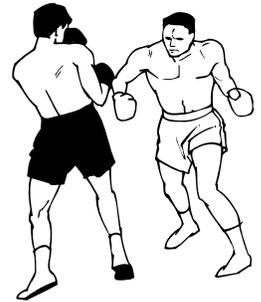
A Free Monthly Newsletter For The Friends and Patients of: Dr. Donald P. Nebel, Jr.

"Courage is doing what you're afraid to do. There can be no courage unless you are scared."

~ Edward V. Rickenbacker

Here's A Special Valentine's Day Gift For Popular Magicians "Penn & Teller"...

"Why Arnold Schwarzenegger Should Terminate Penn & Teller In A Celebrity Death Match...And What It Has To Do With YOU Living A Pain-Free Life!!!"



Pittsburgh, PA – It never surprises me the lengths some people will go to for a few extra bucks. The worst thing is when someone is actually willing to manipulate the facts and jeopardize the health and well being of the general public simply for the almighty buck.

It's A Disgrace

Take self-proclaimed professional "scam artists" Penn & Teller. On Jan. 31, 2003, the Showtime cable network aired the second episode of "Penn and Teller: "Bulls#%t!" The series, created by the comedy/magic team, is supposed to "expose the truth to an otherwise desperate and gullible public."

The purpose of the January 31st show was to save the "desperate and gullible" from the quackery of alternative medicine, and included a segment that took a direct shot at the Chiropractic profession.

According to Penn Jillette, the goal of the program is "to hunt down as many purveyors of B.S. as possible."

He started the Jan. 31st show by stating, "We're looking for B.S., and in alternative medicine, it's just a question of, 'Where do we start?'" then proceeded to ridicule three facets of alternative medicine: reflexology, magnet therapy and "Chiropractic medicine."

I'm not going to get into their discussion of reflexology and magnet therapy because it goes beyond the scope of this newsletter. But here's what they had to say about Chiropractic:

They said Chiropractic theory "hasn't changed since one guy just started it, with no proof, in 1895." They continued their unsubstantiated bashing of Chiropractic saying, *"It's just reflexology, but you substitute 'spine'*

for 'foot.' It's all the same kind human body like a voodoo doll."

As the show comes to a close, the Hollywood tricksters stood up with a bunch of ducks behind them and offered a warning to alternative healthcare providers: **"As science moves ahead, most of these 'doctors' will have to get real jobs."**

Then they walk around the table quacking like a duck. I'm surprised they actually think the "desperate and gullible" public...that needs their "expert" opinion on alternative healthcare...can figure out they are calling Chiropractors quacks by walking around and quacking like that.

I actually laughed at this National Enquirer quality program until a patient recently told me a co-worker gave him a tape of the show after he told him he was coming to me and said he was crazy for going to one of those quacks.

I guess my mistake was thinking people get their healthcare advice from healthcare experts, not...

A Couple Of Magicians That Have Made Their Living For 25 Years Deceiving People

My mistake.

I could go on forever about the scientific evidence that substantiates Chiropractic. Plenty of it shows Chiropractic is more effective, costs less and is MUCH safer than the comparative medical treatments. I have already done that in several newsletters... and frankly...I don't want to bore you by...

Beating A Dead Horse!

So instead of embarrassing those two clowns with boring facts and research I'm sure they already know, I've decided to prove my point in a much more interesting way. By having a...Celebrity Death Match!

Now just stay with me for a minute. This isn't as crazy as it seems. And, it will be a lot of fun.

My first choice for an opponent was newly elected California Governor...the Terminator himself...Arnold Schwarzenegger!

Why Arnold? Well, I'm sure Arnold would be proud to jump in the ring and put a beating on these two fountains of misinformation. Just listen to what he has said about Chiropractic:

"It is truly one of the few professions that really helps people in a straightforward way with no monkey business, like some of the other professions promise to help, but this Chiropractic is the real thing. . . Chiropractic is about natural, preventive healthcare. . . Whenever I have a problem -- or even if I don't have a problem -- and I go to a Chiropractor, my problems are gone for a long time."

And Arnold also has said this:

"Bodybuilders and fitness people have been using Chiropractic very extensively in order to stay healthy and fit. I found it was better to go to a Chiropractor before you get injured. We are a perfect team- the world of fitness and the world of Chiropractors."

But, then I got to thinking. It really isn't fair for me to choose who Penn and Teller should face in the death match. After all, I've got a list in front of me right now with...

Over 200 Celebrities, Professional Athletes And Musicians Who've Chosen Chiropractic Care!!!

Maybe there's someone you'd like to see *kick their butts*. I can't possibly list them all here and give you all the quotes...so...I'm gonna narrow it down a little. Here are a few to choose from:

Evander Holyfield Heavyweight Boxing Champ

"I have to have an adjustment before I go into the ring. I do believe in Chiropractic. I found that going to a Chiropractor three times a week helps my performance. The majority of boxers go to get that edge."

Joe Montana Professional Football All-Star

"I've been seeing a Chiropractor and he's really been helping me out a lot. Chiropractic's been a big part of my game."

Emmit Smith Professional Football All-Star

"I go see Dr. Bill (Chiropractor) when I get bent out of shape on Sundays. Playing in a football game is like being in 30-40 car accidents."

Dan O'Brien 1996 Olympic Decathlon Gold Medallist

"You obviously can't compete at your fullest if you're not in alignment. And your body can't heal if your back is not in alignment. It was the holistic idea that I liked about Chiropractic and that is what track and field is about. Every track and field athlete that I have ever met has seen a Chiropractor at one time or another. In track and field, it is absolutely essential. Chiropractic care is one of the things I think that no one has denied or refuted."

Jose Canseco Professional Baseball All-Star

"I've found that it's a great stress reliever to get adjusted. It takes away a lot of the tightness in the muscles"

Wade Boggs Professional Baseball All-Star

"Last year I found Dr. Newman (Chiropractor), and I have been seeing him ever since. I have been pain-free and feeling terrific. I swear by it. Now, it is just maintenance and keeping in line so the nerves don't touch."

Greg Mathews Pop Singing Star

Credits Chiropractic with helping him get off the disabled list and overcome a career-threatening slump!

And, Let's Not Forget Other Chiropractic Patients Such As:

Michael Jordan, Mohamed Ali, Mel Gibson, Sylvester Stallone, Denzel Washington, Richard Gere, Demi Moore, Cher, Jerry Seinfeld, Clint Eastwood, Madonna, Tiger Woods, and the list goes on and on and on!!!

I think you get the point. I'm not really looking for a death match. Just setting the record straight. All these celebrities and athletes have the ability to choose the best healthcare money can buy...and they choose Chiropractic. So, who's lead are you gonna follow: The People on this list... or...a couple of self-proclaimed "scam artists?"

...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 life long good health.

“The Best Christmas Present... Ever!”

Christmas will be long gone by the time you read this. You may not even celebrate Christmas. But, none of that matters...not even one little bit.

What matters is -- that YOU read this story...*right now*...so YOU feel the same excitement I did. So YOU feel the same joy I did. So YOU feel the same warmth I did. And, so YOU, someday, take the opportunity to make a difference in someone else's life, because it will change your life too.

Before we start, I have to tell you a dirty little secret...**I Wasn't Gonna Tell You...Or Anyone Else This Story.** I was gonna keep it all to myself. Pretty much for personal reasons...too personal to discuss here. But, after a couple months of mulling it over, it was clear *I had to tell this story.* The repercussions will be too important to too many people. Hopefully YOU are one of those people. If you listen closely and pay attention...**you will be one of those people...and...you'll be happy you did.**

Anyway, it all started with Beth. Beth called my office one day in early December and asked if she could schedule a little extra time with me after her regular appointment. She said she had an important matter to discuss with me. And, she thought I would be quite interested. That peeked my interest...just a little!

When Beth came in for her next appointment, I have to admit, I couldn't wait to know what was going on. So, as soon as her treatment was finished, I asked her for the scoop.

Beth was a second grade teacher at one of our local schools. She had a reputation for “going the extra mile” for her students. Most of my patient's have children at her school...and...rarely a week goes by that someone doesn't tell me an amazing story about Beth and what she has done for their child.

Beth was definitely a rare breed...especially today. Anyway, Beth sat facing me...holding both my hands in hers...and asked me for what she said was a **big favor.** I was a little nervous. I've had friends ask me for “tiny favors” before and they basically wanted my first born!

For that reason, I've learned to say “no” as soon as someone pops that question. But, with Beth, I was in a real pickle. There was absolutely no way I could say no. If you knew Beth...and her reputation... and how many children she has selflessly helped...you would understand.

So, my only possible response was... **ABSOLUTELY!**

See Beth told me that everyone in her second grade class had just been examined by the school nurse for scoliosis. And, the nurse said one of her students, Steven, had a positive test and needed a complete examination by a doctor. So, Steven was given a note to bring home to his mom.

A couple days later, Steven's mom approached Beth after school with tears in her eyes. She said she called several local doctors, but she didn't have any insurance. All the doctors said it would cost at least \$250...and...she was so embarrassed because...**She Didn't Have The Money**

Steven's father had passed away when she was eight months pregnant...and...she had to raise him all by herself. She was working two jobs, but it just wasn't enough. She knew Steven needed to see a doctor...but...she didn't know what to do.

I stopped Beth right there and said...**OF COURSE I'LL DO IT!** Bring him in as soon as you can!

Steven's mom called, made an appointment and brought him in the next week. I took a look at him... and...he was just fine. No scoliosis. Steven and his mom were happy...but...**That Wasn't The REAL Miracle!**

See, from what I had heard, I figured Steven wasn't going to get very much for Christmas. I figured he had never gotten much. And, I had had a pretty good year. I have actually been blessed for quite some time. So, I told Steven and his mom to open the door to my back office...there was something special for him...sort of an early Christmas gift. I'll never forget the magic in Steven's eyes as he saw his first...**Shiny Red Bicycle!**

It brought back memories of my first bike...the one I got for Christmas in second grade. I could remember my dad chasing me down the street Christmas morning. Telling me to slow down...right before I crashed into the curb! Then picking me up so I could do it again!

Yeah, it was a pretty awesome Christmas gift for Steven and his mom...but...now that I look back on it -- it was even better for me. It's a moment I will never forget. The best Christmas present ever!

Beth came in last week and said Steven never stops talking about his new bike...and...he can't wait 'till next year 'cause his mom's gonna let him ride it to school. She also said he's doing much better in school and is making more friends.

As it ended up, Steven didn't need any chiropractic care at that time...what he needed me for was much more important. And, to be honest with you, I think I needed Steven just as much as he needed me. I hope you have the same opportunity someday.

Did You Know...

- 4 Classes of Vegetarians:
 1. True Vegetarians – Will eat nothing from an animal, cooked, or processed.
 2. Lacto-Vegetarians – Will eat dairy products.
 3. Ovo-Vegetarians-The only animal product allowed to eat is eggs.
 4. Pesco-Vegetarians-Will not eat red meat, but will eat fish, chicken, eggs and dairy products.
- Each American eats approximately 22 pounds of tomatoes yearly. Over ½ of the tomato consumption is in the form of catsup and tomato sauce.
- There are over 15,000 varieties of rice.
- Brazil nuts are only grown in rain forests.
- It takes nearly 2,000 coffee cherries to provide enough beans for a pound of roasted coffee.
- Every day, birds eat ½ their own weight in food!
- Cabbage is 91 percent water
- Bananas are considered to be the greatest body builders among the fruit foods. They have tissue building abilities.
- Only about 1 percent of food shipments in the US are tested for pesticides.
- Distribution of Animals in a Box of Animal Crackers:

Six gorillas	Three rhinos	Two sheep
Five bears	Two tigers	One buffalo
Four camels	Two monkeys	One lion

Tip Of The Month: “How Many Of These Hidden Fees Are You Paying Every Month?”



It's time for you to start going over your monthly bills with a fine tooth comb. Why? Since many companies can't raise prices, they've decided to sock it to consumers with hundreds of hidden charges being called “stealth inflation”. Stealth inflation is being used by major companies-- phone, electric and gas--who are trying to keep it hush, hush.

Stealth inflation is the new term that is being used to describe companies secretly taking advantage of customers by extracting more money from them on their monthly bill statement without raising their rates. In other words, the companies are overcharging you thinking you will never notice or protest.

Most of the extra charges are individually small, but add up to big money. It is estimated:

- AT&T could bring in as much as \$475 million by charging its long distance customers a new 99 cent monthly “regulatory assessment fee.”
- New housekeeping fees will bring in 100 million for hotels this year.
- Banks collect an estimated 2 billion each year on fees charged to consumers that pay online.
- Late payments on credit cards could reach an estimated 11 billion this year.
- Sprint consumers--roughly 18 million--have the “luxury” of keeping the same phone number if they switch to Sprint, but it is costing the consumer over \$1.00 each month. This amounts to around 2 million annually.
- Certain airlines have recently started charging passengers \$50.00 for paper tickets and \$25.00 for every bag that weighs over 50 pounds.
- Some retail stores make customers pay a restocking fee of 15 percent for returning certain items.

The hidden fee craze seems to be because big corporations can't raise prices without losing business. So they pad their profit with fee-ridden fine print.

But, big corporations are not alone. State and local governments are more than willing participants in the fee padding game. Rather than hike taxes, politicians are hitting up Americans with a bewildering array of fees, fines, and penalties.

Cash-strapped states will pull in 2.6 billion in new revenues this year by raising more than 200 different fees on everything from fishing licenses to fingerprint processing to driving with new tires. On Aug. 15, the fine for driving without possession of a driver's license in New Jersey jumped to \$173.00, up from \$44.00.

Some of the charges are ridiculous: With some exceptions, blind Massachusetts residents will now have to shell out \$10.00 once, and \$15.00 every five years, for certification that proves they are legally blind.

As unfair as most of these hidden fees are, it seems like they are here to stay. But, it is better to find out about all the fees before you are charged them than after. The next time you are going to sign up with a company, we recommend having the sales representative go over...in detail...every fee you will be charged. That way you can decide in if you want to do business with that company before it maybe too late.

Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve!