

DrBatte.com - August, 2007 Newsletter

SOME FOODS BELONG IN YOUR GARAGE, NOT YOUR REFRIGERATOR

If you have a healthy spine and nervous system (subluxation-free) that you maintain with your chiropractic adjustments and home care throughout life, your body will withstand just about anything.

I say "just about" because in today's toxic world, even a Maximized, subluxation-free body can be overcome by poison. While medications will always rule the top of the toxic poison list, coming in second would be those black, chemical liquids filled with sugar and sugar alternatives.

Due to the harsh nature of additives and preservatives in many foods, the list below shows that these and many other foods belong in your garage or cleaning cabinets and not in your mouth. Stay adjusted and stay off coke!

20 Uses For Sodas (that are better than drinking it)

1. Clean car battery terminals: The acid helps strip corrosion from car battery terminals. Pour some Pepsi over the battery terminals and let it sit for a while. Wipe off the residue with a wet cloth.
2. Clean your dirty toilet bowl: Got bad stains, a date coming over in an hour, and no toilet cleaner? Pour a can of soda into the bowl. Let it sit for an hour to let the phosphoric acid work on the stains.
3. Remove rust spots from chrome: Take some crumpled aluminum foil, dip it in some Diet Coke and rub the rust off the affected area.
4. Remove rust stains in your tub: Remember how the phosphoric acid worked to clean the toilet bowl?
5. Clean grout: Soak a sponge with Coke and work it into the grout. Rinse with water.
6. Remove grease from clothes: Pouring a can of Coke into your washer, along with your regular detergent, is said to help loosen and wash away those grease stains.
7. Remove milk and blood stains from clothes: Soak the stain with Coke for about five minutes.
8. Clean coins.
9. Clean grease or hairspray from glass (even eyeglasses).
10. Clean oil stains from garage floor or driveway.
11. Clean burnt pans.
12. Loosen clogged drains.
13. Loosen rusted nuts and bolts.
14. Strip paint from metal patio furniture.
15. Kill slugs and snails.
16. Stop a jellyfish sting from stinging (instead of using urine).
17. Strip dye from hair.
18. Get rid of skunk odor.
19. Give your hair shine or use as a mousse alternative.
20. Get a darker tan.

COULD YOUR MEDICINE BOTTLE HAVE GOOD ADVICE?

Absolutely! Your medicine bottle has two things that you should pay close attention to and take its advice seriously.

- 1) Keep tightly closed
- 2) Keep out of reach from children

If you never noticed this on your bottle or box of medicine, you should.

Big Pharma in their own sick way are subliminally telling us what to do. When will we start listening?

Just this week I received an email from the president of my high school class of 1997. She notified the class that our ten-year reunion has been canceled. Of course I was quickly curious of why, since the reunion was just three short months away. I later found out that someone from my school sent the Class of 1997 an email reading, "I wish that I would have done it in high school but I just couldn't bring myself to do it. But now I know I have the strength as the kids at Columbine and Chow had, and for the ones at Ruston High School the end is in transmission."

The reunion was canceled to take safety precautions. He was later tracked down and was arrested for the threat.

His mother decided to address the Class of 1997 and asked the class to please accept her apology for the behavior of her son. She went on to tell us that her son became really down about his birth defect (he was born with one ear) and has been on medication since he was a child for depression.

What saddens me the most was not the fact that our high school 10-year reunion was canceled, but it was when she stated in her email "to please pray for my son, that the medical doctors will find a better medication for his depression."

When will this vicious cycle stop? Kids are put on mind altering drugs, which causes them to have homicidal and suicidal thoughts. Then, some kill and are being freed by reason of insanity. They are then put right back into the system by getting a psychiatric evaluation which will put them on another mind altering drug. All of which caused them to be there in the first place.

Can you please tell me when this will stop? Better question: Who will you tell about the side affects of these mind-altering drugs? When will you help lead every man, woman, and child to a maximized living lifestyle?

They want our help. They are sick and tired of being sick and tired. They are tired of taking the drugs. They are tired of being lied to. They just want to go down a different path. That is all they want. That is all they are asking.

Will you help us by telling someone about the power of chiropractic and maximized living? We must keep these medicine bottles closed tightly and out of the reach from our family and loved ones. If we do not, then the children at our schools may not just threaten by email, but by gun to face confrontations.

Dr. Jason Maggio