

Healthy Living Chiropractic Newsletter
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Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).

(References are available upon request)

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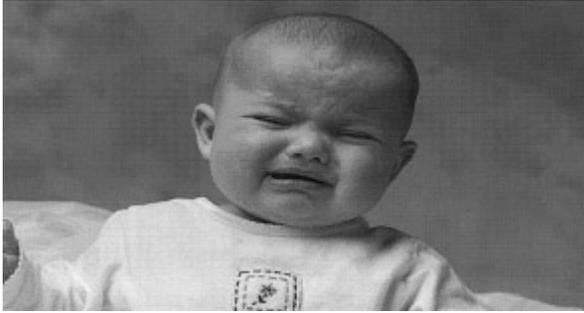
New Year? It depends



Different cultures celebrate the start of the new year at different times. The Romans celebrated on March 1st. That is why *September, October, November, December* are named the 7th, 8th, 9th, 10th months. January 1st was not accepted as New Year's Day until 1600 in Scotland and 1752 in England.

Resolution for 2006 – Adjust your sublaxations

Sublaxations? What are they?



Too much stress can cause sublaxations in your body – areas of decreased communication or dis-harmony. There are two kinds of stress: **macro-stress** such as accidents, falls, dental work and intense emotions and **micro-stress** which are repeated small movements or constant emotional stress that gradually wears down your resistance. You can get a sublaxation from a difficult birth or a childhood fall and never feel or function right. Neurological and other health problems have been traced to spinal damage at birth.

Nearly everyone has a sublaxation in their body, many are painless, and yet they can quietly undermine your health just as termites can quietly undermine the foundation of your home. By the time the kitchen floor collapses, it's too late to call the exterminator. By the time symptoms appear, a certain amount of sublaxation damage may be irreversible. For that reason periodic spinal examinations to locate and correct vertebral sublaxations should be a part of every family's health routine.

Chiropractors specialize in locating and correcting or eliminating your sublaxations. Correcting silent sublaxations today might save you and your family from diseases that, later in life, could not possibly be ignored.

Flu vaccine unpopular among pregnant women

It's criminal – doctors are telling pregnant women to decrease the amount of tuna they eat because of mercury in fish and yet at the same time telling women to be injected with a vaccine full of mercury. Thankfully most pregnant women are refusing this shot that's full of mercury and that's been linked to autism and many other neurological disorders. The CDC reports that 12% of pregnant women were immunized in the 2003-2004 flu season (1). One can only hope that number will decrease to zero for 2005-2006.

Sex and health

It isn't every day we're told something we enjoy is good for us but research reveals that an active sex life may protect a man's health. In one study 918 men in Wales age 45-59 were followed for 10 years and a statistical analysis of the men who died versus those who did not revealed something quite interesting. The men with the highest frequency of orgasm had half the death rate compared to the men with the lowest frequency. The men in the high frequency group had sex at least twice a week while those in the lowest frequency had sex less than once a month. (2)



What about women, you ask? This may be a shock to you but studies have revealed that women are different from men. Whereas the quantity of sex was important to longevity to men, with women the quality mattered. The enjoyment of sex was what made the difference – those with the most enjoyment lived longer. (3) Men didn't care about quality, just quantity. As one commentator, tongue-in-cheek, has stated, "These studies just go to show you what women have suspected all along – men are pigs."

Skim milk more fattening than whole milk?

A study in the *Archives of Pediatrics and Adolescents* followed 12,829 children aged 9 to 14 and found that those who drank skim and 1% milk gained more weight than those who drank full-fat milk. Why? The fat/sugar (lactose) balance was thrown off in the non-low fat milk. Fat does not make you fat, sugar and starch make you fat.

Some general eating advice – if you're going to use sugar or milk or eggs, use the real thing, they're much safer and healthier than bizarre food "substitutes" or alternatives. (4, 5)



Chiropractic and spinal research



Remember, a person with *any* kind of health problem needs chiropractic. Feel free to share these studies with others.

Colic and difficulty breast-feeding. A 12-day-old male would not feed on the right breast. Mother reported he seemed "fussy" and had excess gas. The child's occiput had a limited range of motion and the atlas vertebra was found to be fixed. A chiropractic adjustment was performed to the atlas. The mother breastfed the infant at the office immediately following the adjustment with no problems nursing on the right breast. (6)

Disc herniation and chiropractic. A 44-year-old man was diagnosed with a herniated cervical disc by magnetic resonance imaging (MRI). He suffered from severe neck pain with constant burning, left arm and shoulder pain and left shoulder pain with nerve pains in the index finger of the left hand. The patient also had diminished grip strength on his left hand. By the 5th week of care the severe neck, shoulder and arm pain were completely resolved. The patient's numbness and grip strength improved consistently during the next 6 months. An MRI 14 months later revealed complete resolution of the herniated cervical disc. (7)

Migraine and chiropractic. 127 migraine sufferers were divided into two groups. One group received chiropractic adjustments while the others were in the control group. Chiropractic patients had significant improvement in migraine frequency, headache duration, disability and medication use and 22% of them reported more than 90% reduction in migraines after 2 months and 50% reported significant improvement in severity of migraine episodes. (8)

Humor

Waiter at the therapy cafe: "Our specials tonight are repressed duck, filet of sole searching, and my favorite, shrimp basket case. For dessert we have strawberry shortcomings and banana split personality. Start you off with a self-expresso?"

Last week I bought a box of Animal Crackers. It had a label that said, "Do not eat if seal is broken." I checked inside, and sure enough....

Thoughts to Ponder

Life is sexually transmitted.

Good health is merely the slowest possible rate at which one can die.

Give a person a fish and you feed them for a day; teach a person to use the Internet and they won't bother you for weeks.

Some people are like a Slinky.....not really good for anything, but you still can't help but smile when you see one tumble down the stairs.

Health nuts are going to feel stupid someday, lying in the hospitals dying of nothing.

All of us could take a lesson from the weather. It pays no attention to criticism.

Why does a slight tax increase cost you two hundred dollars and a substantial tax cut saves you thirty cents?

In the 60's, people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.



Panexa

SIDE EFFECTS

Most patients (2%) tolerate treatment with PANEXA well, especially when compared with prisoners of war of comparable size and weight. However, like all drugs, PANEXA can produce some notable side effects, all of which are probably really, really terrific and nothing that anyone should be concerned about, let alone notify any medical regulatory commission about. Most side effects of PANEXA, or their sufferers, are usually short-lived, and are rarely so fatal that the remains can no longer be identified, provided good dental records are available.

More on Panexa <http://www.panexa.com/>

Enough with the humor already. Don't worry, we'll have plenty of jokes in 2006. Some of them might even be funny.



Please stop by for a spinal checkup and bring your friends and relatives.

Everyone needs to be free from the damages caused by sublaxations – even chiropractors go to chiropractors so we can function at our best when we take care of you.

Here is a bonus joke to help you start the new year.

While working for an organization that delivers lunches to elderly shut-ins, I used to take my 4-year-old daughter on my afternoon rounds. She was unfailingly intrigued by the various appliances of old age, particularly the canes, walkers and wheelchairs. One day I found her staring at a pair of false teeth soaking in a glass. As I braced myself for the inevitable barrage of questions, she merely turned and whispered, "The tooth fairy will never believe this!"