

Gateway Chiropractic Center

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www.GatewayToMyHealth.com

Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little). (References available upon request)

Each year millions of people enjoy the most popular natural, drug-free healthcare system in the world – chiropractic! Why live with health problems when you can live without them? Discover chiropractic – discover how natural healing can be.

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HOLIDAY SPECIAL!!

Receive \$10 off a reflexology session
or \$10 off a gift certificate.

- ❖ Reflexology with oils
- ❖ Ion Foot Cleanse
- ❖ Therapeutic Essential Oils

Diane Allemann ~ Reflexologist
715-530-0531 or 715-831-0955

Enjoy the beauty of every season

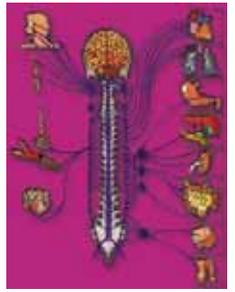


You are far healthier than you think you are

The wisdom that created your marvelous body in a mere nine months did not leave you after your birth. It is still beating your heart, flowing through your vessels and energizing your being. It is repairing your tissues, patrolling your nooks and crannies and guarding you from illness.

Your potential is incredible. You have the potential to heal nearly every disease and condition.

You are physically, emotionally and spiritually much healthier than you think you are. The dark clouds of depression, fear, despair, weakness and illness that may arise are tiny specks compared to the vast ocean of strength, love, excitement, joy and happiness you are swimming in. An old saying says it best: "We live and breathe on the precipice of exhilaration."



You are closer to health, wholeness, happiness and healing than you realize. Your healing potential is always there no matter how difficult or painful things may be right now.

Chiropractic is a marvelous way to help you to reconnect to your wonderful healing potential. There are no incurable diseases, only incurable people.

No matter what illness you or your loved ones may be suffering from please bring them in for a chiropractic spinal checkup and adjustment. You never know the potential of subluxation correction unless you try it.

Does the flu shot cause Alzheimer's disease?

Flu shot season is here so it is appropriate to remind everyone that according to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has had five consecutive flu shots their chance of getting Alzheimer's disease is ten times higher than if they had one, two or no shots. (1)



Dr. Fudenberg claims this is due to the mercury and other toxins in flu shots (and still used in many childhood vaccinations and RhoGam shots). These toxins build up in the brain causing cognitive dysfunction. Alzheimer's is expected to quadruple – could this be the reason? (2)

By the way, in an attempt to disprove the Alzheimer's/flu shot connection, some MDs went to nursing homes and asked people with Alzheimer's if they remember getting a flu shot. Most said they didn't but that's not surprising since people with Alzheimer's may not remember the name of their spouse. Based on this "research" they concluded flu shots didn't cause Alzheimer's. However, the disclaimer at the bottom of the abstract negated its value: "Because of the self-reported nature of the risk factor questionnaire we cannot exclude the possibility of recall bias." (3) Can you believe that the media reported this as "proof" the flu shot was safe? They didn't mention the disclaimer. Maybe they all had too many flu shots?

But do flu shots work? Studies are now reporting the shots are minimally effective, if at all, and do not result in decreased mortality in the elderly – the very reason the elderly are told to get the shots. (4)

How dangerous is the flu?

We hear reports that “Influenza kills 30,000 to 40,000 Americans every year.” (5)

It is simply not true. According to the Centers for Disease Control (CDC) the number of people who die of the flu are a fraction of that. Here is what the CDC says:

In 2002: 753 died of the flu (6)

In 2001: 267 died of the flu (7)

Those who die of the flu are mostly frail, sickly, weak, malnourished and unhealthy to begin with. For people in generally good health, dying from the flu is, in fact, very rare – research even shows the flu shot does not affect mortality of elderly people. Thus the flu shot is both dangerous and useless.

Carpal Tunnel Syndrome and chiropractic

Do you have tingling and numbness in your hands, fingers and wrists; swelling of the fingers; dry palms; pain that awakens you at night; or upper arm, elbow, shoulder or neck pain? You may have Carpal Tunnel Syndrome (CTS). (8)

The drug-free chiropractic approach of releasing nerve and spine stress has been a blessing to millions afflicted with this condition. For over a hundred years clinicians, researchers and patients have reported relief of classic carpal tunnel symptoms and improvement in overall body function after chiropractic spinal adjustments. (9)

Chiropractic care may make the difference between a pain-free wrist and surgery!

Sea salt for better health

Chiropractic is a natural healing art that respects the wisdom of nature. That respect translates into nutrition that is natural, organic and unprocessed.

That includes natural salt. As salt researcher Jacques De Langre (author of *Seasalt's Hidden Powers*) writes:

“When harvested with dedication and care, the oceans give us a natural sea salt with the most exquisite taste and physiologically vital mineral mix. Today, every common table salt is artificial and pales beside the real sea salt. Out of the richest spectrum of 92 essential minerals found in the ocean, the industrial refined variety retains only two! Debased white table salt deserves its bad name and all the misdeeds as charged.” (11)

Note: For a good source of sea salt go to the Grain and Salt Society's web site at www.grainandsaltsociety.com.

Words of wisdom



A bodily disease, which we look upon as whole and entire within itself, may, after all, be but a symptom of some ailment in the spiritual part. – Nathaniel Hawthorne

A sad soul can kill you quicker than a germ. – John Steinbeck

Humor

Kids...some of their Words of Wisdom

HOW DO YOU DECIDE WHOM TO MARRY?

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. Alan, age 10

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. Kristen, age 10

WHAT IS THE RIGHT AGE TO GET MARRIED?

Twenty-three is the best age because you know the person FOREVER by then. Camille, age 10

HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

You might have to guess, based on whether they seem to be yelling at the same kids. Derrick, age 8

WHAT DO YOU THINK YOUR MOM AND DAD HAVE IN COMMON?

Both don't want any more kids. Lori, age 8

WHAT DO MOST PEOPLE DO ON A DATE?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough. Lynnette, age 8

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date. Martin, age 10

WHAT WOULD YOU DO ON A FIRST DATE THAT WAS TURNING SOUR?

I'd run home and play dead. The next day I would call all the newspapers and make sure they wrote about me in all the dead columns. Craig, age 9

WHEN IS IT OKAY TO KISS SOMEONE?

When they're rich. Pam, age 7

The law says you have to be eighteen, so I wouldn't want to mess with that. Curt, age 7

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do. Howard, age 8

IS IT BETTER TO BE SINGLE OR MARRIED?

It's better for girls to be single but not for boys. Boys need someone to clean up after them. Anita, age 9

HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T GET MARRIED?

There sure would be a lot of kids to explain, wouldn't there? Kelvin, age 8

And the #1 Favorite is.....

HOW WOULD YOU MAKE A MARRIAGE WORK ?

Tell your wife that she looks pretty, even if she looks like a truck. Ricky, age 10

Bye. See you next month. Don't forget to stop by for a checkup and (maybe) an adjustment.

