

Gateway Chiropractic Center
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Medicines are of subordinate importance because of their very nature, they can only work symptomatically. – Hans Kusché, M.D.

Every drug increases and complicates the patient's condition.
– Robert Henderson, M.D.

If all the medicine in the world were thrown into the sea, it would be all the worse for the fish and all the better for humanity.

– Oliver Wendell Holmes, Sr., M.D., Professor of Medicine, Harvard University

*****Do you have health related goals for the New Year???**

Sign up today for "Introduction to Health and Wellness" class. Learn nutrition basics, diet myths, developing healthier habits, understanding supplements, meal planning tools.

Ask the doctors if they would recommend this class for you.

Wednesday, February 17, 2010 6-8pm at Gateway Chiropractic Center
\$40 includes text

Why explore chiropractic and natural healthcare?

As a general rule chiropractors prefer that individuals explore the least dangerous, least invasive, safest and most natural care first, before resorting to powerful or “heroic” (and highly dangerous) drugs, radiation and surgery (except in emergency situations where life and limb are at stake).

Interventions such as medicine and surgery have a place – but today they are all over the place. Too many people are “medicalized,” swallowing synthetic, artificial chemicals that may alter and suppress their symptoms but do not cure. If drugs cured, after a while you should stop taking them. But look around, aren't those taking drugs long-term the sickest? Drugs do not heal, they may alter body chemistry but there is no true healing.

And don't forget all the thousands of people who die and are sickened from prescription drug side effects and adverse reactions.

As the taking of drugs continues, individuals often spiral into poorer health. That is because health is not something you get from artificial chemicals. Health is the result of your body functioning properly. Your body functions properly when it is properly aligned, free of adverse structural stresses; when it is fed nutrient dense foods and when it is free of artificial chemicals and toxins.

More and more people are taking that first step of getting off the drug merry-go-round and discovering natural health care.

Chiropractors, due to their license, do not prescribe drugs nor do they take people off of drugs – that is the role of the medical doctor. It is a good policy to discuss with MDs the full effects of the drugs they prescribe. Of course patients may learn for themselves about their drug side effects by using the internet.

Chiropractors favor freedom of choice in healthcare for all, especially children. Parents should have the freedom to decide on their family's health choices without medical doctors or government bureaucrats coercing them, under threat of force, to undergo medical procedures. Healthcare freedom of choice should be a basic human right.

Stress – you can't avoid it

Most people, when asked if they'd like to have no stress in their lives, would probably say, “Oh yes.” But that would be a terrible thing and impossible.

Why would a life of no stress be impossible? Because to be alive is to be under stress. Stress is not even necessarily bad for you; it is also the spice of life, for any emotion, any activity causes stress. The same stress that makes one person sick can be an invigorating experience for another. (1)

With too little you'd be bored to tears; but with too much you'd develop emotional and physical disease. Properly handled, however, stress can mean a life of challenge, excitement and growth. The biographies of great scientists, explorers, artists and other creative people reveal that times of intense stress are also times of insight, creativity, accomplishment and growth.

The Chiropractic Approach

One of the simplest and easiest ways of getting rid of a serious type of chronic stress is having a chiropractic checkup.

Chiropractors are specially trained to analyze your body and free you from a severe, destructive, chronic stressor: the subluxation.

Subluxations are (often painless) distortions in your body that can affect your nervous and skeletal systems, stressing you physically and mentally. Indeed, the two are entwined:

There is no neurotic [mental] problem which does not manifest in each aspect of the individual's function. As an important structural element in the body, a weakness in the backbone must be reflected in a serious personality disturbance. (2)

It is not unusual to see positive personality changes after chiropractic care, especially in children.

Subluxations

You may have subluxations in your body for years without knowing it, all the while your health is being undermined, your energy levels drop, you age faster, develop disease and show increasing wear and tear in your body. It's similar to a house with termites – no apparent damage at first but one day the floor collapses!

Doctors of chiropractic specialize in the location and correction of subluxations. Chiropractic care, by removing subluxations from your body, can improve the function of your nervous system and promote better adaptation to environmental stress, whether physical or psychological. That is why it's so important to see a doctor of chiropractic.

Everyone needs to ensure that they are free of subluxations. It may make the difference between a life of wellness and a life of sickness.

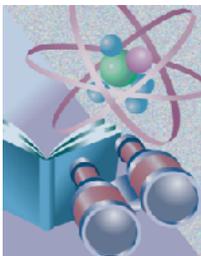
Chiropractic research

Colic, Constipation and Sleep Disturbance. This is the case study of a two-week-old boy with a history of excessive crying, distention, constipation, gas and disordered sleep. Under chiropractic care subluxations were located and corrected in the child's pelvis, lumbar and cervical spine. The child experienced a bowel movement immediately following the first chiropractic adjustment. A regular schedule of bowel movements commenced after the 16th adjustment. Excessive crying additionally resolved during this same time period and his sleep improved. (3)

Learning and Speech Disorder. This is the story of a four-year-old boy with a history of severe learning disorder and speech delay. Chiropractors located subluxations in the child's cervical (neck), thoracic (mid-back) and pelvic (hip) regions. Dramatic improvements in the boy's speech and ability to learn followed the introduction of chiropractic care. (4)

Pelvic Pain. This month's issue of *Alternative Therapies in Health and Medicine* includes a paper discussing case histories of women who suffered from dysmenorrhea (painful or difficult menstrual periods), postpartum pain and incontinence. While regular medical care was unable to help, all the women's problems resolved using manipulative procedures of the spine and pelvic structure. (5)

H1N1 flu is a false pandemic, health expert claims



January 11, 2010. A leading health expert said the swine flu scare was a "false pandemic" led by drug companies that stood to make billions from vaccines, *The Sun* reported Monday.

Wolfgang Wodarg, head of health at the Council of Europe, claimed major firms organized a "campaign of panic" to put pressure on the World Health Organization (WHO) to declare a pandemic. He believes it is "one of the greatest medicine scandals of the century," and

he has called for an inquiry. Wodarg said, "It's just a normal kind of flu. It does not cause a tenth of deaths caused by the classic seasonal flu.

"We want to clarify everything that brought about this massive operation of disinformation. We want to know who made decisions, on the basis of what evidence, and precisely how the influence of the pharmaceutical industry came to bear on the decision-making." He added: "A group of people in the WHO is associated very closely with the pharmaceutical industry."

Read the rest at <http://www.foxnews.com/story/0,2933,582749,00.html>.

Butter and heart disease

Heart disease was rare in America at the turn of the century. Between 1920 and 1960, the incidence of heart disease rose precipitously to become America's number one killer. During the same period butter consumption plummeted from eighteen pounds per person per year to four. It doesn't take a Ph.D. in statistics to conclude that butter is not a cause. Actually butter contains many nutrients that protect us from heart disease. First among these is vitamin A, which is needed for the health of the thyroid and adrenal glands, both of which play a role in maintaining the proper functioning of the heart and cardiovascular system. Abnormalities of the heart and larger blood vessels occur in babies born to vitamin A deficient mothers. Butter is America's best and most easily absorbed source of vitamin A.

Butter contains lecithin, a substance that assists in the proper assimilation and metabolism of cholesterol and other fat constituents.

Read the rest at <http://www.westonaprice.org/Why-Butter-Is-Better.html>.

Humor

English is a crazy language.

There is no egg in eggplant nor ham in hamburger; neither apple nor pine in pineapple.

English muffins weren't invented in England nor French fries in France.

Sweetmeats are candies while sweetbreads, which aren't sweet, are meat.

We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham?

If the plural of tooth is teeth, why isn't the plural of booth beeth?

One goose, 2 geese. So one moose, 2 meese ? One index, 2 indices?

Doesn't it seem crazy that you can make amends but not one amend.

If you have a bunch of odds and ends and get rid of all but one of them, what do you call it?

If a vegetarian eats vegetables, what does a humanitarian eat?

If teachers taught, why didn't preachers praught?

Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what other language do people recite at a play and play at a recital?--Ship by truck and send cargo by ship?--Have noses that run and feet that smell?--How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which an alarm goes off by going on. English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.



Bye!!!

