

**Gateway Chiropractic Center**  
3519 Gateway Drive, Eau Claire, WI 54701  
**715-831-0955**  
**www.GatewayToMyHealth.com**



Chiropractic is the largest natural, drug-free, non-invasive healthcare system in the world. More and more people are turning away from symptom treatment and choosing natural ways of achieving and maintaining health.

Tired of taking drugs? Welcome to the world of chiropractic – discover how natural health can be.

**Save the Date!--4<sup>th</sup> Annual Patient Appreciation Picnic**

**Thursday, August 13<sup>th</sup>-5-7pm at Carson Park Oak Pavilion**

**You and your family (especially kids!) are invited to our annual summer picnic. We provide food and drink along with games and prizes.**

**Entertainment-Kevin's Juggling and Balloons!!**

**Friends, neighbors and co-workers are also welcome to come along.**

**This is a great opportunity to relax and enjoy a nice day at the park!!**

**RSVP is required. Please call the office 715-831-0955.**

**Thank you and we hope to see you there!**

**As of July 1, 2009 our clinic is in-network with Group Health Cooperative.**

**Please share with your friends and family that work for:  
City of Eau Claire, UWEC, and the Eau Claire School district  
who have Group Health coverage.**

**Thanks!**

## **Dr. Laura is back in the office!!**

Lily Diane Tarini was born April 29, 2009. Thank you for all of your well wishes and gifts. Both of our daughters are doing well (Julia is now 3 years old) and we will have updated pictures in the office whenever we have the chance to take a breath!!

*All truths are easy to understand once they are discovered; the point is to discover them. – Galileo Galilei*

### **Stressed out?**

The economy, business, jobs, investments, expenses, bills, the future – there are so many things that can stress us out.

But let's be honest. These stresses are nothing new – they might be a little more intense today than a few months ago – but we have always had to deal with financial challenges, with bills, with an uncertain future.

That we live under stress is a given. Yes, life is stressful. Can you escape stress? It's impossible! To be alive is to be under stress.



But stress doesn't have to eat you up inside; it doesn't have to be the kind of **STRESS** that damages your physical and mental health.

This brings us to what chiropractic can do for you in these trying times. Chiropractors get such good results because they release pressure on your nervous system and body structure. Chiropractic care helps you manage stress better.

So don't let yourself tighten up into a mess of stress. Come in for a chiropractic checkup and adjustment to de-stress your system before you start to develop serious health concerns.

Other things to do when under stress: exercise (it really does make a difference), eat nutrient dense foods, avoid junk foods (they affect your nervous system and weaken your physiology), make sure you get sun (good for your endocrine organs and mood) and take a break from your usual routine and go for a walk, take a vacation or engage in some relaxing activity.

To this we can add meditation, prayer and staying connected to teachers, mentors and friends who can give us advice or at the least, just listen.

Don't just sit there and fall victim to stress. Do something! First and foremost take care of your brain and nervous system – please don't ignore yourself. You need chiropractic care now more than ever.

## Have more energy – get chiropractically balanced

Most people get their tires balanced, realigned and checked for leaks. If they don't there'll be increased wear and tear and wasted energy.



But what about getting your body balanced?

If you use it you've got to make sure it's still in alignment. Otherwise you'll waste energy and have increased wear and tear.

When does a tire start to wear down? After 5,000 miles? 10,000 miles? 20,000 miles?

The answer: It starts to wear down the moment you start driving.

It's the same with your body. If you are alive, you are using it and it's getting worn.

Make sure you're healthy – make sure your body's structural system is aligned and balanced. You'll have less wear and tear – in other words, you'll age slower and stay younger longer.

## Sunlight protects older people from heart disease and diabetes

In a new study it was discovered that older people can reduce their risk of developing heart disease and diabetes by spending more time in the sunshine.

Sunlight boosts vitamin D in the skin and older people are more likely to have a vitamin D deficiency due to the natural aging process and changes in lifestyle.

Researchers found that vitamin D deficiency is significantly associated with metabolic syndrome, a combination of medical and metabolic disorders that increase the risk of developing cardiovascular disease and diabetes.

Vitamin D deficiency is very common. The researchers found 94 percent of people in the study had a vitamin D (25-hydroxyvitamin D) deficiency or insufficiency.

The amount of sunlight it takes to make enough vitamin D is always less than the amounts that cause reddening or burning so it should be possible to get the benefits without the worry about skin cancer or skin damage.

Elderly people (and everyone else) can also boost vitamin D levels by eating foods such as oily fish, liver and eggs.

Ironically, as we get older and need to spend more time in the sun, we do the opposite – we spend less time outdoors – and cover ourselves up with clothing.

Do it now. Your body can store enough vitamin D in the sunny months so you'll have enough in you to stay healthy all winter. (2)



## Does vaccination give us healthier children?

Philip Incao, M.D.



“A critical point, which is never mentioned by those advocating mandatory vaccination of children, is that children’s health has declined significantly since 1960 when vaccines began to be widely used. According to the National Health Interview Survey conducted annually by the National Center for Health Statistics since 1957, a shocking 31% of U.S. children today have a chronic health problem, 18% of children require special health care or related services and 6.7% of children have a significant disability due to a chronic physical or mental condition. Respiratory allergies, asthma and learning disabilities are the most common of these.

“Since vaccinations have a lasting effect on the immune system, and since it is known that many vaccines shift the balance of the immune system away from its acutely-reacting "Th1" side and toward its chronically-reacting "Th2" side it is a very plausible scenario that vaccines are contributing greatly to the large-scale and unprecedented increase in chronic conditions such as allergies, asthma, diabetes and a wide range of neurological dysfunctions including learning disabilities, attention deficit disorder, seizures and autism in U.S. children today.” (3)

### Did you know?

**There are 1,000 species of bacteria on your skin  
(and even more inside your gut)**

The average adult has 19 square feet of skin and it is inhabited by 1,000 different species of bacteria. How many is that in round numbers? About 100 billion individual bacteria live on your skin.

And that’s on healthy people. They are supposed to be there, living in harmony with you and performing many necessary functions.

A National Institutes of Health study should give us pause in our attempt to kill all “germs.” We need them. If they go we go. That’s why antibiotics are so dangerous – they indiscriminately kill everything. It’s in the name: anti – against, biotic – life.

Inside of you are billions more bacteria and without them you couldn’t live. In one study mice bred to be entirely germ-free have smaller hearts and are unable to digest food properly. (6)

### Humor

While working for an organization that delivers lunches to elderly shut-ins, I used to take my four-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!"

A little girl was watching her parents dress for a party. When she saw her dad donning his tuxedo, she warned, "Daddy, you shouldn't wear that suit."

"And why not, darling?"

"You know that it always gives you a headache the next morning."

