

Healthy Living Chiropractic Newsletter

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People are disturbed not by things but by the view they take of them. – Epictetus



Communication Workshop

Wednesday, June 18th, 6:00pm-7:30pm

Free to anyone who RSVP's to our office!

In this event we will be working on you having a breakthrough in your communication and effectiveness. It will inspire you and show what a difference better communication can make in your life!

Are you and your family eating the recommended 7-13 servings of fruits and veges every day?

We will be sharing tips from Dr. William Sears and “9 Simple Steps To a Healthier Family Diet”, including Juice Plus as an easy way to get more fruits and vegetables.

Wednesday, July 16, 6:30-7:30pm

Thursday, July 17, 10-11am

Activities will be provided for children. Please RSVP soon!

Chiropractic's message

Your body is the world's greatest drugstore. It makes every chemical you need to live a long and healthy life.

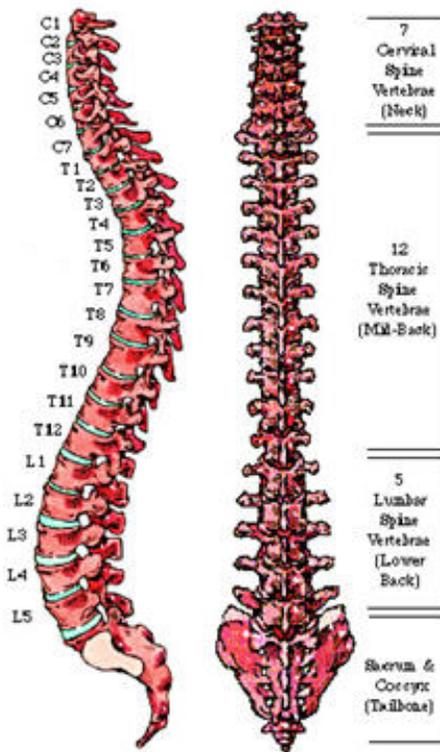


Over-the-counter and prescription drugs often have side effects that can be deadly. They are never what your body really needs.

In addition, drugs usually suppress acute symptoms (fever, inflammation, rash, cough, aches and others), which prevents your body from performing its cleansing and healing functions. Suppression of acute symptoms has been shown to cause chronic health problems.

Chiropractic's purpose is to help your body function as it is meant to function – permitting it to be balanced so it may work at its peak and manufacture its own drugs. If your spine is unhealthy, your ability to function optimally is impaired. How can that occur? Read below.

Your spinal column



Without a healthy spine you cannot live a healthy life. Why? Because your spine does so much.

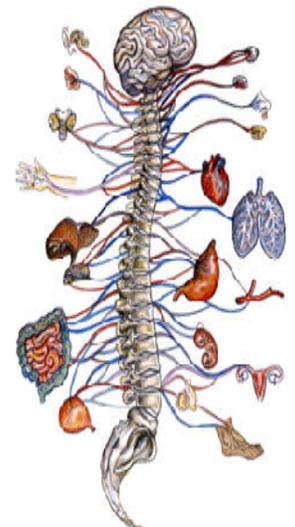
First, what is your spine (spinal column or backbone)?

It is a column (or stack) of spinal bones or vertebrae that start under your skull and end at your tail. It is made up of seven neck (cervical) vertebrae, 12 mid back (thoracic) vertebrae and 5 lower back (lumbar) vertebrae. At the bottom is your sacrum – a large triangular shaped bone made up of 5 fused bones and under that is your tailbone or coccyx, made up of 4 fused small bones.

All the bones in your body attach (directly or indirectly) to these vertebrae.

For example, your head sits on top of your spine, and your shoulders, ribs, sternum and hips connect to it. Your arms, wrists, hands and legs, ankles and feet connect to your spine through your shoulders and hips.

Muscles move you because they are attached to your bones. Therefore your spinal column is involved in nearly all of your movements.



But if the spine contains subluxations (tiny spinal distortions) it is unbalanced.

If your spine is unbalanced your muscles will not work smoothly, your energies will be drained and you will age faster than you should.

But subluxations can also interfere with the flow of energy and information to the nerves that connect to your internal organs. Your ability to fight infections (immune system), digest and assimilate food (digestive system), eliminate wastes (excretory system), produce hormones in the proper balance (endocrine system) – in short, your ability to live a fully healthy life can be undermined.

Chiropractors are trained to locate and correct subluxations. Do you have any in your body? Get a chiropractic checkup and find out.

Words of wisdom



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

Now that the draft has been abolished, mandatory vaccination remains the only time an American is asked to risk his life for his country. – Harris L. Coulter, Ph.D.

By all means marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher. – Socrates

Chiropractic research

Chiropractic and depression. A 46-year-old man suffering from his third bout of major depression presented at a chiropractic office. He complained of neck and low back pain, anxiety, fatigue and little appetite. Many other symptoms he exhibited were adverse effects of depression medication such as decreased sex drive, dizziness, overall muscle weakness and insomnia.

The patient received specific chiropractic adjustments for the correction of his vertebral subluxations. His life began to improve as measured by self-assessed quality of life and wellness indicators such as the Global Wellness scale, Daily Living Health Questionnaire (SF36), and a retrospective Health, Wellness and Overall Quality of Life Self Assessment questionnaire. (1)



Note: For many decades the chiropractic profession owned and ran nearly 200 sanitariums and nursing homes that often helped those with neurological and psychological conditions. There are numerous case histories of individuals suffering from major psychological disorders resolving under chiropractic care. Today doctors of chiropractic are helping children and adults suffering with ADD/ADHD, autism, bipolar disorder, depression and many other conditions.

Did you know....?

Mercury fillings are not safe. Studies at the University of Calgary have found that mercury vapor from dental fillings enters the body and may cause brain cell degeneration and immune suppression, among other problems. (2)

Have your dentist use mercury-free fillings and try to have existing amalgams replaced with composite fillings by a “biological dentist.”

Is Alzheimer’s a dental problem?

Researchers have linked Alzheimer’s to the buildup of heavy metals in the brain, primarily mercury and aluminum. Major sources of brain mercury are flu shots and “silver” amalgams used in dentistry. (3) There have been some clinical findings showing that chelation, a process whereby heavy metals are removed from the body, has been able to reverse the symptoms of Alzheimer’s (and autism) in certain individuals.

Nutrition myths from the Weston Price Foundation

For complete references and more information go to www.westonaprice.org

Myth: Americans do not consume enough essential fatty acids.

Truth: Americans consume far too much of one kind of EFA (omega-6 EFAs found in most polyunsaturated vegetable oils) but not enough of another kind of EFA (omega-3 EFAs found in fish, fish oils, eggs from properly fed chickens, dark green vegetables and herbs, and oils from certain seeds such as flax and chia, nuts such as walnuts and in small amounts in all whole grains). (7)

Myth: A vegetarian diet will protect you against atherosclerosis.

Truth: The International Atherosclerosis Project found that vegetarians had just as much atherosclerosis as meat eaters. (8)

Myth: Low-fat diets prevent breast cancer.

Truth: A recent study found that women on very low-fat diets (less than 20%) had the same rate of breast cancer as women who consumed large amounts of fat. (9)



Humor

Energizer Bunny arrested - charged with battery.

A pessimist's blood type is always b-negative.

My wife really likes to make pottery, but to me it's just kiln time.

Practice safe eating - always use condiments.

I fired my masseuse today. She just rubbed me the wrong way.

Shotgun wedding A case of wife or death.

I used to work in a blanket factory, but it folded.

I used to be a lumberjack, but I just couldn't hack it, so they gave me the axe.

A man needs a mistress just to break the monogamy.

Dancing cheek-to-cheek is really a form of floor play.

Banning the bra was a big flop.

Sea captains don't like crew cuts.

Does the name Pavlov ring a bell?

A successful diet is the triumph of mind over platter.

Time flies like an arrow. Fruit flies like a banana.

Without geometry, life is pointless.

Condoms should be used on every conceivable occasion.

If electricity comes from electrons... does that mean that morality comes from morons?



See you next month. Remember, a chiropractic adjustment today can make a big difference for you and your family. Come visit us and bring your family. Remember: friends don't let friends stay subluxated.