

Healthy Living Chiropractic Newsletter

March 2005

Gateway Chiropractic Center

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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). Article references are available upon request.

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The world's most popular natural, drug-free healthcare?



It's chiropractic of course. Millions of people all over the world visit their neighborhood doctors of chiropractic. More people are realizing that health doesn't come in a bottle, but from one's own body working properly, without interference to its nervous system. How to get rid of nerve interference? That's chiropractic's specialty. Health without drugs is possible. Although, at times, it does seem as if everybody is taking drugs, an increasingly larger proportion of the population is turning to natural, non-drug ways of staying healthy and getting healthy. Your children learn from what you do. Actions often speak louder than words. Are you bringing in your family for a spinal checkup so their bodies will work

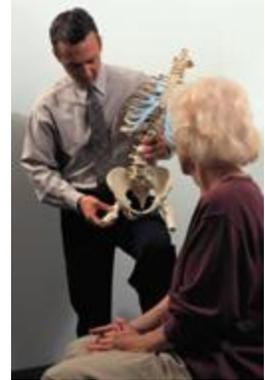
better? Are they staying home with uncorrected spinal subluxations while you get adjusted? Please help more people lead drug-free lives. Don't be shy, ask us about family care. Ask us about bringing all your family members in. Tell those you care about the chiropractic alternative. Feel free to forward this newsletter to them.

Chiropractic Questions and Answers



How long does it take for chiropractic to work? That's a great question. Chiropractic works immediately. At the exact moment we adjust your spine stress is released from your nervous system, body structure, discs, blood vessels, glands, muscles and internal organs. At that moment your body is getting more balanced, more blood and fluids are flowing to your brain and body parts, your nervous system is better able to send messages and you can better handle stress; your posture is more balanced and hundreds of other things are different.

When people ask that question they are often really asking "When will I get better?" Patients want to get better and feel great right away. Sometimes that's exactly what happens – a problem of longstanding duration clears up after one adjustment. Sometimes it takes a few adjustments, sometimes longer, sometimes a condition never fully resolves. Why? Everyone is different. We all have different histories and health needs. In some people an adjustment is the one thing their bodies have been lacking. Due to longstanding subluxation damage healing takes time. In other patients it's a combination of factors preventing them from expressing complete health. Please discuss your progress with us so we may address your unique needs and help you reach your best as soon as possible.



The Family Bed



Peggy O'Mara, editor of *Mothering Magazine*, writes "All animal babies sleep with their mothers...it is perfectly natural for human infants to want to sleep with their parents. Infants don't only like to be held during the day, they like to be close at night, too." (1) Some people however, don't think it's a good idea. Famed pediatrician Robert Mendelsohn, MD once debated this issue with a psychiatrist. The psychiatrist said, "It's a terrible idea, I'd never sleep with my children. It fosters

dependency, it confuses them sexually, it's just plain wrong." The moderator asked Dr. Mendelsohn to respond. "I agree," said Dr. Mendelsohn. "Psychiatrists should not sleep with their children. But for everyone else, it's just wonderful. It gives infants the warmth and security they seek. It enhances emotional health and it brings the family closer. When a baby's dependency needs are satisfied, they will be more independent and secure adolescents and adults."

Bed sharing is gaining in popularity. A recent study found that the proportion of infants usually sharing an adult bed at night increased from 5.5% to 12.8%. Nearly 50% of infants spent at least some time in the prior two weeks sleeping on an adult bed at night, with 20% doing so half the time or more. (2)

Chiropractic and Spinal Research



Do you know anyone living on drugs? They may have years of uncorrected subluxations in their body. Please tell them about chiropractic.

Chronic pelvic pain. 18 female subjects with chronic pelvic pain were given chiropractic care. Pre- and post-testing revealed that in addition to improvement in physical pain, they found significant relief with emotional problems. (3)

Urinary tract infection. This is the case of a 7-year-old girl who was in an accident and had not responded to homeopathic and antibiotic therapy for two years. After eight

chiropractic adjustments over a period of 2 months her urinary tract infections completely resolved. (4)

Colitis and Fertility. A 32-year-old female with chronic colitis and infertility began chiropractic care. The patient had her chronic condition of colitis relieved and relatively simultaneously became pregnant after have given up on 7 years of medical fertility treatments. (5)

Stress in pregnancy affects baby's long term health

“The mother’s emotional state during pregnancy determines the quality, nature, character, capacity, and even size of her infant’s neural system.... Full neural development of a child depends on the emotional well-being of the mother during pregnancy and birth, and on continuing emotional well-being within the child’s family.” (6) Clinical observation reveals that chiropractic care can be a blessing during pregnancy especially as it relates to removing stress. All pregnant women need a chiropractic spinal checkup.

Take this free S.A.D. test



What is S.A.D.? The initials stand for seasonal affective disorder and it means the depression or “blues” people get from lack of sunlight – especially in winter, however this could affect anyone who is a shut-in or who avoids the sun too much. Sunlight is important for physical

and emotional health. Do you or does someone you care about have S.A.D.? Can you reverse it? Find out with this quick S.A.D. test. http://www.mercola.com/forms/sad_test.htm



From the “We got on line for nothing?” Department

For years health officials, medical doctors and drug companies have scared the elderly into getting flu shots: “The shot could save your life.” As so often is the case in health dogma, they were wrong. During the winter flu season death rates of elderly remained the same rather than declining. Based on US mortality rates from 1968 to 2001, National Institutes of Health scientists were unable to find a link between elderly vaccination and lower death rates. The shot’s benefit to the elderly appears to have been vastly overrated. (7)

How many people died after getting the flu shot? How many got Alzheimer’s Disease from the mercury-laden flu shot? How many children were neurologically damaged? Since statistics aren’t kept for those people we don’t know.

Did you know....?

People with chiropractic coverage on their insurance were hospitalized for back pain 41% less often than those without chiropractic coverage. This was discovered when researchers studied a 4-year retrospective claims data analysis comparing more than 700,000 health plan members with an additional chiropractic coverage benefit and 1 million members of the same health plan without the chiropractic benefit. (8)

What to do after Celebrex™ and Vioxx™?

Merck's Vioxx™ was pulled off the market because it caused heart attack and strokes,



Pfizer's Celebrex™ has been accused of doing the same, Aleve™ (naproxen) was shown to increase heart attack and stroke by 50%, Bextra™ is raising heart attack questions.

Chiropractors and other natural, vitalistic practitioners have always said there is no such thing as a safe drug. You cannot artificially suppress symptoms and ignore the cause without causing later problems. Drugs make a person feel better while their health continues to deteriorate. Simply stated, you will NEVER find health

with drugs or vaccines. Because of Celebrex™ and Vioxx™, news people are turning to non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen and naproxen. However the 2001 journal *Clinical Cornerstone* revealed over 100,000 hospitalizations per year are attributed to upper gastrointestinal adverse events associated with long-term NSAID use, resulting in 16,500 deaths. (9) If you know anyone who recently stopped using Vioxx™ or Celebrex™ and switched to NSAIDs use on a regular basis, please let them know this. Please tell them that chiropractic has been a blessing to millions of people because it naturally wakes up their inner healer.

Humor

"Why God made moms" answers given by elementary school age children to the following questions.

Why did God make mothers?

1. She's the only one who knows where the scotch tape is.
2. Mostly to clean the house.
3. To help us out of there when we were getting born.

How did God make mothers?

1. He used dirt, just like for the rest of us.
2. Magic plus super powers and a lot of stirring.
3. God made my mom just the same like he made me. He just used bigger parts.

What kind of little girl was your mom?

1. My mom has always been my mom and none of that other stuff.
2. I don't know because I wasn't there, but my guess would be pretty bossy.
3. They say she used to be nice.

Have a great March!! Don't forget to call your mother now so that on Mother's Day she won't think you're doing it because it's just expected of you. Want copies of this newsletter for your friends? Please feel free to forward this to them. Remember that everyone needs to be free from subluxations, so bring your friends and loved ones for a spinal checkup.