

# YOUR GATEWAY TO BETTER HEALTH

## GATEWAY CHIROPRACTIC CENTER

3519 Gateway Drive, Eau Claire, WI 54701

### Get To Know Your Doctors...



*Dr. Craig Tarini  
&  
Dr. Laura Bertram*

Dr. Laura Bertram and Dr. Craig Tarini moved to Eau Claire to open Gateway Chiropractic Center in January 2002. Dr. Craig was previously practicing in Green Bay and Dr. Laura was working in a clinic in Sturgeon Bay for 2-3 years before moving to Eau Claire.

While Dr. Laura is a Wisconsin native from Fond Du Lac, Dr. Craig is originally from northern Ontario, Canada. The two met at Chiropractic school and as they say, 'the rest is history!'. After getting married in 2001 in Jamaica, they decided to begin planning to move to the Eau Claire area as it presented many great opportunities both professionally and personally.

When the doctors are not busy treating patients they enjoy a wide range of outdoor activities like camping, biking, hiking, walking, canoeing, skiing and curling. On those blustery winter days, Dr. Laura and Dr. Craig also enjoy cooking and watching movies.

In the year that the doctors have been in the area, they have also made time to get involved with volunteer service groups. Both Dr.'s have enjoyed working on many community projects with the Eau Claire Optimists and the Eau Claire Jaycees.

Having traveled quite extensively in the mid-west and throughout Wisconsin, both Dr.'s agreed that the people of the Chippewa Valley are noticeably friendlier. They admit that this is one major reason they decided on living and practicing in the Eau Claire area. Lets hope they stay for a long time!



### Health & Stress Workshops!

Did you ever have a stressful day and feel sore, tired, and crabby at the end of it? You're not alone! Stress affects the body in many ways that we don't always realize. We have a free workshop every month that anyone can attend to learn about stress and the effects of stress on the body. We

focus specifically on muscle tension that can be caused by stress. Bring a co-worker, friend, or family member along so you can learn how to massage their muscle tension away! (and they can do the same for you!) The upcoming workshop

dates are:

- Mon, March 24
- Wed, April 16
- Mon, May 19

All workshops are 6:30-7:30pm. Please call the office to sign up, as space is very limited.

#### OFFICE HOURS

Monday—Friday

8:00AM—6:00PM

**24 HOUR EMERGENCY SERVICE AVAILABLE**

CALL

**715-831-0955**

#### Special points of interest:

- **March is Teacher Appreciation Month**
- **The doctors will be out of the office April 17-21. The office will be open limited hours to schedule appointments or answer questions.**
- **Remember to check your 2003 coupon book for each month's specials!**

#### Dates to Remember:

St. Patrick's Day	Mar. 17
Daylight Savings Time Changes	Apr. 6
Easter Sunday	Apr. 20
Mother's Day	May 11
Memorial Day	May 26

## Prevention Is Key!

When you're trying to fight spinal injuries, an ounce of prevention is worth a pound of cure. These tips from the American Chiropractic Association may help you prevent a spinal problem before it starts.

**Playing Sports:** Take time to warm up slowly before the game. Increase your heart rate with calisthenics, flexibility exercises, or light running. When you start to break a sweat, your body is at the correct temperature to stretch tendons and muscles.

**In The Home:** When you wash dishes, don't stand with both feet flat on the floor. Instead, raise one foot higher

than the other by placing it on a short step, and then redistribute some of your weight by leaning against the counter. Try this: open the cabinet beneath the sink, bend your knee, and put your foot on the lowest shelf.

When you are resting or watching TV, don't use the arm of the sofa as a pillow. The angle is too sharp for your neck.

When picking up a child, don't bend at the waist. Squat with your back straight, keep the child close to you, and use your legs and arms to lift.

**In The Yard:** To shovel snow, push the snow straight ahead and walk it to the snow bank. Don't try to throw the snow. Avoid twisting and turning motions. If you must lift, bend your knees and let your arms and legs do the work, not your back. Stand as erect as possible. Take frequent breaks to avoid muscle strain. Before gardening, exercise to warm up. Stretching is important in preventing injuries. Kneel instead of bending. Alternate your weight as much as possible to bal-

ance the muscles used. Then cool down when you're finished with exercises and a short walk.

When raking leaves, stand in a scissor position, reversing your legs often. Bend at the knees if you need to pick up grass and leaves, not at the waist. Make small piles to decrease back strain.

For mowing, use your weight to push the mower. Whenever possible, use tools that are ergonomically correct for the job.



### RECIPE CORNER

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#### "Dr. Craig's Yummy Protein Pancakes"

2 Large Eggs  
2 Tbsp Cream Cheese  
¼ Cup small curd cottage cheese  
3 Tbsp wheat germ

1 Tbsp rice flour  
1 tsp baking powder  
dash of baking soda  
1 tsp vanilla

Combine first 3 ingredients and beat/mix well (food processors work great!). Mix in remaining ingredients and form into desirable sized cakes on non-stick skillet over medium-high heat. Try mixing in blue berries or put fresh sliced peaches or bananas over the top of finished pancakes! Recipe makes 4-5 5" sized pancakes. ENJOY!

*"Happiness is like health. It comes from within."*

## Do You Drink Enough Water?



- 75% of Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even mild dehydration slows down your metabolism as much as 3%.
- One glass of water will shut down midnight hunger pangs for almost 100% of us.
- Lack of water is the primary trigger of daytime fatigue.
- Research shows that 8-10 glasses of water a day significantly eases back and joint pain.
- A 2% drop in body water can trigger fuzzy short-term memory and difficulty focusing.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, slashes the risk of breast cancer by 79%, and reduces the incidence of bladder cancer by 50%.