

Gateway Chiropractic Center

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www.GatewayToMyHealth.com

The curious paradox is that when I accept myself just as I am, then I can change. – Carl Rogers

Like all explorers, we are drawn to discover what's waiting out there without knowing yet if we have the courage to face it. – Pema Chodron



Looking for a drug-free lifestyle, for health and wholeness for yourself and your family? Interested in disease prevention and health enhancement?

Welcome to a more natural world ~ welcome to the world of chiropractic.

Communication Workshop

Wednesday, June 18th

6:00-7:30pm

FREE TO ANYONE WHO RSVP's TO OUR OFFICE!

Landmark Education is a global training and development company who delivers programs and seminars to over 125,000 people annually in 100 cities worldwide. Our unique education is designed to empower people in producing expanding breakthrough results in the following areas:

Teamwork

Communication

Personal Productivity

Management

Confidence

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!

Exhaustion, fatigue and chiropractic

Why do people often feel an improvement in their energy with chiropractic care?

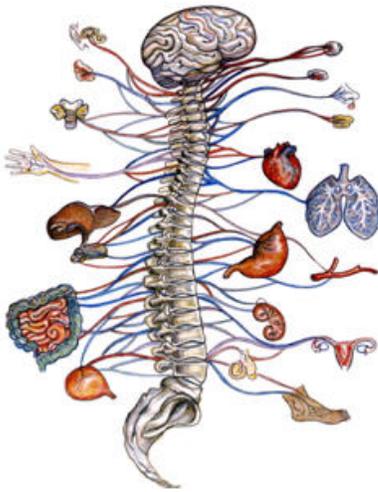
There are many reasons. One has to do with balance: as your hips, head and overall body structure become more balanced, you become more efficient and don't have to expend extra energy on misaligned body parts.

Imagine walking around with your head slightly off center – you'd have loads of stress on your neck, shoulders, hips, legs and feet that would weaken your joints, create arthritis, wear down your discs and lower your energy.

Unless you are balanced you can't function with ease and grace; every step drains energy and the evening finds you falling asleep with a book or in front of the TV (unless you have young kids, then you're trying to sleep every free moment).

In addition to fatigue, signs of structural imbalance include feelings of tightness, joints that are "noisy," an inability to move or turn in either direction or as easily as you once could and premature aging. Make sure you're balanced – come in for a chiropractic checkup.

Your nerves and chiropractic



This illustration shows how the nerves traveling from your brain and spinal cord connect to your stomach, intestines, reproductive organs, glands, muscles, eyes, ears, arms, legs, hands, feet – everywhere.

Nerves send information, energy and even nourishment to your body parts. If there is the slightest blockage to this communication, nearly any system (digestive, eliminative, immune, cardiovascular, vision, hearing, nervous, etc.) can function less efficiently and you will not be able to adapt as easily to physical, chemical, emotional or environmental stresses.

This state is called dis-ease – it is a pre-disease state, one of weakness, lowered resistance to germs and a reduced ability to maintain chemical balance.

Subluxations interfere with your nerve communications. Most people who are ill have subluxations – often with no pain at the site of the subluxation itself.

Doctors of Chiropractic are specially trained to locate and correct subluxations, hidden distortions that cause dis-ease and interfere with your health and happiness. Please tell all your friends who are living on drugs or are suffering that they probably have subluxations in their body that only a Doctor of Chiropractic can locate and correct.

Autism-vaccine link admitted

The US government has finally admitted, after decades of denials, that vaccinations are linked to autism. However, government officials are now circling the wagons. An excellent example of official obfuscation is seen in this interview with Julie Garberding, MD, director of the Centers for Disease Control. Her evasions and half-truths regarding autism are clearly shown even though she has no choice but to admit vaccines are linked to autism. Even though Dr. Gupta does not challenge her statements, the between-the-scenes written comments are excellent. Enjoy this fascinating and revealing interview.

<http://adventuresinautism.blogspot.com/2008/03/julie-gerberding-admits-on-cnn-that.html>

The earthquakes in your life

How many earthquakes rumble under your feet every year? Every day?

The magnitude or strength of an earthquake is measured using the Richter scale. Each numerical jump in this scale is in the order of ten (i.e. a 7.0 earthquake is *ten times* more powerful than a 6.0).

Since 1900 the earth has averaged one “great” (8 and higher) earthquake a year! However 18 “major” ones (7-7.9), 120 “strong” ones (6-6.9) and 49,000 “minor” ones (3-3.9) occur *each year*. Imagine experiencing 49,000 earthquakes a year!



But that’s practically nothing compared to the fact that about 8,000 “very minor” (1-2 strength) earthquakes occur *each day*! The seemingly safe, secure and stable planet we inhabit is in fact constantly vibrating, shuddering and shaking.

Does the same happen in our lives? A cataclysmic “great” event can shake us to our very core. Mercifully they are usually rare. Less rare are “major” and “strong” challenges that may loosen the floorboards under us. More often still are the smaller “minor” and “very minor” events that can upset our stability on a daily (or even hourly) basis.

Don’t people behave like the earth? The most complacent, dull-appearing individual is, under the surface, a roiling, crashing, cascading collection of dreams, passions, desires, fears, tragedies, hopes, failures and triumphs.

Under the surface – even if deeply covered – beneath the stultifying tedium that too often seems to crush our spirits we will always find a noble soul yearning for freedom and exhilaration. Always.



Will we break through our denials and fears and embrace the wonder, excitement and mystery of life? Too many answer “no.” They choose to exist: safe, predictable and increasingly numb. For them, experience brings no insight, age brings no wisdom; there is no epiphany, not in this world. They live and die with many of their pains unhealed and many of their joys not experienced.

Sometimes we only need a gentle shaking. Sometimes a slight feeling of unease is enough to awaken us from our slumbers to take action to repair our lives. Sometimes it takes a great cataclysm, a severe illness or terrible suffering, before an opening, an abyss to our deeper self reveals the incredible potential we are so close to. We then declare, “I will not merely exist, I will not live as if I were a helpless being waiting for death. I will awaken, heal, grow, thrive and enjoy every moment of being alive.”

May we only need the slightest nudge to learn our lessons; but if we do experience a cataclysm, may we glean every bit of wisdom, strength, growth and healing that it brings to us.

Amazing nutrition experiment

A woman was worried about her family’s addiction to diet soda. After researching the effects of aspartame, she decided to perform her own experiment. She got 108 rats. For nearly 3 years she fed some of the rats the equivalent, for their body weight, of two-thirds the aspartame contained in 8-oz. of diet soda each day.



Eleven of the females who took aspartame – 37% – developed tumors, some of massive size. For details about this amazing experiment go to <http://myaspartameexperiment.com/index.php>.

Did you know...?



- Unlike vinyl records, a CD begins playing near the center and spirals outwards toward the edge.
 - Grapes will not float in Jell-O.
 - The grapefruit was not named for how it tastes, but for the way it grows – in bunches.
 - The avocado is indigenous to Central America and, because of its shape, derives its name from the Aztec word ahucatl – meaning “testicle.”
 - The notion that someone is “mad as a hatter” stems from the fact that in the early 19th century, felt hat makers used mercury to stabilize wool. Many of them developed uncontrollable tremors, confused speech and hallucinations.
- Evergreen Terrace, the street the Simpsons live on, is also the street Matt Groening grew up on in Portland, Oregon.
 - The voices for many of the characters on The Simpsons, according to the actors who do them, are nothing more than “bad celebrity impressions:” Moe Syzlak is Al Pacino, Louie (the cop) is based on Sylvester Stallone, and Mayor Quimby was inspired by John F. Kennedy.

Humor

4 reasons not to mess with children



1. A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal, its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible.

The little girl said, 'When I get to heaven, I will ask Jonah.'

The teacher asked, 'What if Jonah went to hell?'

The little girl replied, 'Then you ask him.'

2. A kindergarten teacher was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work.

As she got to one little girl who was working diligently, she asked what the drawing was.

The girl replied, 'I'm drawing God.'

The teacher paused and said, 'But no one knows what God looks like.'

Without missing a beat, or looking up from her drawing, the girl replied, 'They will in a minute.'

3. The children had all been photographed, and the teacher was trying to persuade them each to buy a copy of the group picture.

'Just think how nice it will be to look at it when you are all grown up and say, 'There's Jennifer, she's a lawyer,' or 'That's Michael, He's a doctor'.'

A small voice at the back of the room rang out, 'And there's the teacher, she's dead.'

4. The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray: 'Take only ONE. God is watching.'

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies.

A child had written a note, 'Take all you want. God is watching the apples.'



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.