

Gateway Chiropractic Center
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Enjoy the benefits of chiropractic – the largest natural, drug-free, surgery-free, expressive healthcare system in the world.

More and more families are discovering that periodic chiropractic checkups and adjustments promote health and healing without drugs and dangerous medical treatments.

More and more people are turning away from symptom treatment and choosing natural ways of achieving and maintaining health.

It's still summer!

Don't pay attention to that man behind the curtain holding the calendar (kids, if you don't get the joke, watch The Wizard of Oz).



Everything is sunshine, light and warmth – with an occasional thunderstorm thrown in for good measure.

Don't let the scary headlines about swine flu bother you (see articles below) – eat well, get lots of sun, exercise, relax, laugh, love, pray, explore and come in for chiropractic care.

Chinese Salad recipe from our Patient Appreciation Picnic! Many people asked for the recipe...here it is...(thanks Cheri)

- 3 cups packaged coleslaw
- 2 Tbsp. diced red onion
- 3 Tbsp. sesame seeds
- 1 small pkg. slivered almonds (toast in oven)
- 1 pkg. Oriental Ramon Noodles

Mix everything above, making sure almonds are cool when you add them. Remember to break up the Ramon noodles.

- ¼ cup olive oil
 - 2 Tbsp. sugar
 - 2 Tbsp. white vinegar
- Mix in seasoning packet from the Ramon Noodles.

When ready to serve, mix the wet stuff with the cold mix. Could add more veges to the mix if desired...broccoli, water chestnuts, etc...

Did you know...?

When you take care of something it really does last. We mean it *really* lasts! Look at what this woman did with her car with regular checkups and a small handgun (gun is optional).

540,000 miles in the same car – original engine, owner 89 years old.

(It looks like she's been taking care of herself also.) Click on this cool story:

<http://growingbolder.com/media/technology/vehicles/romancing-the-road-259598..html>

Swine flu



- The swine flu is no worse than a mild flu.
 - The majority of those who get swine flu recover from it without medical care.
 - There are cases of children coming down with the “flu” a week or two after they’ve been vaccinated. Please avoid vaccinations for your children; they weaken their immune systems.
 - The swine flu vaccine is untested and unproven (as are all flu vaccines).
 - The swine flu vaccine contains dangerous chemicals linked to serious neurological and immunological illness.
- The last time we had a swine flu scare the vaccination killed and paralyzed hundreds of people. One person died from the flu and that was because he went on a strenuous hike while he was sick.
 - By the way, if you feel sick don’t go on a hike.

When it comes to the flu...

- In most all cases in relatively healthy people the flu should run its course.
- Suppressive medical care such as antibiotics, fever reducers, other drugs and vaccinations can make the illness far worse.
- Comfort the patient with natural healthcare methods such as chiropractic, homeopathy, acupuncture, naturopathy, etc.
- Give nutritional support – broths, light foods. Avoid refined and non-organic foods.
- The flu for most is a temporary inconvenience that leaves a less toxic, healthier person in its wake.



Damn the data, full speed ahead

The swine flu vaccine has been rushed to the market even *before* safety tests are complete. A federal advisory panel said the FDA should move ahead to approve or license the new H1N1 vaccine without waiting to receive data from clinical trials to test its safety and efficacy. (3)

Does the swine flu vaccine increase the risk of cancer?

German health expert Dr. Wolfgang Wodarg is a specialist in lungs, hygiene and environmental medicine. He is also the chairman of the health committee in the German parliament and European Council. He warns us that the solution that the vaccine is grown in consists of cancerous cells from animals.

There is fear that the risk of cancer could be increased by injecting these cells with the vaccine. Johannes Löwer, president of the Paul Ehrlich Institute, says that the swine flu shot can cause worse side effects than the actual swine flu virus.

Dr. Wodarg reports that the swine flu is milder than normal flu. "If you look at the number of cases it is nothing compared to a normal flu outbreak," he added. (4-5)

Myths and facts about Tamiflu™ and Relenza™

Myth: Tamiflu™ and Relenza™ prevent flu complications.

Fact: There is no proof antiviral drugs prevent complications.

A *British Medical Journal* study shows Tamiflu™ and Relenza™ rarely prevent complications in children who have normal seasonal flu and are unlikely to help children who catch the H1N1 virus. "For most children these antiviral drugs are probably not going to have much of an effect," says study author Matthew Thompson, MD in a BBC interview. The drugs have little or no effect on asthma, ear infections or the likelihood of children needing antibiotics. Tamiflu™ is linked to headaches, stomachaches, fatigue, diarrhea, vomiting, nausea, insomnia, nightmares, self-injury, confusion and neuropsychiatric problems. (5-6)

Chiropractic research

Still more reasons to show that everyone – no matter what their health – needs chiropractic care.



Cerebral palsy and chiropractic. A mother brought her 2-year-old son diagnosed with cerebral palsy to explore chiropractic care. The child had multiple surgeries and the mother had been told that her child would never be able to walk. When he entered the clinic he was indeed unable to walk unassisted and made very little eye contact.

Chiropractic care was utilized to locate and correct the child's vertebral subluxations. After four visits the boy began to walk on his own, sleep through the night, gain weight and make more eye contact. He also showed improvement in muscle strength, cognitive function and fine motor skills.

He is still under chiropractic care and continues to show improvement with each visit. (7)

Child with motor tics. A 6-year-old girl presented for chiropractic care with a medical diagnosis of "transient motor tic disorder" of six months duration. She had repetitive eye blinking and rolling of the eyes in multiple directions every 3 to 5 seconds, bilateral shoulder shrugging and backward arching of the head and neck with an open mouth. She had suffered trauma to the spine. Examination revealed subluxations of the atlas, C7 and T4 vertebrae and the right sacroiliac joint.

She received chiropractic adjustments to correct subluxations. After 6 visits over a period of 5 weeks her disorder resolved. She returned for care 2½ months later with complaints of eye rolling and repetitive blinking following an ice-skating fall with complete resolution again after care. (8)

Chronic chest pain. A 49-year-old male suffered from chronic chest pain, dyspnea and anxiety for over 4 months. Prior efforts to treat the condition had met with failure. Chiropractic adjustments were given to the thoracic spine and by 14 weeks of care there was a complete recovery that was maintained at 9 months follow-up. (9)

Fibromyalgia and chronic fatigue. Twenty-three patients (aged 11 to 76) suffering from primary fibromyalgia and chronic fatigue syndrome, of 2 to 35 years duration, received from 20 to 48 chiropractic adjustments. After care every patient was able to resume normal activities including full-time work and maintained their improvements at 1 to 1½ years follow up. "Improvement in symptoms of 92-100% was achieved in both these syndromes." (10)

Sunlight – nature’s healing miracle



The most powerful cancer fighter ever discovered is naturally occurring Vitamin D, which we get from sunlight.

Thirteen malignancies have an inverse correlation to solar radiation ... especially breast, colon, ovary and prostate cancer and non-Hodgkins lymphoma. (11) Vitamin D has the potential to lower the risk of all cancers in women by 77%. (12) Researchers at the University of San Diego found a direct link between **lower** amounts of sunlight and increased breast cancer risk in 107 countries (13), which has been confirmed by yet another study. (14)

Humor

The History of Medicine (unknown author)

"Doctor, I have an earache."

2000 B.C. - "Here, eat this root."

1000 A.D. - "That root is heathen. Here, say this prayer."

1850 A.D. - "That prayer is superstition. Here, drink this potion."

1940 A. D. - "That potion is snake oil. Here, swallow this pill."

1985 A. D. - "That pill is ineffective. Here, take this antibiotic."

2000 A. D. - "That antibiotic doesn't work anymore. Here, eat this root."



When I got my first television set, I stopped caring so much about having close relationships. – Andy Warhol

The following statements about the Bible were written by children. They have not been retouched nor corrected – incorrect spelling has been left in.

Solomon, one of David’s sons, had 300 wives and 700 porcupines.

When the three wise guys from the east side arrived, they found Jesus in the manager.

Jesus was born because Mary had an immaculate contraption.

It was a miracle when Jesus rose from the dead and managed to get the tombstone off the entrance.

One of the opossums was St. Matthew who was also a taximan.

