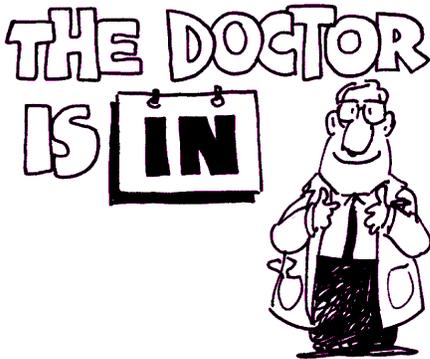


Healthy Living Chiropractic Newsletter  
**Gateway Chiropractic Center**  
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Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little). (References available upon request)



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## Autumn



Autumn descends upon us once again. The intense heat of summer gives way to more comfortable days and cooler nights. The sun rises later, dusk comes earlier and life prepares for the change of seasons again. Memories of going back to school and returning to work mix with anticipation of upcoming holidays as we hope to make them more meaningful and uplifting.

The seasons change as part of life's magical, mysterious dance of growth and renewal.

## We see magic everyday

As chiropractors we see the magic and mystery of life every day. In the eyes of the child whose life was changed by an adjustment, in the face of an elderly person who, perhaps for the first time in their lives, had their energies unblocked as their subluxations were corrected.

The true mystery of life is that within us billions of cells are being born, are living and dying every second; we are a stage to life's magic with every breath we take. We are connected to a wisdom that is far more vast and knowing than any we can conceive of and it is flowing within us every second we are alive. We are connected to this mystery and spend our lives living it. Chiropractic helps us connect to it so we can live life more fully.



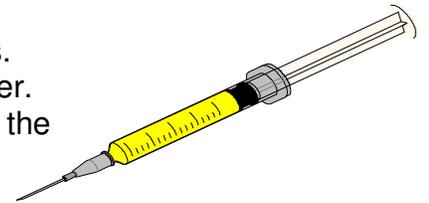
## Special Flu Shot Report



"Here come the fear mongers...just in time for the flu vaccine marketing season.... Fear is used to persuade Americans to roll up their sleeves and hand over their children to be vaccinated. Years ago, people developed resistance the old fashioned way: By getting the flu. And then when that type of flu came around again years or decades later, they either didn't get sick or had only a mild case. The vaccine marketers want to take that away from our population. What will that make us? Vaccine dependent, of course." – Barbara Loe Fisher, co-founder of the National Vaccine Information Center

### Three important reasons to avoid the flu shot:

1. The flu shot contains formaldehyde, gelatin and traces of chicken cells.
2. The flu shot contains viral contaminants that have been linked to cancer.
3. You can get the flu shot – and all the risks that go with it – and still get the flu!



### Another good reason to avoid the shot: to avoid Alzheimer's Disease

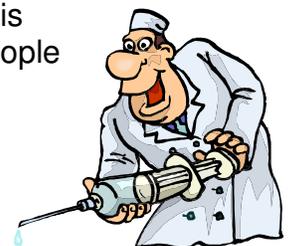
According to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has five consecutive flu shots their chance of getting Alzheimer's is ten times higher! (1)

How does the flu shot cause Alzheimer's? Dr. Fudenberg states the mercury and aluminum in flu shots (and many childhood shots as well as some RhoGam shots) cross the blood-brain barrier causing brain damage. Alzheimer's is expected to quadruple. Are flu shots the reason? (2)

### Flu hysteria is on the way (again)

Reports claim that "Influenza kills 30,000 to 40,000 Americans every year." (3) That is simply not the case. According to the Centers for Disease Control, the number of people who die of the flu are a fraction of that. Here is what the CDC says:

- In 2002: 753 died of the flu (4)
- In 2001: 267 died of the flu (5)
- In 2000: 2,175 died of the flu (6)
- In 1999: 1,685 died of the flu (7)



Those who die of the flu are mostly frail, sickly, weak, malnourished and unhealthy to begin with. For people in reasonably good health, dying from the flu is, in fact, very rare – research even shows the flu shot does not affect mortality of elderly people. In conclusion – the flu shot is dangerous and useless.

### **Flu shot does not save lives**

The ads say “The flu shot saves lives,” but research reveals it’s not so. The flu vaccine isn’t preventing death in the elderly, the “high risk group” that is told to get a flu shot to reduce mortality, according to a study in the *Archives of Internal Medicine*. (8)

Although immunization rates in those over 65 have increased 50% in the past 20 years, there has been no decline in flu-related deaths. In addition to ineffectiveness, the flu shot’s typical ingredients include aluminum (associated with Alzheimer’s and seizures), mercury (linked to brain damage, ADHD and autism) and phenol (a carcinogen).



In fact, mortality rates for those over 85 between 1968 and 2001 showed no change as well. The authors add: “Studies substantially overestimate vaccination benefit”; a diplomatic way of saying it’s useless.

### **If you get the flu avoid aspirin and Tylenol™**

Researchers found that flu sufferers who took aspirin or acetaminophen (Tylenol) stayed sick an average of 3.5 days longer than people who did not take the drugs.

The researchers discuss the purpose of a fever and note how confused the medical profession is when it comes to fever. “In spite of centuries of clinical experience and recent intense investigation, it is still not clear whether fever is noxious per se, or if the benefits of antipyretic therapy outweigh its costs.” (9)

Natural healthcare providers have always understood the value of fever in fighting infection and cleansing the body of toxins. This was recently underlined in a paper showing the following:

### **Good news – majority not getting flu shot. Common sense is still alive!**

In a National Foundation for Infectious Diseases survey conducted Aug. 31-Sept. 3, over half of those interviewed said they would not get the flu shot. Among reasons cited: 43% said the flu is not serious enough to warrant vaccination and 23% said they still got the flu even after being immunized. (14)

### **In conclusion**

Rather than see the flu, colds, fevers and nasal discharge solely as uncomfortable, we should know that they operate in our best interest: to heal us, to cleanse us and to detoxify us. Preventing symptoms from expressing themselves may set us up for more serious disease in the future. That doesn’t mean we should ignore a sick person. Illness is a time of rest and recuperation. Ill people need comfort, proper nutrition and support.

Many people who wish to avoid medical suppressive therapies such as aspirin, Tylenol, antihistamines, decongestants and other drugs designed to prevent symptoms instead turn to nutrition, chiropractic, homeopathy, naturopathy, acupuncture and many other natural “expressive” healthcare systems so their bodies will get the full benefit from their symptoms – cleansing, healing and improved health.

## Words of Wisdom

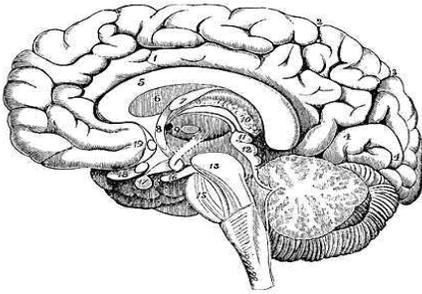
*If at first you don't succeed, do it the way your wife told you to. – Yvonne Knepper*

*Lead us not into temptation. Just tell us where it is. – Sam Levenson*

## Sweetened coffee can make you fat

A 20-ounce Starbucks Caffè Mocha with whipped cream has 490 calories, equivalent to a McDonald's Quarter Pounder with cheese. A 24-ounce Starbucks Java Chip Frappuccino with whipped cream is equivalent in calories to a standard cup of coffee plus 11 of their creamers and 29 packets of sugar. (15)

## Did you know?



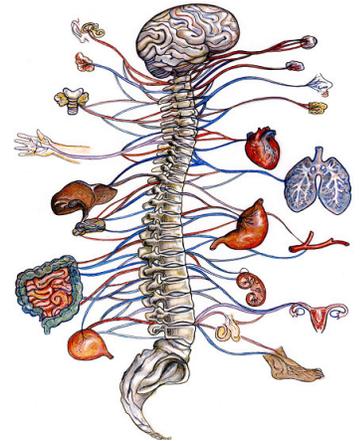
### **Your nerves send messages at speeds up to 224 miles per hour!**

Nerves are the longest cells in your body, up to 4 feet long! They carry messages to keep your muscular, circulatory, excretory, hormonal, digestive, respiratory (breathing) and other body systems functioning at their best so you can function at your best with lots of energy, enthusiasm, joy, strength, inspiration and high resistance to disease. This marvelous communications system can be damaged by

subluxations, a deep stress within you that can irritate your nerves, discs, muscles, joints and can weaken your body.

Chiropractors are specially trained to locate and remove subluxations, permitting you to function with more energy and improving your body's ability to function more perfectly.

**Want to make sure your messages are getting to where they should go so you are functioning at your best? Come in for a checkup and adjustment.**



## Humor

### **59 and pregnant?**

A woman went to the doctor's office, where she was seen by a young, new doctor. After about 4 minutes in the examination room, the doctor told her she was pregnant. She burst out screaming as she ran down the hall.

An older doctor stopped her and asked what the problem was, and she told him her story. After listening, he had her sit down and relax in another room.

The doctor marched down the hallway to where the first doctor was and demanded, "What's the matter with you? Mrs. Terry is 59 years old, she has four grown children and seven grandchildren, and you told her she was pregnant?"

The new doctor continued to write on his clipboard and without looking up said, "Does she still have the hiccups?"

See you next month. Please pass this newsletter on to others, everyone deserves to know what you have just learned.

