

Healthy Living Chiropractic Newsletter

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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).

Happy Spring
May This Be a Time of Renewal for You and Your Loved Ones



What's Happening??

Sign up for our free workshops!! Seating is limited!!

April 7th—Yoga: What's It All About? Presented by Donna Sauter of Eau Claire Athletic Club-6:30-7:30

April 25th—Tai Chi Presented by Carol Rudd of Healing Choices Massage and Tai Chi-6:30-7:30 pm

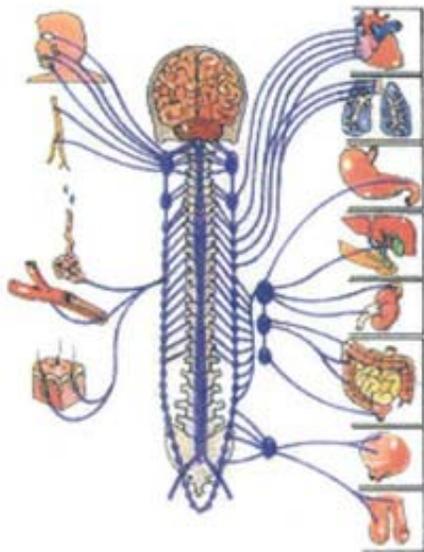
Don't forget "Fill the Fridge" ends on April 15th!! Please bring your **perishable** food items to the office to benefit the Hope Gospel Mission.

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Checkups

You get your teeth, heart and blood pressure checked periodically but...what about your spine? A spinal checkup is one of the most important checkups or exams you and your family could ever



have because all your organs, muscles and glands get a nerve supply from your spine.

An unhealthy spine could affect your eyes, teeth, stomach, intestines, heart, lungs, kidneys, liver and even your brain! (And some people think chiropractic is just about back and neck pain.)

Your chiropractor is specially trained to check your spine (and those of your children) for areas of subluxation – nerve pressure. Subluxations are often painless; you may have one right now and not feel any pain in your spine – but other parts of your body may malfunction as a result.

Subluxations can be especially dangerous in infants, babies and children. For that reason all children should see a chiropractor for periodic spinal

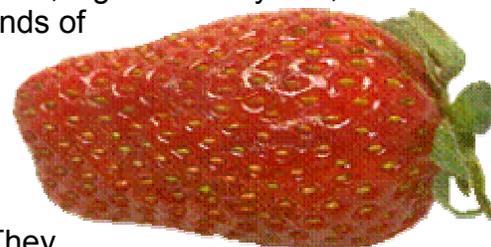


checkups. Is chiropractic all you need to stay healthy? See below....

Raw Materials

Chiropractic helps your body function at its best. But even the best engine can't run on junk; your body needs good raw materials. How can your body manufacture insulin, digestive enzymes, antibiotics, painkillers, antidepressants and the hundreds and thousands of chemicals you need from coffee, soda, donuts and other nutrient-shallow foods?

Think back on what your last few meals were and ask yourself if your body will really benefit from them. Can it make more heart, lung, brain, blood and kidney from those foods? The best foods really are those grown organically and especially bio-energetically. They may seem more expensive, but you get more nutrients from them, and they are not full of unnatural chemicals. The savings in medical bills will more than offset the cost of eating better quality foods.



Speaking of unnatural chemicals...

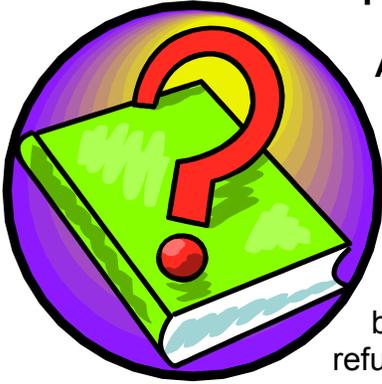
Artificial sweeteners encourage your body to gain weight? It's true! When people are taken off (or stop using) artificial sweeteners they lose weight. It appears that Nutrasweet™, Equal™, Splenda™ and other similar drugs cause you to crave carbohydrates. It's best to switch to Stevia, a natural zero-calorie sweetener often found in health food stores.

Foods especially worth avoiding are those with high fructose corn syrup (HFCS). HFCS was invented about 25 years ago by Japanese scientists with too much time on their hands. Today you'll find it everywhere, even in so-called health bars, sports drinks and yogurt.

HFCS cannot be used by body cells so it therefore goes to the liver to be broken down. Animals fed HFCS develop liver damage (cirrhosis). The rise in diabetes and obesity has also paralleled the use of HFCS. In addition, it interferes with copper absorption – rats fed a high-fructose, low copper diet died in 5 weeks. A similar human study had to be stopped because the subjects developed heart abnormalities.



Chiropractic Questions and Answers



Are chiropractors against childhood vaccination? The subject of childhood vaccination is one of the most passionate issues chiropractors can discuss with the public. People may discuss the pros and cons of controversial medications such as cholesterol lowering drugs (statins) or painkillers (Vioxx™) and many others. The usefulness of heart bypass operations and other surgical techniques has also been debated.

Yet when the subject of vaccinations comes up, suddenly what should be a very important discussion becomes an emotional battlefield with people refusing to listen or see both sides of this issue. We urge people to question all

coercive procedures, especially those that have been shown to be dangerous. The danger is very real. The US government has paid nearly \$1½ billion to the families of children who have been injured or killed by mandated vaccines. Just as there is no such thing as a safe drug so there is no such thing as a safe vaccine. Chiropractors have traditionally opposed childhood vaccination as an unnatural, dangerous and unproven medical procedure. As usual, we were ahead of our time. Today an increasing number of scientists, medical doctors and non-drug healers are questioning and opposing various and/or all vaccinations.

This bizarre practice of injecting foreign bacteria and viri and poisonous chemicals into children with immature immune systems will one day be seen as gruesome a procedure as bloodletting was in years past.



Another study links autism, mercury

While we're on the subject, more and more studies are indicating that vaccines, especially those with mercury in them (RhoGam, flu, DTP etc.) are linked to neurological disorders, learning disorders, immune system disorders, delayed development and autism. A late breaking story reports on yet another study that found a possible link between higher mercury emissions and higher rates of autism. The study to be published in the peer-reviewed journal *Health and Place* found that for each 1,000 pounds of environmentally released mercury, there was a 43% increase in the rate of special education services and a 61% increase in the rate of autism.

Although it is supposed to have been removed, mercury (thimerosal) is still in many childhood vaccines, the flu shot and the RhoGam shot. Even in trace amounts there is no safe level of mercury. It is a brain poison.



Words of Wisdom (?)

Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read. – Groucho Marx

If the shoe fits, charge it.

All I ask is a chance to prove that money can't make me happy.

Did you know?

You have about 640 muscles attached to the bones in your body plus the muscles that line your digestive tract, blood vessels, heart and other organs. But the ones we usually talk about attach bone to bone (they are called skeletal muscles). Your head, face, eyes and neck have more than 100 muscles! Do you know how many muscles it takes to do the little things? It takes...



- 6 to move an eyeball
- 20 to purse the lips for a kiss
- 25 to smile
- 30 to twist your foot inward
- 35 to twist your foot outward
- 45 to frown
- 50 to take a step forward
- 75 to speak

Look at how marvelous your body is. We are mostly unconscious of the wonders our bodies perform. Imagine how hard you'd work if you had to figure out which muscles to use? In a sense we treat our bodies like we do our TV – we don't have to know electronics to make it work, we just turn it on. You don't have to think about the 50 muscles it takes to step, you just do it. Now here's the math part of our newsletter – how many muscles does it take to smile, look up, kiss and take a step forward?

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.



People who show imbalances in leg length are less healthy.

A common finding in people with subluxations is that one leg appears longer than the other. This is called leg-length inequality. Does it really matter?

In a recent study, fifty-five volunteers were given the SF-12 health questionnaire which measures health-related quality of life. The volunteers were then examined by a chiropractor for leg length alignment. The results were compared with their quality of life questionnaires. Those people with leg length differences had

significantly lower scores on the quality of life questionnaire than those without leg length differences. People with leg length differences experienced lower scores in the mental health component than the physical. The mental component measured depression, stress and life satisfaction. Chiropractors balance out the spine and structural system bringing your legs back into balance.

Bye – see you next month. Want copies of this newsletter for your friends? Please feel free to share this to them. Please remember that everyone needs to be free from subluxations, so bring your friends and loved ones for a spinal checkup.

