

Healthy Living Chiropractic Newsletter  
**Gateway Chiropractic Center**  
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*Time is a created thing. To say "I don't have time," is like saying, "I don't want to." – Lao-Tzu*

*God is a comedian playing to an audience too afraid to laugh. – Voltaire*



**Looking for a drug-free lifestyle; health and wholeness for yourself and your family? Interested in disease prevention and health enhancement? Then welcome to a more natural world, welcome to the world of chiropractic.**



Note: The above photos show chiropractors present and past. On the left is a photo that was taken in the early 1900s of DD Palmer, the discoverer of chiropractic. On the right are chiropractors reviewing a spinal x-ray.

**Welcome a new massage therapist to our office!!**

Martha Lindeman will be booking massage appointments starting in May. Get your time set up now...May will be here before you know it!

**Massage Meet 'n Greet**

Martha will be available for brief chair massages on:

**Wednesday, April 30<sup>th</sup>, 4-6pm**  
**Wednesday, May 7<sup>th</sup>, 4-6pm**

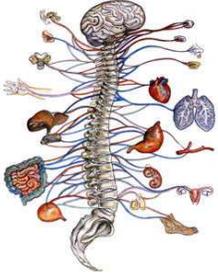
**Thank You!!**

We want to take this opportunity to thank everyone that donated to the 2008 "Fill the Fridge" food drive.

Despite a slow start, this was our best year ever. We filled the fridge/freezer 8 times!!

Hope Gospel Mission is very grateful for all of your support.

## Doctor of Cause



Chiropractors spend thousands of hours studying how to locate and correct a major cause of stress and body malfunction (dis-ease): the subluxation. Subluxations are areas of stress inside your spine and body structure that lead to lowered resistance to disease, inefficient body function, altered chemistry, distorted posture and balance, accelerated aging and premature death.

Only a chiropractor is trained to locate and correct vertebral subluxations using specialized techniques called chiropractic spinal adjustments. Without subluxations your natural healing wisdom, your innate intelligence or inner doctor, can function more efficiently. The initials DC stand for Doctor of Chiropractic, but to many it also stands for “Doctor of Cause.”

## Disc herniation and back surgery

A study of CT scans showed that 27% of healthy people over the age of 40 had a herniated disc, and 60% had spinal abnormalities that were judged significant. And yet none of these people had nagging back pain. Just because a disc is unhealthy does not mean it is the cause of the back pain. That’s why the majority of disc operations fail. (1)

Too many people in agony from sciatica and spinal, disc and pelvic pain learn the hard way: in most cases surgery is not the answer. The return of the pain after back surgery is so common it has a special name: Failed Back Surgery Syndrome. Over half of all back surgeries fail – the pain returns. That leaves the original problem plus a weakened, damaged spine (from the surgery).



Chiropractic has an excellent record with disc sufferers, often saving them from the bleak prospect of surgery. Chiropractic care is also often effective at helping those who already have gone through orthopedic surgery. Why? Because it doesn’t treat symptoms – it addresses the cause.

Dr. John Upledger, developer of CranioSacral Therapy, writes: “Although ‘curing’ may remove the symptoms of a disease from the outside, so to speak, it usually leaves the underlying causes of the symptoms untouched.” (2) Remember, the pain is not the problem; it is a warning that there is a problem. When you correct the cause then the pain, inflammation and suffering will in almost all cases disappear.

## All infants need chiropractic



The newborn that knew only the warmth, softness, darkness, quiet and comfort of the womb is suddenly exposed to a cold, noisy, hard, harsh, blinding world. Separated from mother, often dangled from its heels and struck on its rear, these procedures can cause permanent physical trauma and emotional scarring. As one expert has stated: “The birth process, even under optimal controlled conditions, is potentially a traumatic, crippling event for the fetus...the application of standard orthodox procedures may prove intolerable to the fetus. Most signs of neonatal injury observed in the delivery room are neurological.” (3)

For these reasons all infants need a chiropractic checkup to see if they have subluxations (nerve stress) in their bodies. Subluxations may cause serious health problems in infancy and in later life. Chiropractors are specially trained to locate and remove subluxations helping your child’s body to work as naturally as possible.

There are numerous reports of babies suffering from colic; diarrhea; constipation; crying; vision, hearing, neurological, digestive and developmental problems and more responding to chiropractic care.

## Home birth or hospital birth?

The late Robert Mendelsohn, M.D. one of America's leading pediatricians, wrote: "If you have your baby in a hospital, you will be exposed to an array of obstetrical hazards. Having your baby at home is less risky. Procedures such as ultrasound diagnosis, internal fetal monitoring, excessive use of sedatives, pain relievers and anesthetics, pitocin-induced labor, and the temptation to resort to delivery by caesarean section, are largely avoided when you play it safe and have your baby in your very own bed."(4)

For these reasons, you'll find natural childbirth, home birth, breastfeeding and similar practices more common among chiropractors' families.

## In conclusion

Give your baby the best possible chance to have a healthy life. That includes natural childbirth, breastfeeding, and avoidance of drugs and medical procedures (except in emergencies). You have your baby's eyes checked, heart checked, hearing checked—why not include a chiropractic spinal checkup? It could change their lives.

## Chiropractic and Spinal Research

### Multiple sclerosis and chiropractic

Please watch this great YouTube video [http://www.youtube.com/watch?v=qjOtb6yM\\_ow](http://www.youtube.com/watch?v=qjOtb6yM_ow). It shows Montel Williams, who suffers from Multiple Sclerosis, getting adjusted upper cervically. "It's the most amazing thing that has ever happened to me!" – Montel Williams

### Lowered blood pressure and chiropractic

Chiropractic adjustments to the atlas vertebra are associated with marked reductions in blood pressure – a natural approach to healthcare instead of using dangerous drugs. (5)

### Ear infections and chiropractic

Research involving hundreds of children reveals that correction of subluxations results in improvement in ear infections without antibiotics or other drugs. (6)

### Uncontrolled asthma

A 6-year-old girl with three years of uncontrolled asthma was on several different drugs taken daily. She experienced an instant reduction in cough as reported by her mother. In 30 days, no medication was being used. Upon subsequent visits to the pediatrician, the patient also demonstrated a marked increase in lung volume. (7)



## Nutrition myth

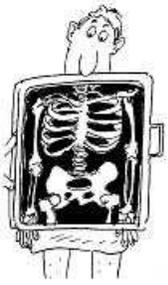
Myth: To avoid heart disease, we should use margarine instead of butter.

Truth: Margarine eaters have twice the rate of heart disease as butter eaters. (8)

## Sugar can ruin your sex life?

High levels of glucose and fructose can deactivate the sex hormone binding globulin gene (SHBG) that controls the amount of testosterone and estrogen in your blood. (9) In men this can lead to impotence and low libido. In women, in addition to low libido, it can result in diabetes, infertility, polycystic ovaries, acne and uterine cancer. (10) This is just another good reason to avoid junk food and especially anything with high fructose corn syrup (check labels when you shop). Use natural sweeteners and avoid artificial sweeteners.

## Did you know...?



- Initially, the numbers put on baseball uniforms were done in accordance with the player's position in his team's batting order, so Babe Ruth became 3, Lou Gehrig was 4, etc.
- You can use a drop of vodka on each lens to clean eye glasses without streaks.
- One 12-ounce glass of soda contains up to ten teaspoons of sugar.
- Champagne actually gets people tipsy faster than other alcoholic beverages because the carbon dioxide bubbles speed the alcohol into the bloodstream.
- Immigrants arriving at Ellis Island were served ice cream as part of their first American meal. Baffled, many attempted to spread it on their bread.
- Onions get their distinctive smell by soaking up sulfur from the soil. These sulfoxides, which form a mild sulfuric acid when they combine with the water in our eyes, are also what cause most of us to cry while chopping onions.

## Humor

### English Signs Abroad

Here are some signs and notices written in English that were discovered throughout the world. You have to give the writers an 'E' for effort.

In an advertisement by a Hong Kong dentist: Teeth extracted by the latest Methodists.

In a Bangkok dry cleaner's: Drop your trousers here for best results.

Outside a Paris dress shop: Dresses for street walking.

In a Rhodes tailor shop: Order your summers suit. Because is big rush we will execute customers in strict rotation.

A sign posted in Germany's Black forest: It is strictly forbidden on our black forest camping site that people of different sex, for instance, men and women, live together in one tent unless they are married with each other for that purpose.

In a Czechoslovakian tourist agency: Take one of our horse-driven city tours – we guarantee no miscarriages.

Advertisement for donkey rides in Thailand: Would you like to ride on your own ass?

In a Copenhagen airline ticket office: We take your bags and send them in all directions.

In a Norwegian cocktail lounge: Ladies are requested not to have children in the bar.

In a Budapest zoo: Please do not feed the animals. If you have any suitable food, give it to the guard on duty.

In the office of a Roman doctor: Specialist in women and other diseases.



Bye. 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.

