

Healthy Living Chiropractic Newsletter

Gateway Chiropractic Center

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In order to change we must be sick and tired of being sick and tired.

– Author unknown



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.

Take Charge of Your Health

Thursday, August 14, 2008—7 pm (Registration 6:30 pm)

The Plaza Hotel & Suites-Four Seasons I Room, W. Clairemont Ave.

NO CHARGE!!

Learn why nutrition is the foundation of good health.

Learn the benefits of whole food nutrition.

Understand the science behind Juice Plus.

Please RSVP 831-0955

Enjoy the summer

Relax, have fun, get plenty of sun, take hikes, laugh, do something different, explore, search for wonder and enjoy life. That's what summer is for (every season actually)!



And remember to stop in for a chiropractic checkup so you can enjoy it all to the best of your abilities. Bring the family. Chiropractic wakes up your body, sends energy over your nerves and brain and invigorates your senses.

Speaking of waking up, we think you'll find the article below very important:

Do not silence your inner voice



Your body is intelligent and filled with many wondrous mechanisms designed to keep you alive and healthy.

These mechanisms include symptoms such as pain, rash, fever, diarrhea, vomiting and others. Although unpleasant, these symptoms help your body heal, cleanse and restore itself to balance and harmony.

Symptoms tell us the body is struggling to regain balance and restore itself. If we suppress our symptoms (prevent them from doing their job) with medications and/or surgery the result can be harmful because illness may never leave but rather be driven deeper. John Upledger, DO tells this story:

“A friend and general surgeon with more than thirty years experience once confided to me that, in retrospect, he felt the majority of surgical procedures he had performed might be classified as excisions of the ‘vocal apparatuses’ of the inner selves of the patients.



He meant that by removing certain organs or tissues, he was eliminating the bodily voices that were attempting to communicate the presence of deeper emotional or spiritual problems in need of attention.” (1)

What's the best way to deal with uncomfortable symptoms? Work with them! Let them do their job. In their wake you'll be a healthier, stronger person. Chiropractors, by correcting subluxations, permit your body to function at its optimum so it may fully express its symptoms to burn off poisons, eliminate infection, cleanse, rest, rejuvenate and heal.

While medicine uses drugs to suppress symptoms, chiropractic promotes symptom expression. Chiropractic helps support your body's cleansing processes (symptoms), which are its self-healing mechanisms.

When we take drugs to suppress our aches, pains, fever and other uncomfortable symptoms we are silencing our inner voices. Rather, we each need to increase our sensitivity to it. It is constantly whispering to our every cell leading us toward greater wholeness, fulfillment and healing so we may enjoy a long, healthy, happy, loving life.

Wake up and pay attention to the small, subtle signs of physical or mental dis-ease now so your body and mind won't have to use serious illness to get your attention later. Listen to your heart. Observe your dreams. Often the best indicator of ill health or dis-ease is your own intuition.

Look for the subtle clues now. Practice health optimization now rather than disease treatment later. Don't wait – do it now while you still have the energy and the will to act.

The deadly influence of baby formula in America



Breastfeeding is growing in popularity and this groundbreaking analysis from noted author, health educator and advocate Dr. Linda Folden Palmer may be a rude awakening for the millions of Americans who still buy into the myth that infant formula is a safe breast milk substitute. Dr. Palmer compared the death rates of formula-fed and breast-fed babies and found that using formula **DOUBLES THE DEATH RATE** for American infants. (2) For both condensed and full, referenced versions of Dr. Palmer's report, see *Natural Family Online* at:

<http://www.naturalfamilyonline.com/BF/200312-formula-report.htm>
<http://www.naturalfamilyonline.com/BF/200312-formula-report2.htm>

Even the government acknowledges mercury (silver) dental fillings damage health

WASHINGTON (Reuters) - Silver-colored metal dental fillings contain mercury that may cause health problems in pregnant women, children and fetuses, the Food and Drug Administration said on Wednesday after settling a related lawsuit.... Charles Brown, a lawyer for Consumers for Dental Choice, said the agency's move represented an about-face. "Gone, gone, gone are all of FDA's claims that no science exists that amalgam is unsafe," he said in a statement. (3)



"Silver" amalgam (which is really about 50% mercury) is linked to MS, Parkinson's, depression, dementia, Alzheimer's, chronic fatigue, exhaustion, immune system weakness, infection, heart disease, cancer, arthritis and many other diseases. We recommend never having it put in your mouth and instead insist on your dentist using white composites which are readily available and much safer than mercury (silver) fillings.

Dentists especially trained in natural, non-toxic methods are referred to as biological or holistic dentists and can be located via an internet search.

Chiropractic and research



A 9-year-old female with diabetes mellitus, hypothyroidism and vertebral subluxations was experiencing hypoglycemic episodes and sleep disturbance. She received chiropractic care to correct her subluxations. Mother reported decreased need for insulin, decreased frequency of hypoglycemic episodes and improvement in sleeping pattern. Control of blood glucose levels was achieved and stabilization of the amount of insulin needed per day was reported. (4)

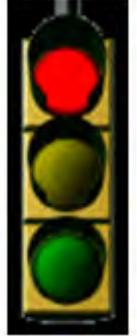
Nutrition do's and don'ts

Do's:

- Do drink plenty of good water.
- Do use sea salt.
- Do use good fats such as olive oil, coconut oil and butter.
- Do use raw milk and foods made with raw milk.
- Do eat a variety of different fruits and vegetables.
- Do eat organic food.
- Do eat meat from grass-fed pastured animals.
- Do eat eggs from free range, organic feed chickens.
- Do get sunlight – sunlight is a nutrient (just don't burn).

Don'ts:

- Don't drink water that is distilled or has chlorine or added fluoride.
- Don't use NaCl (table salt).
- Don't use oils that are unnatural or tend to rancidity. Especially stay away from canola, corn and vegetable oils and margarine.
- Don't use meat from grain fed cows (cows are supposed to eat grass).
- Don't use pasteurized milk or milk products (if possible).
- Don't eat refined carbohydrates, soda (pop) or other refined foods.
- Don't use aspartame (NutraSweet™) or other artificial sweeteners.
- Don't use sunscreen (it's linked to cancer and blocks the most healing of the sun's rays).



Humor

Reasons why the English language is so hard to learn:

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the Polish furniture.
5. He'd be able to lead if he would get the lead out.
6. The soldier decided to desert his dessert in the desert. [Triple whammy!]
7. Since there is no time like the present, he thought it was time to present the present.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.
11. The insurance was invalid for the invalid.
12. There was a row among the oarsmen about how to row.
13. They were too close to the door to close it.
14. The buck does funny things when the does are present.
15. A seamstress and a sewer fell down into a sewer line.
16. To help with planting, the farmer taught his sow to sow.
17. The wind was too strong to wind the sail.
18. After a number of injections my jaw got number.
19. Upon seeing the tear in the painting I shed a tear.
20. I had to subject the subject to a series of tests.
21. How can I intimate this to my most intimate friend?



Bye. See you next month. Don't forget to stop by for a chiropractic checkup – it'll make your summer happier and healthier.

