

Gateway Chiropractic Center

3519 Gateway Drive
Eau Claire, WI 54701

715-831-0955

www.GatewayToMyHealth.com



I desired to know why one person was ailing and his associate, eating at the same table, working in the same shop...was not. Why? What difference was there in the two persons that caused one to have disease while his partner...escaped? Why?

– D.D. Palmer, Discoverer of Chiropractic, *The Chiropractor's Adjuster*, 1910

Events Coming Up...

The Fitness Effect: Learn about health and wellness through eating a proper diet and exercise...the old fashioned way!

*At Gateway Chiropractic Center

*1/22/2009 6-7pm

Healthy Happy Kids: Learn about health and wellness for kids and find out ways to get them to eat their fruits and veges!

*At the Family Resource Center

-free childcare available!

*1/27/2009 6-7pm

Both events will include information about Juice Plus to help fill the gaps in your healthy diet.

Give the Gift of Health for 2009!

Our 2009 pocket calendars are finally in and they are very nice!

Let us know if you need a planner to help keep track of your Chiropractic, rehab, massage and reflexology appointments!

Inside, we have included special discount cards for a free consultation and examination for a new patient in our office.

Give these cards to your friends and loved ones to share the "gift of health" with them.

There's no better gift this holiday season!

Massage Therapy Gift Certificates Available...another way to share the gift of health!

Consider a massage gift certificate for your loved ones this holiday season...they will thank you for it!

Why not try Lymphatic Massage??

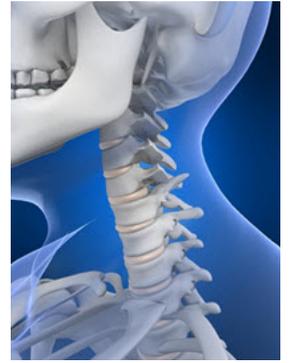
A very gentle, yet profound treatment. Try this if you're feeling tired and low on energy, if you've been sick and feeling like your body is fighting to get back on track...athletes, surgical patients, fibromyalgia and chronic fatigue sufferers.

Treatment takes approx. 60 minutes...Rate \$60

Your incredible neck

Your neck is made up of seven bones, referred to as cervical vertebrae, with discs between them.

There are a lot of structures in your neck. Your bones are strapped together with ligaments; tendons attach your bones to muscles and your neck is full of muscles that attach from your head and vertebrae to your ribs, shoulder blade (scapula), collar bone (clavicle), breastbone (sternum) and other structures in your chest. You've also got millions of nerves, blood and lymphatic vessels all over the place. In addition, there's a food tube (esophagus), an air tube (trachea), a voice box (larynx) and so many more things it would take many pages to discuss them all. Your neck is a very busy place.

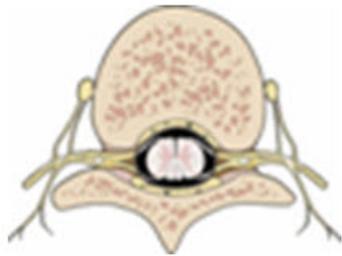


Your neck vertebrae are numbered from top down, C-1, C-2, C-3 all the way to C-7. Two neck vertebrae have special names: C-1 is also called the atlas (because it holds the globe of the skull) and C-2 is referred to as the axis (because it is involved in the turning of your head).

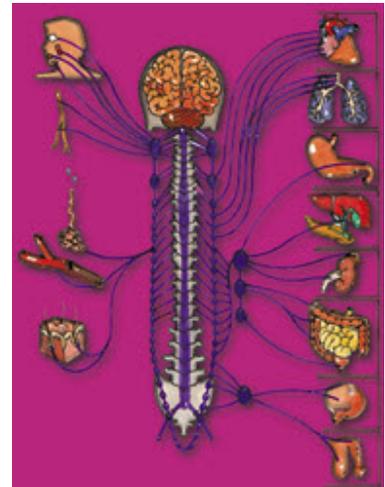
Chiropractors pay particular attention to the neck because inside your neck, inside your vertebrae, is a special canal: the spinal canal. Your spinal cord passes through your spinal canal. If the neck vertebrae are not properly aligned, the billions of nerves making up your spinal cord may be affected.

The result? A misalignment (subluxation) of a cervical (neck) vertebra can cause almost any health problem. Your resistance to disease, your immune system, your brain, your internal organs – all can be adversely affected by an unhealthy neck.

The spinal cord



The illustration to the left is a cross section through one of your vertebra looking down. In the center lies the spinal cord – a tight bundle of *billions* of nerves that starts in the brain and travels down the spine. Nerves exit from your spinal cord and go to every part of your body. The illustration shows your nerves (in pale yellow) exiting from the spinal cord. The illustration to the right shows the connections between your nerves and your organs.



What chiropractors do

Chiropractors are highly trained professionals that analyze your body structure for distortions known as subluxations. Subluxations put stress on your nerves and can affect the function of your discs, muscles, joints, internal organs, and your immune, digestive, eliminative and other body systems.

Using the art of the chiropractic adjustment, Doctors of Chiropractic correct your subluxations, restore your body structure and release stress from your nerves. The result is a healthier, happier you.



This is a photo of one kind of spinal adjustment to the atlas vertebra that sits just under your skull. There are many ways chiropractors can adjust the atlas (C-1). An atlas subluxation can affect your entire spinal column and therefore the health of your entire body. Chiropractic has developed over

100 different safe, gentle and effective ways of analyzing and adjusting your spine so you'll be free of health-damaging subluxations.

Chiropractic and spinal research (from our archives)

Did you know there are thousands of papers describing the wonders of chiropractic and spinal care in health and disease? Remember: a person with any kind of health problem needs chiropractic. Being free from subluxations could make a big difference in any disease. Feel free to send these studies to anyone you know.



Bipolar disorder. A 52-year-old man diagnosed with bipolar disorder sought chiropractic care for lower back pain. The man had symptoms of depression, anxiety and jerky, uncontrolled movements on one side of his body. He was adjusted using Thompson Technique protocol and advised on the benefits of omega-3 fatty acids. After 4 visits, the jerky movements associated with his anxiety attacks had subsided and his depressed state had improved. (2)

Headache, neck pain, arm pain. An analysis of forty-seven random controlled trials reviewed chiropractic care for headaches, neck pain, cervico-brachial pain and/or upper back pain. It took a mean of 17 visits to resolve headaches, neck pain and upper back pain. (3)

High blood pressure. Atlas vertebra subluxations were found associated with decreased blood to the brainstem and increased blood pressure. Fifty patients with Stage 1 hypertension received either an upper cervical adjustment or a sham procedure. Patients received no drugs during the 8-week study. At week 8, there were significant reductions in systolic and diastolic BP for the group receiving adjustments. The authors wrote “restoration of Atlas alignment is associated with marked and sustained reductions in BP similar to the use of two-drug combination therapy.” (4)

The ant nebula



The ant nebula, a cloud of dust and gas whose technical name is Mz3, resembles an ant when observed using ground-based telescopes. The nebula lies within our galaxy between 3,000 and 6,000 light years from Earth.

Natural birthing

If left alone in labor, the body of a woman produces most easily the baby that is not interfered with... If left alone, just courage and patience are required.

– Grantly Dick-Read, *Childbirth without Fear*

More information on natural childbirth at: <http://www.icpa4kids.org/research/pregnancy/natural.htm>

Humor

WHAT IS A GRANDPARENT?

(taken from papers written by a class of 8-year-olds)



Grandparents are a lady and a man who have no little children of her own. They like other peoples'.

A grandfather is a man & a grandmother is a lady!

Grandparents don't have to do anything except be there when we come to see them.

They are so old they shouldn't play hard or run. It is good if they drive us to the shops and give us money.

When they take us for walks, they slow down past things like pretty leaves and caterpillars.

They show us and talk to us about the color of the flowers and also why we shouldn't step on 'cracks.'

They don't say, 'Hurry up.'

Usually grandmothers are fat but not too fat to tie your shoes.

They wear glasses and funny underwear.

They can take their teeth and gums out.

Grandparents don't have to be smart.

They have to answer questions like 'why isn't God married?' and 'How come dogs chase cats?'

When they read to us, they don't skip. They don't mind if we ask for the same story over again.

Everybody should try to have a grandmother, especially if you don't have television because they are the only grown ups who like to spend time with us.

They know we should have snack-time before bedtime and they say prayers with us every time and kiss us even when we've acted bad.

A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport and when we want her we just go get her. Then when we're done having her visit, we take her back to the airport."

Grandpa is the smartest man on earth! He teaches me good things but I don't get to see him enough to get as smart as him!

It's funny when they bend over, you hear gas leaks and they blame their dog.



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