

Gateway Chiropractic Center
3519 Gateway Drive, Eau Claire, WI 54701
715-831-0955
www.GatewayToMyHealth.com

Enjoy the benefits of Chiropractic, the largest natural, drug-free, healthcare system in the world. Families are discovering that chiropractic care promotes health and healing without dangerous drugs. More and more people are turning away from symptom treatment and choosing natural ways of expressing health.

Tired of being sick and tired? Welcome to the world of chiropractic – discover how natural health can be.

Check it out...

***2010 planners/calendars are here! If you haven't received one from the doctors yet, please ask for one.

***Each planner has a 2 **gift cards** inside. Give the gift of health...share Chiropractic care with your friends and family. Share with them how Chiropractic care has helped you.

*****Massage gift certificates are here!!!** This is another way to give the gift of health this season. 30min-\$40, 60min-\$60, 90min-\$90

*****Do you have health related goals for the New Year???** **Sign up today** for "Introduction to Health and Wellness" class. Learn nutrition basics, diet myths, developing healthier habits, understanding supplements, meal planning tools.

Wednesday, January 20, 2010 6-8pm at Gateway Chiropractic Center
\$40 includes text

Your chiropractor's goal

Your chiropractor's goal is to assist your body to regain optimal functioning by removing blockages and deep stress so that balance and harmony among your body's systems can be restored. That is especially important for children.

Kids and Chiropractic – perfect together



Throughout your children's lifetimes – from infancy into adulthood – chiropractic care can help ensure your child's physical and emotional health. Over a century of success in helping children regain and retain their health has made chiropractic the healthcare of choice for millions of parents and their children throughout the world.

Chiropractors are specially trained to locate and release blockages commonly caused by tiny misalignments of the structural system. These blockages (called subluxations) create disease (disharmony) which can lead to lowered resistance to disease, organ malfunction, poor posture, pain, and physical and emotional illness. (1)

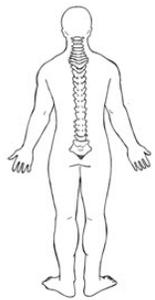
Chiropractors have helped babies suffering from nearly every condition imaginable: colic, vomiting, sleeping problems, tonsillitis, vision and hearing problems and many, many others. (2-4)

It is not unusual to hear parents state that since starting chiropractic care their children get sick less frequently, less severely, have less or no ear infections and take less (or no) antibiotics and other drugs. (5-7) Many conditions such as asthma and allergies have responded to chiropractic care as well. (8-9)

In addition there are reports of chiropractic care helping children suffering from autism. Some of these children have been reevaluated and later re-diagnosed as normal after chiropractic care. (10-11)

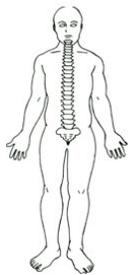
Academic Performance

Both clinical reports and research have reported chiropractic's success with dyslexia, attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD), lack of energy or "low mental stamina", anxiety and behavioral problems. (12-13)



Sports Performance

Improvements in coordination and athletic ability have also been noted as a result of chiropractic care. (14-18) Chiropractors are "team doctors" for athletes in all kind of sports from tennis, swimming, golf and track-and-field to football, basketball, baseball, ice hockey, handball, rugby, soccer and Olympic and professional teams. Chiropractic care helps athletes function at their peak to maintain their "competitive edge." (19)



Chiropractors can help prevent injury by keeping your child balanced and functioning free of spine and structural stress. Chiropractic care can prevent minor injuries from becoming major ones, without the use of drugs or surgery. (20)

Chiropractic care for children makes a big difference no matter what their age. Keep your children healthy, ensure their natural self-healing ability functions at its peak and help them grow into their physical and emotional potential with chiropractic.

Chiropractic Research

Still more reasons to show that all people, no matter what their health, need chiropractic care.

Asthma & bedwetting. In May 1987 at the age of 22 months, this male child was medically examined and diagnosed with asthma. In an attempt to control the asthmatic symptoms, two medications were prescribed.

On May 20 1988, at two-years and ten-months-old, the child was seen for chiropractic examination and evaluation and, from that date to August 3, 1991, the child received 28 chiropractic adjustments. Dramatic improvement of asthma and enuresis followed the series of chiropractic adjustments. (21)

Lung (pulmonary) function and chiropractic. It is known that abnormal posture of the head and neck influences breathing and other bodily functions. A study of 11 patients was designed to test the effect of chiropractic adjustments on neck curve, forward head posture and pulmonary function. In addition to chiropractic structural analysis, patients' lung functions were also analyzed including lung capacity.

After 3-6 months of care the subjects showed improvements in (neck) cervical curve, reduction in forward head posture and improved lung function. (22)

Good fat, bad fat

Avoid bad fats

Bad fats are linked to heart disease, cancer, arthritis and many other chronic illnesses. If anything in your refrigerator or pantry has any of the following bad fats in the ingredients do yourself and your family a favor and dump them in the garbage:



- Hydrogenated oils
- Partially hydrogenated oils
- Cottonseed, soybean, canola and vegetable oils
- Trans-fats
- Especially avoid margarine or butter oil "spreads" or "blends"

Partake of good fats

Good fats promote health and healing. Good (saturated) fats include:

- Butter (especially from raw milk and grass fed cows)
- Olive oil (virgin and cold pressed)
- Coconut oil
- Fish oil (smaller fish such as herring, sardines etc. are best)
- Avocados

Remember – good fats are good for you and bad fats can kill you. People that use good fats are thinner, have more energy and are healthier.

Are high fat diets dangerous? Even though this study did not distinguish between the kind of fat used, this study helped de-demonize fats. In it researchers studied 88,795 women over the course of 14 years, and what did they find? Not one sign that high-fat diets promote breast cancer. There was not one indication that low-fat diets were protective. (23)

Did you know...

- Mammograms do more damage than good, and actually HARM 10 women for every one they help?
- The \$4 billion-a-year mammogram industry urges women to rely on x-ray tests to protect their health. But what they don't tell you is mammograms are really unnecessary and even harmful.

A study by researchers from the Nordic Cochrane Center in Denmark reviewed the benefits and negative effects of seven breast cancer screening programs on 500,000 women – and the results were shocking. For every 2,000 women who received mammograms over a 10-year period, only one would have her life prolonged, but 10 would be harmed. Mammograms can actually *increase* a woman's risk of developing breast cancer by as much as *3 percent per year* by irradiating the breast cells and triggering breast cancer. (24)

Vitamin K shot

Hospitals like to administer (sell) a synthetic, fat-soluble vitamin K injection to all newborns in a dosage that is 100 times the daily requirement of vitamin K at one time!



If a mother is not malnourished, however, there is no proof that there is a vitamin K deficiency and the injection is needless.

Further, hospital staff don't tell you that large doses of vitamin K are linked to childhood cancers, leukemia, jaundice and other severe reactions, including death. Animal studies link vitamin K to liver damage, kidney damage and death. Additionally, synthetic vitamin K has never been studied to see if it causes cancer or impairment of fertility.

A *Lancet* study reports, "We conclude that healthy babies, contrary to current beliefs, are not likely to have a vitamin K deficiency... the administration of vitamin K is not supported by our findings...." (25)

Please share this to everyone you know who is pregnant.

FUN PUNS

1. The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
9. Time flies like an arrow. Fruit flies like a banana.
10. A hole has been found in the nudist camp wall. The police are looking into it.
11. Atheism is a non-prophet organization.
12. Two hats were hanging on a hat rack in the hallway. One hat said to the other, 'You stay here; I'll go on a head.'
13. I wondered why the baseball kept getting bigger. Then it hit me.
14. A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
15. A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said, 'No change yet.'
16. A chicken crossing the road is poultry in motion.
17. The short fortune-teller who escaped from prison was a small medium-at-large.
18. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
19. A backward poet writes inverse.
20. In democracy it's your vote that counts. In feudalism it's your Count that votes.

