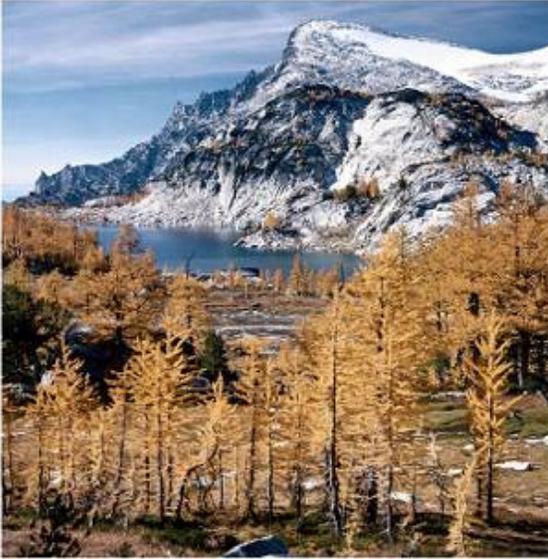
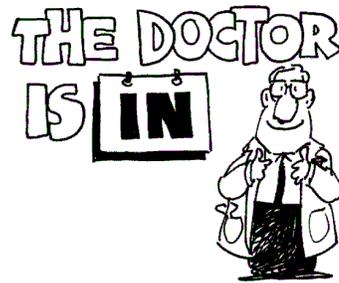


Healthy Living Chiropractic Newsletter  
**Gateway Chiropractic Center**  
3519 Gateway Drive, Eau Claire, WI  
**715-831-0955**  
**www.GatewayToMyHealth.com**

**Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).** (References available upon request)



*Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved. – Helen Keller*



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### **Common coffee additive may cause diabetes**

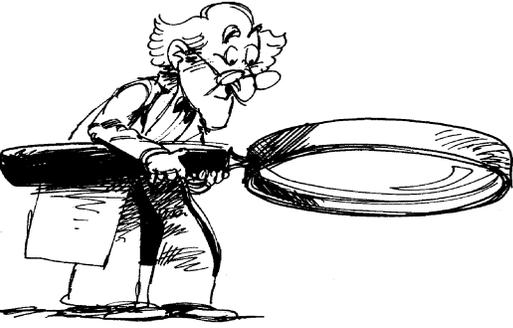
There is something added to our coffee that makes it extremely unhealthy. We're not talking about all the sugar or fat-laden cream – its the chlorinated water! Chlorine and coffee don't mix. When chlorine combines with any organic compound it creates a dangerous class of chemicals called dioxins: specifically alloxan, a poison that destroys the beta cells of the pancreas (the ones that produce insulin). (9) In fact, researchers use it to induce diabetes in laboratory animals.

Coffee has been implicated as a cause of pancreatic cancer. (10) Chlorine also combines with organic materials to form trihalomethanes, which increase the risk of bladder and rectal cancers. The risk increases as the exposure to chlorinated water increases. (11)

If you must drink coffee at least avoid it if it's made with chlorinated water. When buying a cup of coffee, ask if they use filtered water. If they don't know, assume the water is chlorinated.



## Wherever you go, there you are



In modern times researchers have developed the habit of describing the human body in terms of the latest scientific discoveries.

For example, as machines became more complicated, scientists started to describe the body as an incredibly complicated machine with levers and pulleys and interconnecting parts.



When electricity was discovered and harnessed we began to describe the body as filled with this amazing “vital” life energy that animates all the “mechanical” parts.

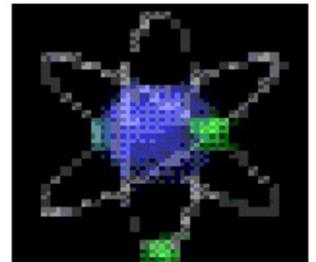
After computers were invented, we likened the body to a vast computer that is able to run thousands of programs simultaneously.

The list goes on and on: holograms, artificial intelligence, atomic and quantum physics (and more).



Rest assured, however, that whatever we invent/discover next, whatever mystery of the universe is revealed by science, we will find it “old news” as we rediscover that the wondrous wisdom that created our wondrous bodies has been incorporating it for millennia.

We must respect the body as incredibly wise. The body creates symptoms (fever, headache, aches, pains, chills, nausea, vomiting, diarrhea) for a reason. Symptoms help clean the body, ridding it of poisons and burning off infections, to bring us back to balance.



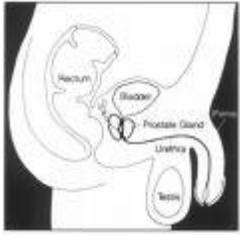
So rather than fight the symptoms your body has created – by using drugs to artificially lower fever, dry up mucous membranes, suppress cough and other discharges – we should understand that these symptoms have a purpose.

For example, research reveals that people who have a history of infectious diseases, including colds and flu, suffer from less cancer and heart disease. Childhood diseases are associated with a lower cancer risk in adulthood. (1-2)

A sick person should be comforted and cared for as the body does its job of healing, cleansing and repair. Natural health providers recommend cleansing diets, herbs, enemas, homeopathic remedies and other means to keep the body comfortable and promote natural discharge and elimination. Chiropractic care is essential to ensure the body is free of subluxations so it will function more efficiently to expel poisons and heal.

No human doctor can match the wisdom of the body. We can only hope to work with the body as best as we can. Sickness and disease should be seen as opportunities to create deeper, more lasting health.

## Keep your prostate (even if it's cancerous?)



Do you know anyone who's been told they need to have their prostate removed? Before they make their decision they should look at two research papers that confirmed what has been mentioned in other medical journals (but forgotten): that men with prostate cancer who have surgery don't live any longer than men who have prostate cancer who choose not to have surgery.

In these studies 695 men with prostate cancer were divided into two groups: one had their prostates removed (radical prostatectomy) and the other didn't. "Watchful waiting," the MDs called it. The men were watched for 6.2 years. The result? No difference in death rates. But there's more – 80% of the men in the surgery group became impotent, compared to 45% in the non-surgical group. About 50% of the surgical group were incontinent compared with 21% in the no-surgery group. My advice – go natural. Get chiropractic care; explore alternatives. (3-4)

## Ritalin may hinder growth

According to Stephen R. Hinshaw, Ph.D., professor and Chair of the Department of Psychology at the University of California, Berkeley, children taking Ritalin grow one inch less in a two-year period than children not taking the drug. (5)

## Chiropractic and spinal research



Remember: everyone, no matter what condition they may have, needs chiropractic care to ensure their body is working without subluxations. If you have any specific questions please feel free to contact us.

**Hyperactivity.** This is the case of an 8-year-old child with many learning and behavioral disorders associated with ADHD. Symptoms began shortly after the child experienced a fall (18 months earlier). Physical examination revealed the child to have cervical (neck) subluxations. Following two months of care, his mother noted positive changes in behavior and reduction in his complaints of headaches and neck pain

symptoms...reports from his teachers at school remarked on the positive changes in his behavior and improvements in academic performance. (6)

**Angina pectoris.** Angina pectoris, commonly known as chest pain, affects more than 6 million Americans every year. The painful and sometimes suffocating attacks can be brought on by a lack of oxygen in the blood due to the heart working overtime. In this study positive results were shown for weekly chiropractic adjustments in patients with a specific type of angina.

Fifty patients diagnosed with cervicothoracic angina (CTA), chest discomfort originating from the cervical spine and the thorax, were given chiropractic care. There were 225 patients in the control group.

Approximately 75% of the chiropractic group reported an improvement in pain and general health. The control group recorded a 22 to 25% improvement. (7)

## Read this before saying yes to a bypass, angioplasty or stents

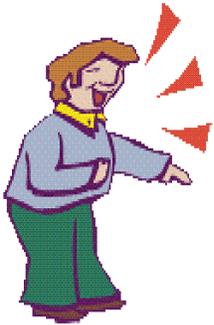
“About 1.6 million Americans undergo heart bypass surgery, angioplasty or stent procedures annually – even though there’s no evidence that these procedures prolong life or prevent future heart attacks in the majority of patients.

“The three-year survival rate for most patients who have had bypass surgery is almost exactly the same as it is for patients with heart disease who don’t have surgery.

“The vast majority of patients with heart disease can reduce the risk of a future heart attack by up to 80% - without undergoing expensive and risky procedures.

“Most bypass and stent procedures are the equivalent of cosmetic cardiology. They make blood vessels appear healthy but do little to reduce heart attack risk. In fact, most heart attacks are caused by tiny blockages that can be hard to detect – and these blockages often are not in the blood vessels that triggered all the concern in the first place. The mortality from bypass surgery ranges from 3%-5%. More than 50% of patients may experience cognitive difficulties, and patients who have bypass surgery are nearly four times more likely to suffer a subsequent stroke. These are poor odds for procedures that don’t necessarily prolong life or make patients healthier.” (8)

### Humor



A Sunday school teacher asked her children as they were on the way to services, "And why is it necessary to be quiet?"

One bright little girl replied, "Because people are sleeping."

Six-year-old Angie and her four-year-old brother, Joel, were sitting together in synagogue. Joel giggled, sang, and talked out loud.

Finally, his big sister had had enough, "You're not supposed to talk out loud in synagogue." "Why? Who's going to stop me?" Joel asked.

Angie pointed to the back of the synagogue and said, "See those two men standing by the door? They're hushers."

A father was at the beach with his children when his four-year-old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand.

Daddy, what happened to him?" the son asked.

"He died and went to Heaven," the Dad replied.

The boy thought a moment and then said,

"Did God throw him back down?"

A wife invited some people to dinner.

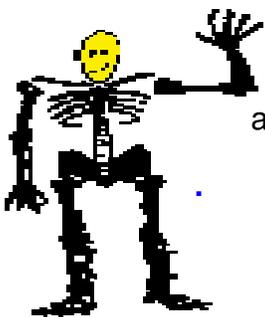
At the table, she turned to their six-year-old daughter and said,

"Would you like to say the blessing?"

"I wouldn't know what to say," the girl replied.

"Just say what you hear Mommy say," the wife answered.

The daughter bowed her head and said, "Lord, why on earth did I invite all these people to dinner?"



Bye. See you next month. Don't forget to stop by for a spinal checkup and an adjustment. And bring in the family too – for a healthier winter!