

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

**HAPPY Summer!!!!!!**



**Get lots of sun, exercise, good food, rest, relaxation and excitement. Life is meant to be enjoyed.**

**2<sup>nd</sup> Annual  
Patient Appreciation Picnic!!**

**Thursday, July 19<sup>th</sup>  
5-7pm  
Oak Pavilion at Carson Park**

**Enjoy dinner with us, play some games,  
and watch the doctors get dunked in a  
tank!**

**Bring your friends and family to join in  
the festivities!**

**Please RSVP 831-0955**

**\$10 Savings Coupon**

**Aromatherapy Nature's Way  
Joyce Sobotta**

**Certified Reflexologist~Aromatherapy Certification~Ionic Detox Foot  
Bath**

**Clip this coupon for \$10 off Reflexology/Ionic Foot  
Bath Combo (\$60 value)  
Or**

**Free Aromatherapy consultation and \$10 off your  
choice of essential oils (\$60 value)**

**Phone 878-4474 or 828-0117 (Cell)**

**[jrsobotta@charter.net](mailto:jrsobotta@charter.net)**

**[www.aromatherapynaturesway.com](http://www.aromatherapynaturesway.com)**

## Discover chiropractic!



Each year millions of people enjoy the most popular natural, drug-free health care system in the world – chiropractic!

Everyone from the very young to the very old can benefit from safe and gentle chiropractic care.

Why live with health problems when you can live without them?

Discover chiropractic – discover how natural healing can be.

## Chiropractic and energy



“Doctor, I feel so tired all the time.”

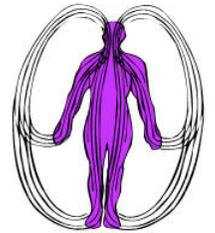
Lack of energy is one of the most common complaints patients have. Doctors hear it all the time. While a medical doctor might recommend prescription “uppers” or stimulants, most people self-medicate.

Every morning an ocean of coffee and sodas are swallowed by a population needing their morning “fix.” Donuts, sugar-filled “snacks” and other junk food give a high that’s followed by a mid-morning crash which is followed by another sugar and caffeine high ... and while riding this roller-coaster the person’s overall health deteriorates.

## What causes energy depletion?

One of the most common causes of energy loss is an unbalanced body structure. It saps your energy. How?

Let’s imagine that you carried a bowling ball at your side for a few minutes. “No problem,” you may say. But now move that bowling ball a few inches from your body and try it. “Whew, this is getting heavy,” you’d say. That’s because it takes lots more energy to hold it away from you.



It’s the same with your body. If your head or neck or hips or any other body part were out of alignment with gravity (even a tiny bit) it would drain your energy. Your muscles that work to keep you upright would be off-balance; some would work extra hard and stay tight and contracted (or even go into spasm) while others would be loose and weak.

Tension in your body from imbalance can also affect blood and cerebral spinal fluid (CSF) flow to your brain and other internal organs.

Whew! Doesn’t that sound exhausting?

## What can chiropractic do?

Your chiropractor is specially trained to locate areas of imbalance in your body that are causing unnatural pressure on your skeletal structure and nervous system. This imbalance can drain your energy and cause weakened resistance to disease, ill health, premature aging and chronic fatigue.

Chiropractic care can improve your quality of life, giving you more energy and physical and mental health. (1-4)

Why wait? Fatigue or exhaustion may be just the first sign of subluxation deterioration that can affect your vertebrae, discs, muscles, joints and internal organs.

If you know anyone who is tired all the time, living on coffee, sugar and other stimulants, please suggest chiropractic care.

## **Gardasil dangers starting to emerge**

Gardasil, the so-called cervical cancer vaccine, is intended to prevent 4 types of HPV (Human Papillomavirus). According to the Gardasil package insert, there are more than 100 types of HPV!

"Post-market surveillance" is what is revealed *after* a product is on the market and you learn its effect on the general population. In one school 26 girls were sickened and five hospitalized after receiving Gardasil. (5) But that's only the tip of the iceberg.



At least 1,637 Gardasil reactions have been reported to the FDA including at least three deaths, spontaneous abortion and paralysis. Since only 1 in 10 vaccine injuries are usually reported to the FDA, this data may reflect only a fraction of the true number.

"The FDA adverse event reports on the HPV vaccine read like a catalog of horrors," says Tom Fitton, Judicial Watch president. It looks as if an unproven vaccine with dangerous side effects is being pushed...."

One reaction reports a coronary artery thrombosis and sudden cardiac death. "Collapsed and died...large blood clots [in heart]." Another woman died of a blood clot 8 hours after getting Gardasil. (6-7)

Simply because a product has FDA approval doesn't mean it is safe or effective. The only type of immunity that has a proven safety record is natural immunity – the kind proper nutrition and chiropractic care can promote.

## **New York Yankees and Chiropractic**



The Yankees are hiring a team chiropractor. This may have come about because of several newspaper articles about center fielder Johnny Damon.

"My chiropractor is amazing," Damon said. "I just hope it translates into better results on the field, not just for me, but for the team." (8)

## **Where's the beef?**

There is an increased interest in the quality of the food we eat, not just its quantity. Grass-fed animals apparently are far healthier for us than animals raised in pens and fed foods that simply bulk them up (and are pumped full of antibiotics). Check out this comparison.

### **Grass-fed animal products**

4 times more CLA than grain-fed beef

CLA benefits include

- anti-carcinogenic properties
- increases lean body mass
- prevents arteriosclerosis
- slows or halts diabetes

Ideal Omega 6:3 ratio of 2:1

1/3 fewer calories than grain-fed beef

High in branch chain amino acids

Risk of E. coli bacteria is minimal

No animal by-products, non-irradiated, no antibiotics, no hormones, starch free diet.

2-4 times more vitamin A and E than grain-fed beef – reduces risk of cancer and heart disease

### **Grain-fed animal products**

Insignificant amount of CLA

Omega 6:3 ratio of 20:1 is adverse to health

More total fat and higher % of saturated fat

Less vitamins A and E

1/3 more calories

Acidic digestive system from grain diet leads to greater risk of E. coli bacteria presence

Antibiotic added daily to feed, growth stimulating hormone routinely used, irradiated meat (sold in most markets), very high starch diet (9)

### **Protect yourself from cancer with food**

Traditionally cancer was viewed as a deficiency disease. Can improved nutrition improve your chances of preventing cancer and improve your chances of surviving it? The Weston Price Foundation advises:

*Once a rare disease, cancer is now widespread, affecting as much as one-third of the population. The rise in cancer in the West has paralleled the rise in factory farming and the use of processed foods containing vegetable oils and additives.*



*Orthodox methods for treating cancer (radiation and chemotherapy) do not prolong life.*

*The best approach to cancer is prevention.*

*Traditional diets, containing animal and plant foods farmed by nontoxic methods, are rich in factors that protect against cancer. Many of these protective factors are in the animal fats. Vegetarianism does not protect against cancer. In fact, vegetarians are particularly prone to cancers of the nervous system and reproductive organs.*

Read the rest of the article at:

[http://www.westonaprice.org/moderndiseases/cancer\\_broch.html](http://www.westonaprice.org/moderndiseases/cancer_broch.html)

### **Humor**

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

The older we get, the fewer things seem worth waiting in line for.

Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf.



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 summer!