

# YOUR GATEWAY TO BETTER HEALTH

**GATEWAY CHIROPRACTIC CENTER**  
3519 Gateway Drive, Eau Claire, WI 54701



## Vacation Back!!

My husband and I just returned from a weekend vacation. We had a great time! Unfortunately, I returned with a case of vacation back. Backaches following vacations are common. We take care of patients daily who are suffering from vacation back. I know you're probably saying "Aren't vacations supposed to be relaxing and fun?" For the most part they are and I definitely had a good time. However, there are things that we do on vacation that definitely cause a backache. Here are a few examples:

- ◆ Riding in an automobile for several hours
- ◆ Tensing up while an-

swering the questions "Are we there yet?" and "How much further is it?"

- ◆ Carrying heavy luggage
- ◆ Lifting heavy luggage in and out of the trunk
- ◆ Running through the airport to catch a connecting flight
- ◆ Becoming tense due to flight delays
- ◆ Sleeping in a different bed
- ◆ Sleeping with a different pillow
- ◆ Sleeping on the ground while camping

- ◆ Riding amusement park rides
- ◆ Playing too much golf
- ◆ Walking on sand at the beach
- ◆ Carrying a tired child while sightseeing

I'm sure the list is longer, but I think you get the point. My most recent case of vacation back was caused by long hours driving in the car and dancing in dress shoes at a wedding. Thankfully as with most of our patients I will be as good as new after a few adjustments.

If you return from a trip with a case of vacation back, call your chiropractor immediately.

### Special Points of Interest:

#### ◆ Guest Speakers:

**July 13th: Ron Ehli from Nutrition Dynamics, speaking about arthritis and natural/nutritional treatments**

**August 11th: Keith Beckstrom, speaking about massage therapy**

**September 20th: Richard Marano, CH, from the Hypnosis Center of Eau Claire, speaking about the benefits of hypnosis**

- ◆ Join us on Thursday, July 15th for an Eau Claire Cavaliers baseball game! Prizes will be given out at every inning. The Marshall Star Band plays at 6:30pm, the game starts at 7:30pm. Pick up your free tickets at the office!

### MARK YOUR CALENDAR!

#### Health & Stress Workshops: (6:30-7:30pm)

Wednesday, July 21st  
Tuesday, August 17th  
Monday, September 13th

#### Community Spinal Screenings:

**Eau Claire Athletic:**  
(varied times-call for info)  
Wednesday, July 14th  
Monday, August 9th  
Wednesday, September 8th

**Highland Fitness:**  
(varied times-call for info)  
Monday, July 19th  
Monday August 23rd  
Monday, September 20th

**International Fall Festival**  
Saturday, September 18th  
10 am-6pm  
Look for our booth!



## Bring Home the Gold!!



Gateway Chiropractic Center is hosting a fundraiser for The World's Greatest Athlete Decathlon Club to help them bring back the Gold to the United States. These great Olympic athletes depend a great deal upon chiropractic care to prevent injuries and reach a maximum level of performance. Decathlon club member who is the current 2003 World Decathlon Champion, Tom Pappas, declares, "I'm relying on chiropractic care to help me bring home the Gold medal from the 2004 Olympics."

•From July 1st through July 31st the clinic will be donating the first day services (consultation, exam and x-rays) to new patients in exchange for a minimum donation of \$15 (tax deductible) to the World's Greatest Athlete Decathlon Club. For those that are already benefiting from chiropractic care, \$1 will be donated for each service performed during the month of July.

•In addition, there will be a raffle during the month of July in which patients can submit one entry per visit. At the end of each week, an entry will be drawn to win a prize. At the end of the month, one lucky patient will win a bag filled with \$50 in gold coins!! They will truly be "Bringing home the gold"!

**Office Hours: Monday-Friday (8:00AM—6:00PM) CALL 831-0955**

# Arthritis: The Chiropractic Approach

Arthritis is a disease of the whole body, most dramatically affecting the joints. Osteoarthritis, also known as degenerative joint disease, is the most common arthritis of all. Almost everyone over the age of 50 has a touch of it. In many people there are few symptoms, others have pain and some are even incapacitated by it.

Osteoarthritis often results from an unbalanced spine creating stress on the joints. Your body grows extra bone material in the joints to help deal with the stress. These bone growths can compress nerves, causing pain and affecting internal organs.

Medical treatment offers no cure for arthritis. Since the underlying cause is unknown, symptom treatments include a lifetime of drugs for the pain and inflammation in addition to hot packs and exercises. If a joint becomes severely deteriorated, then surgery may be considered. Aspirin, while it may reduce the stiffness and inflammation, may require 8 to 24 tablets a day and can cause stomach irritation, bleeding and ulcers. In fact, approximately 10,000 arthritic sufferers die every year from the gastrointestinal complications of various arthritic drugs.

For over a century, arthritic

patients have benefited from chiropractic care. Chiropractic care has on occasion even reversed osteoarthritis, something previously considered impossible. And yet, chiropractic is not a treatment for arthritis. Chiropractic is a system of health care that improves the functioning of your entire body by removing or releasing blockage from your spine called vertebral subluxations. Vertebral subluxations weaken your nerve system and immune system, weakening your body. This can set the stage for sickness and diseases of all kinds... arthritis included.

Anyone with arthritis needs to

consult a chiropractor for a spinal checkup to locate and remove their subluxations. As a general rule it is always wisest to search out the most natural, conservative methods before submitting to more invasive care such as drugs and surgery. The body has an inner wisdom that far exceeds our own. It can cure diseases that have no cure...even arthritis.

To find out more about the causes and natural treatments for arthritis, ask your chiropractor and/or sign up for the free workshop on July 13th.

*Inspirational Quote:*

*Strive to be first: first to nod, first to smile, first to compliment, and first to forgive.*

*Author: Unknown*

**\*\*Keith's Summer Massage Special\*\***

*(July-September)*

**10% OFF a one hour massage**

**Normally \$50...now \$45!!**

## Child Backpack Safety

**We printed this article in the fall 2003 newsletter. It is important enough to read again. Keep this article in mind when school shopping for backpacks at the end of the summer!**

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ack pain is pervasive among adults but now a new and disturbing trend is emerging. Young children are suffering from back pain much earlier than previous generations and the use of overweight backpacks is a contributing factor, according to the American Chiropractic Association (ACA). A recent U.S. Safety Commission report revealed that backpack related injuries sent more than 7000 people to the emergency room in 2001.

The new back pain trend among youngsters isn't surprising when you consider the amount of weight carried in their backpacks which are often slung over one shoulder! Preliminary reports of a study conducted in France show that the longer a child wears a backpack, the longer it takes for a curvature or deformity of the spine to correct itself. The question that needs to be addressed next is, does it ever return to normal? The ACA believes that limiting the backpacks weight to no more than 10 % of the child's body weight and urging the use of ergonomically correct backpacks are possible solutions. **The ACA offers the**

**following tips to help prevent the pain that backpack misuse can cause:**

- 1) Make sure your child's backpack weighs no more than 10% of his or her body weight.
- 2) The backpack should never hang more than 4" below the waistline.
- 3) A backpack with separate compartments helps in positioning the contents most effectively.
- 4) Urge your child to wear both shoulder straps.
- 5) Bigger is not necessarily better. The more room there is in a backpack, the more your child will carry, and the heavier the pack will be.
- 6) Wide, padded straps are very important. Non-

padded straps are uncomfortable and can dig into the shoulders. 7) The shoulder straps should be adjustable so the backpack can be fitted to your child's body.

If your child or a child you know is experiencing any discomfort as a result of backpack use, ask Dr. Laura or Dr. Craig about the role **chiropractic** can play as well as the **Air-packs System**. This is an ergonomically designed backpack system which has a revolutionary design to minimize stress on the back by up to 80%. Visit [www.airpacks.com](http://www.airpacks.com) and then call the office for 'reduced price' details.