

YOUR GATEWAY TO BETTER HEALTH

Office Hours: Monday-Friday 8:00am-6:00pm

Meet Sheila...



I grew up in the San Francisco bay area and lived in the Central Valley of California until relocating to Eau Claire in May 2001. My husband Frank and I have been together for almost 23 years! We have three children and a 3 year old yellow lab named Blondie. Emily is 13 and currently attends South Middle School. Frank IV is 10 and will be attending Robbins Elementary in the fall along with his younger sister Grace who is 7. Both Frank and Grace have been at Cleghorn Elementary. In my free time I enjoy reading a good mystery book, cooking, hanging out with my

kids, working in the yard, walking the hills in my neighborhood with friends and monthly BUNCO get togethers with my women friends. My family and I LOVE Wisconsin. The people are warm and friendly and I have never seen so many colors of green in my life! We love the distinct seasons and all the wildlife. Until coming here none of us had seen a live eagle and now we've lost count. Prior to working at Gateway, I had been a full time parent filling my days with volunteering at school and taking care of my family. My general feeling toward life is that ATTITUDE IS EVERYTHING AND LIFE IS SHORT SO LIVE IT RIGHT!

See you soon.....

Sheila E.

C-Section Babies More Likely to Develop Asthma

The April 2001 issue of the Journal of Allergy and Clinical Immunology reports that children born by C-section are three times more likely to develop asthma than children born vaginally. In this study, researchers were able to obtain data from the National Public Health Institute on asthma, allergic disorders and obstetric history for 2000 people born in 1996. C-section was done in 5.3% of the population studied and was strongly associated with current doctor diagnosed asthma. There is a common misconception that C-section births are less traumatic to the baby and the mom. This is NOT necessarily the case. C-section births put a tremendous force on the baby's spine and spinal cord as they are forcibly extracted from the womb. Subluxations in the neck due to birth trauma are commonly associated with respiratory disorders. As practicing chiropractors, we consistently find that newborns that are adjusted soon after birth are much healthier, less likely to suffer from common childhood illnesses such as ear infections far less often, have much greater attention levels, and are much more relaxed children.

MARK YOUR CALENDAR!

Stress Workshops:

June 18th
July 14th
August 13th

Ear Candelings:

July 23rd

Spinal Screenings:

Eau Claire Athletic:

June 11th
July 9th
August 6th

Highland Fitness:

June 21st
July 21st

Senior Center:

June 10th
August 12th

Call the office for details!

831-0955

Common Myths About Chiropractic...

1. "Chiropractic Care is Addictive"

FACT...If only it were, there would be a lot less sick people around and chiropractors wouldn't get patients who last saw a chiropractor "a few years ago when my back went out." It is common to begin feeling more balanced, less stressed, and feel younger than ever before as a result of regular chiropractic care. You will become more sensitive and aware of your health and you will know when you are "out of adjustment." If only everyone was addicted to being healthy!

2. "I Don't Feel Pain So I Must Not Have a Subluxation"

FACT...You can have subluxations and not even know it. Like the early stages of tooth decay or cancer, subluxations can be present before warning signs appear. The result of a complete nervous system exam can show the location and severity of subluxations you may have.

3. "Chiropractic Care Is Not Necessary For Kids"

FACT...We take care of many children and their parents report that they are healthier overall, missing less school and less susceptible to whatever illness is going around. In our experience, this also sets the stage for young adults to establish good health habits growing into adulthood. And, chiropractic is so safe! Make sure you tell your friends and family!

Carpal Tunnel Syndrome (CTS)

Do you have it? You may if you have one or more of the following: tingling and numbness in the hand, fingers and wrist, swelling of the fingers, dry palms, blanching of the hand, and pain so intense that it awakens you at night with the possibility of similar symptoms in the upper arm, elbow, shoulder or neck. Millions of people now suffer from CTS and increasing numbers of them are seeking chiropractic care. The drug-free chiropractic approach of releasing nerve and spine stress by freeing your body of vertebral subluxations has been a blessing to millions afflicted with this condition.

Just about anyone can get CTS. Today, office workers, computer operators, musicians

and assembly line workers, among others, are most prone to CTS. CTS is commonly found in pregnant women, women who use birth control pills or individuals with an under active thyroid.

The medical approach to CTS is to stop using the wrist by wearing a splint and immobilizing the joints. Ice and medications are also used. As many as 100,000 operations a year are performed for CTS and recovery from such surgery may take from 6 months to 10 years. Since the medical treatment for this condition is so often unsatisfactory, medical doctors have for years been recommending that patients consult ex-

perts in muscle and joint therapy.

Vertebral subluxations have been observed in many patients who have carpal tunnel syndrome. In fact, nerve compression in the neck can block the flow of nutrients to the nerves in the arm, shoulder, wrist and related areas, and make them more susceptible to injury. Not surprisingly, when 1000 cases of carpal tunnel syndrome were investigated it was found that a large number of those suffering from CTS also had neck arthritis.

Anyone suffering from CTS should consult a chiropractor to ensure that their spine is free of spinal nerve

stress. Chiropractic adjustments have made the difference for millions of people with CTS. It may make the difference for you too.

If you or your family have the warning signs of CTS, you should immediately speak with Dr. Tarini or Dr. Bertram so they can coach you on exactly what you should do to reduce, minimize and correct this problem before it becomes serious or out of control. Remember, this office is here to serve you and your loved ones in a way to maximize your health and well being. Improving your quality of life makes our lives matter.

“The Big Idea”

A slip on the snowy sidewalk in winter is a small thing. It happens to millions.

A fall from a ladder in the summer is a small thing. It also happens to millions.

The slip or fall produces a subluxation. The subluxation is a small thing.

The subluxation produces pressure on a nerve. That pressure is a small thing.

That decreased nerve flow produces a dis-eased body and brain. That is a big thing to that person.

Multiply that sick person by a thousand, and you control the physical and mental welfare of a city.

Multiply that person by one hundred thirty million, and you forecast and can prophesy the physical and mental status of a nation.

So the slip or fall, the subluxation, pressure, decreased flow of mental impulses and dis-ease are big enough to control the thoughts and actions of a nation.

Now comes a doctor. And one doctor is a small thing.

This doctor gives an adjustment. The adjustment is a small thing.

The adjustment replaces the subluxation. That is a small thing.

The adjusted subluxation releases pressure upon nerves. That is a small thing.

The released pressure restores health to a person. This is a big thing to that person.

Multiply that well person by a thousand, and you set up the physical and mental welfare of a city.

Multiply that well person by a million, and you increase the efficiency of a state.

Multiply that well person by one hundred thirty million, and you have produced a healthy, wealthy, and better race for posterity.

So, the adjustment of the subluxation to release pressure upon nerves, to restore mental impulse flow, to restore health, is big enough to rebuild the thoughts and actions of the world.

The idea that knows the cause, that can correct the cause of dis-ease, is one of the biggest ideas known. Without it, nations fall; with it, nations rise.

This idea is the biggest I know of.

Dr. B.J. Palmer, 1944

In an Italian study of 17,142 chiropractic patients from 22 clinics, chiropractic patients had 55-75% less absences from work. The study concluded: “A most meaningful indicator of the effectiveness of chiropractic is the improvement it produces in the quality of life, not only because of its curative effect but also thanks to its preventative and rehabilitative functions.”