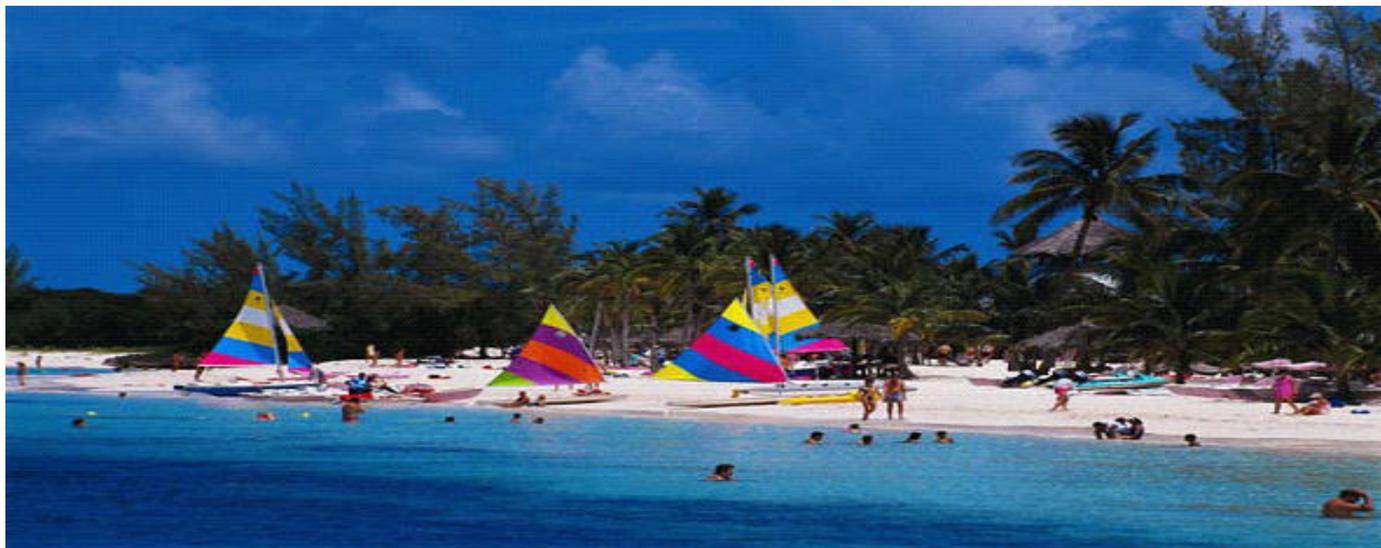


Healthy Living Chiropractic Newsletter
Gateway Chiropractic Center
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Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little). (References available upon request)

To remain young, one must change. – Alexander Chasea



Are there really places that look like that right now? Now let's look at what's going on farther north of the equator...



It's hard to believe that spring is really, really close. Hang in there....



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Upcoming workshops

**“Is your home a healthy home?”:
reducing toxins for our families.
April 10 6:30-7:30 pm**

**Hypnosis information, Q & A, and
stress-reducing session.
April 24 6:00-7:30pm**

**Please sign up, space is limited!
Ask us for more information.**

What is health?

Everyone wants to be healthy – especially when they are suffering. But what is health? It's more than being symptom-free. Many people “feel fine” only to drop dead of a heart attack, suffer a stroke or get diagnosed with a terrible illness. And all the time they “felt fine” (although they probably lost a lot of feeling over the years). True health means your body is working right which expresses itself as lots of energy, structural balance, restful sleep, deep breathing, optimism, joy, creativity, inspiration and growth.



If simply being free of symptoms were the only sign of good health, then aspirin, drugs and other medicines would make you healthy, and the people taking the most drugs would be the healthiest. But – are they? As soon as the drugs wear off the masked symptoms come back, along with the need for more, perhaps stronger, drugs.

Drugs don't make you healthy. They may reduce or alter your symptoms, but that does not make you healthy. What makes you healthy? Life makes you healthy. Having 100% life flowing through you, having a body free of nerve stress so the energies from the brain can travel freely to every part of your body. That's what health is all about and that's the goal of the Doctor of Chiropractic.

When do people start to deteriorate?



Apart from sudden trauma the development of disease is often a slow, gradual, inexorable process. Look at the sick old people around you. Do you think that consciously and willingly, they gave up, overnight, the vibrancy in their step, the sparkle in their eyes, the joy in their being? The silent weakening, wearing down and stiffening of their lives, and the resulting boredom happened slowly, ever so gradually. No one wakes up suddenly older.

We have to make a choice: to change or die. Too often we make no choice, and that's our choice. As the poet W.H. Auden wrote: “We would rather die than change....” But every moment is an opportunity. Start re-connecting your energies and rebalance your being with chiropractic care for you and your family; eat natural, nutrient dense foods (go to the Weston A. Price Foundation for wonderful nutrition advice – www.westonaprice.org); drink healthy un-chlorinated, un-fluoridated water; avoid toxic chemicals; get sunlight; exercise; nurture your relationships (emotional connections) and live creatively so you're not bored. Life is not for the weak – start getting stronger by living in harmony with nature. We'll do everything we can to help you.

Exercise and Vitamin C

Vitamin C helps you burn more fat when you exercise. People who took 500 mg of C daily burned 39% more fat while exercising compared to those who took less. (1)

Beware of the new cervical cancer vaccine (Gardasil)

From the article: “Around 60% of those who got Gardasil or the aluminum placebo suffered side effects such as headache, fever, nausea, dizziness, vomiting, diarrhea, myalgia. Gardasil recipients had more serious adverse events such as gastroenteritis, appendicitis, pelvic inflammatory disease, asthma, bronchospasm and arthritis.” See paper at <http://www.whale.to/vaccines/lobato.html>

Avoid soy infant formula



Babies fed soy-based formula have 13,000 to 22,000 times more estrogen compounds in their blood than babies fed milk-based formula. Infants exclusively fed soy formula receive the estrogenic equivalent (based on body weight) of at least five birth control pills per day. Girls are showing signs of puberty as early as age 5 or 6. Premature development of girls has been linked to the use of soy formula and exposure to environmental estrogen-mimickers such as PCBs and DDE. Source: The Weston A. Price Foundation for Wise Traditions in Food, Farming and the Healing Arts. www.westonaprice.org

Another benefit to breastfeeding

In addition to the many benefits of breastfeeding (healthier immune system, better weight, emotional stability), new research shows breastfeeding helps babies handle stress better. The study found that children who are weaned naturally were less affected by anxiety as they grew older than children who had formula milk. This dovetails with other research indicating breastfed babies have healthier brains and nerves. http://www.whatistheword.com/story/Lifestyle_929.html (2)

Breast cancer deaths drop – why?

A recent study found that the most common form of breast cancer dropped by 15% between August 2002 and December 2003. The reason? Researchers believe it is because millions of women stopped hormone replacement therapy. (3)

Words of wisdom (Grandparents)



Grandmother – a wonderful mother with lots of practice. Author unknown

A grandparent is old on the outside but young on the inside. Author unknown

Grandmother – grandchild relationships are simple. Grandmas are short on criticism and long on love. Author unknown

I wish I had the energy that my grandchildren have - if only for self-defense. Gene Perret

Grandchildren are God's way of compensating us for growing old. Mary H. Waldrip

An hour with your grandchildren can make you feel young again. Anything longer than that, and you start to age quickly. Gene Perret

The best baby-sitters, of course, are the baby's grandparents. You feel completely comfortable entrusting your baby to them for long periods, which is why most grandparents flee to Florida. Dave Barry

If your baby is "beautiful and perfect, never cries or fusses, sleeps on schedule and burps on demand, an angel all the time," you're the grandma. Teresa Bloomingdale

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.

Psychology and chiropractic. Chiropractic almost doubled the recovery rate at an addiction treatment clinic. "Jose Mehlman enrolled in the Exodus addiction treatment center as a study participant, he had hit bottom. He had tried many treatments but they were 'nowhere near effective' as chiropractic. Today, Mehlman is living a viable, drug-free life. 'I think that chiropractic care was an integral part of my recovery,' he says." (5) Read more at [http://www.psychologytoday.com/rss/pto-](http://www.psychologytoday.com/rss/pto-20060714-000001.html)

[20060714-000001.html](http://www.psychologytoday.com/rss/pto-20060714-000001.html)

Learning disabilities, dyslexia and chiropractic. In a review of papers on the effect of chiropractic on learning disabilities and dyslexia (eight studies and 25 anecdotal reports), researchers found that all of the studies reviewed suggested a positive effect of chiropractic on individuals suffering from learning disabilities and dyslexia. (6)

Humor



NEW ELEMENT DISCOVERED!!

A major research institution recently announced the discovery of the heaviest element yet known to science. This new element has been tentatively named "Administratium."

Administratium has one neutron, 12 assistant neutrons, 75 deputy neutrons and 111 assistant deputy neutrons, giving it an atomic mass of 312. These 312 particles are held together by a force called morons, which are surrounded by vast quantities of lepton-like particles called peons.

Since Administratium has no electrons, it is inert. However, it can be detected as it impedes every reaction with which it comes into contact. A minute amount of Administratium causes one reaction to take over four days to complete when it would normally take less than a second.

Administratium has a normal half-life of three years; it does not decay but instead undergoes a reorganization, in which a portion of the assistant neutrons and deputy neutrons and assistant deputy neutrons exchange places.

In fact, Administratium's mass actually increases over time, since each reorganization causes some morons to become neutrons, forming isodopes.

This moron-promoting characteristic has lead some scientists to speculate that Administratium is formed whenever morons reach a certain quantity in concentration.

This hypothetical quantity is referred to as "Critical Morass." You'll know it when you see it...



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

