

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

There are natural ways of seeking wellness. There are natural ways to get healthy. In 1895 Chiropractic was discovered and challenged the world of drugs and surgery. It was a long, lonely battle but now chiropractic is the largest natural, drug-free healthcare system in the world. More and more people are turning away from symptom treatment and choosing natural ways of becoming and staying healthy.

Looking for more than a drug approach? Welcome to the world of chiropractic.



**Fill the Fridge is here again!**  
**March 9-April 3**

**\*\*Donations can be made in the office during regular hours-  
a refrigerator will be in the reception area.**

**\*\*The fridge will move to Festival Foods on Saturday, April 4<sup>th</sup> from  
9am-12pm (bring your family to the Easter Egg Hunt at 9am)**

**Perishable food donations will benefit the Hope Gospel Mission.**

**Items needed: milk, cheese, butter, eggs, lunch meat, ham, beef, pork,  
venison, frozen veges.**

**Please us help make a difference in our community!**

## Why become a chiropractor?

I'm sure you may have wondered, "Why do people become chiropractors?"

Many chiropractors hail from medical families where a parent, sibling or other relative is in the medical profession. There are people who left the practice of medicine for chiropractic. Why is that? We're glad you asked.

Chiropractic is a unique profession – we don't put anything into your body or take anything out – no drugs, no surgery, no devices, no chemicals. And yet case histories abound of people with all kinds of horrible conditions (some of which we mention in this newsletter each month) rediscovering health and wellness after a chiropractic adjustment.



Who is the real doctor? The real doctor is you. Your body has the ability to heal itself from every disease.

Your chiropractor releases blockages, called subluxations, inside you that interfere with your natural healing ability and therefore prevent full healing.

When these blockages are located and released (or adjusted) the result is a healthier you – more balance, more energy, more healing. Chiropractic students learn, among other things, how to locate and correct subluxations.

A nice side effect of becoming a chiropractor is that you learn about a drug-free lifestyle that includes organic and nutrient dense foods, non-invasive peaceful childbirth, breastfeeding and natural immunity. Plus, it's an enjoyable profession. Enhancing health and wellness is fun and rewarding.

## Race horses love chiropractic

When a top-class thoroughbred wasn't responding to standard veterinary practice, Tim Johnson, DC was called in. "[The horse] responded very quickly," he says. "His gait improved immediately.... Two weeks later he won a race in Adelaide and a few weeks later came second in the Cox Plate."

Equine chiropractors become important players in an industry where a small injury can render someone's multimillion-dollar investment worthless. A successful adjustment is "like rebooting your computer," says Dr. Johnson, "It resets the reflexes in the nervous system in that area."



"The horses start to enjoy it because they know they are going to get relief. They're pretty smart animals. Once they get relief they are more likely to stand still and enjoy it." Some even get hooked. On one occasion when he returned to a stud farm where he had treated two horses the previous week, the same two horses came bounding up to greet him. (1)

## Gardasil report:

### Michigan teen suffers severe reaction two months after Gardasil™ shot

Reports about illnesses and deaths after vaccination with Gardasil™, the HPV vaccine marketed by Merck, continue. More and more people are questioning this "cervical cancer" vaccine that has not been shown to prevent cervical cancer. The research is hypothetical. More people are saying the cure is worse than the disease. And now they want to give this vaccine to boys? Send this video to anyone you know who may be considering getting this shot. Go to: [http://www.youtube.com/watch?v=CkpT\\_OrHlol&feature=email](http://www.youtube.com/watch?v=CkpT_OrHlol&feature=email)

## Massage Body Maintenance Plan



You maintain your vehicle, you maintain your looks, shouldn't you be maintaining your body on a regular schedule as well? Make massage part of your monthly "Body Maintenance Plan" along with exercise and proper nutrition.

This recession is stressing everyone – but don't let it take a toll on your body and spirit. Massage can help keep you on the job and feeling better, which is even more important now. We will not be raising rates this year and aromatherapy will continue to be included as long as is financially feasible for us to do so. Massage is an exceptional value for the individual attention and health benefits you receive, but keep these tips in mind to make it even more affordable:

- try submitting credit card receipts to your flexible spending account if offered through your employer
- if applicable, include massage therapy in your claims for workers compensation and third party liability
- check to see if your insurance covers massage - some plans do
- ask for (and give) massage gift certificates when holidays or birthdays roll around
- package pricing is available, save 10% by pre-purchasing 6 massages or more
- "frequent fliers" receive one massage at 1/2 price after purchasing six at regular price
- help our business grow by referring people you know, both you and whoever you refer get \$5 off
- we're a provider for Western Wisconsin Cares, if you meet their qualifications, they will pay for you

Make your health and well-being a top priority by calling *For Your Health Massage* today for an appointment at 715-831-0955.

## Football and Chiropractic

Jerry Rice, a 13-time Pro Bowl football player who owns 38 career records and three Super Bowl rings and is a "Dancing with the Stars" celebrity, shares his positive experiences with chiropractic care:



"Professional football is a very rough and vigorous sport, and I attribute my longevity and durability to a vigorous exercise program and chiropractic adjustments. Chiropractic gave me the edge to succeed, not only on the gridiron but also on the dance floor," says Rice.

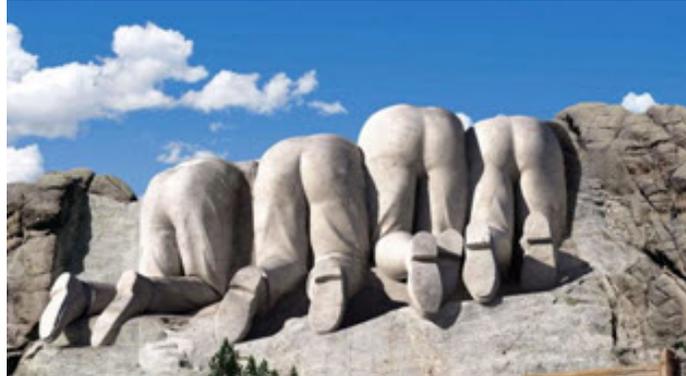
He continues to rely upon chiropractic adjustments to keep himself healthy and active. "I did a lot of things to stay in the game, but regular visits to my chiropractor were among the most important." (2)



## Humor

**For many years I have wondered what was on the other side. Last year I went to the other side and took this picture.**

If you've never traveled to Mount Rushmore but wondered what was on the other side of the mountain, here is a glimpse:



### **A "Don't Miss" Event!!**

Health Education Seminar featuring **Jack Medina**  
Friday, April 17, 2009  
Check-in at 6:30pm, Lecture 7:00pm

**No Charge**

**Please RSVP, seats are limited!!**



**Topics covered will be: "Fact & Fantasy in Nutrition & Exercise"; Sports Enhancement Supplements - Fact & Fantasy; Fueling & Training for Peak Performance; Protein Supplements & Creatine; Misleading Hype, Claims and Testimonials and much, much more. Every parent, coach & athlete should plan to attend.**

Jack Medina, M.A. received his bachelors and Masters Degree in Physical Education at San Jose State University. He began his coaching career at Homestead High School in California. Moving to California State University, Northridge, Jack developed 19 All American Gymnasts & 3 National Event Champions.

Jack's success led him to International Competition where he worked with many of the top gymnasts in the world, including the USA's Cathy Rigby. He also served as a strength & conditioning consultant to the Oakland Raiders, Los Angeles Rams, Seattle Seahawks & Golden State Warriors. Jack implemented & supervised a Stress Management-Wellness Program for Los Alamos National Laboratory & their 10,000 employees.

Jack has been lecturing throughout the world for more than 25 years, inspiring thousands of people to take charge of their lives. He is the author of numerous articles on Health issues, & a new book entitled "The Winning Edge: Fueling & Training The Body For Peak Performance." Jack is an active member of the American College of Sports Medicine, The National Strength & Conditioning Association, & a Certified Fitness Specialist by the Cooper Center in Dallas, Texas, one of the most prestigious in the world.

