

Healthy Living Chiropractic Newsletter
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Happy Spring! – May all your dreams flower and bloom (just don't forget the fertilizer).



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Why visit a chiropractor?

Each year millions of people enjoy the most popular natural, drug-free health care system in the world – chiropractic! Chiropractic helps people function closer to their physical and emotional best; recover from sickness, disease and disability faster and minimize the use of drugs and surgery in their lives! Many chiropractic users report less stress, more vitality and more enjoyment in life!

Chiropractic is a system of health care that releases a serious stress from your body: the subluxation, an often painless, tiny distortion in your spine and structural system that can affect your nerves, muscles, internal organs, discs, bones, brain, posture and overall health.

Of course, if you presently are ill and suffering, you need your natural healing ability enhanced so you can better fight disease and return yourself to a state of balance and health. That is a fact no matter what disease or condition you may have. By correcting your subluxations, chiropractors help awaken your natural healing ability to function at its optimum; to awaken your “inner doctor.”

For millions chiropractic has made the difference between living with pain and living without pain, between living with sickness and living in health, between a fast recovery and a slow recovery and even between life and death.

Why live with health problems when you can live without them? Discover chiropractic – discover how natural healing can be.

Babies and chiropractic



You do so many things to ensure your baby's health: during pregnancy you eat right; you avoid cigarettes, alcohol and all drugs (even aspirin, cold, flu and other over-the-counter medications can damage your unborn child or cause problems in pregnancy). You educate yourself so you may have a natural, drug-free birth. After the baby arrives you breast-feed knowing that is the superior form of nutrition; in short, you do everything you can to make sure your baby is healthy.

But have you had your baby's spine checked? How do you know if your child's spine is healthy? An unhealthy spine can affect your child's health for his/her entire life. Your doctor of chiropractic is specially trained to check your child's spine for areas of distortion causing nerve damage – the vertebral subluxation complex (subluxations).

With the birth process becoming more and more an intervening procedure, the chiropractic adjustment becomes even more important to the child's future. – Larry Webster, D.C.

For Over a hundred years...

For over a hundred years doctors of chiropractic have observed the often dramatic responses of infants after chiropractic care. In fact, there seems to be no limit to the conditions that can respond to chiropractic care: colic (1), difficulty breast-feeding (2), Erb's palsy (an arm is limp and undeveloped) (3), torticollis (twisted neck) (4), unbalanced face and skull development (5), foot inversion (6), "nervousness" and ear, nose and throat infections (7), allergies and sleep disorders (8), projectile vomiting (9) and many, many other conditions.

Give your baby the best possible chance to have a healthy life. You have your baby's eyes checked, heart checked, hearing checked – bring all your children in for a chiropractic spinal checkup. A simple checkup now might make a BIG difference for your children for the rest of their lives.

Protect yourself from cancer with food

Since ancient times the once rare disease (until the last 100 years) we call cancer was considered a deficiency disease. A major reason why cancer rates are increasing is because many people are living on dead foods such as sugar, high fructose corn syrup, white flour, processed oils, denatured (pasteurized/processed) dairy products, bizarre chemicals added to our foods, and fruits and vegetables that are low in essential minerals. In addition, many nutritionists say that people overeat because they are starving for essential nutrients that are lacking in modern packaged foods.



At http://www.westonaprice.org/moderndiseases/cancer_broch.html

(The Weston Price Foundation) you'll learn which foods may protect us from cancer and which substances in our diet are linked to cancer. This is lifesaving information, please share it with others.

Beware of back surgery



In a University of Cincinnati study of Ohio workers' compensation claimants with low back pain, 725 workers opted for lumbar spinal fusion surgery as treatment for back pain. A full 64% were still off work more than a year later! Only 6% had gone back to work and stayed for a full year. Approximately 20% had significant complications and 27% were in such pain that they needed another operation. Some 90% were in such pain they were still taking narcotics at follow-up. (11) A similar 1994 study of Washington State workers also found high rates of postoperative disability, high re-operation rates, and inadequate relief of back pain. (12) A study by Nicholas Ahn, MD, et al found that after single-level fusion, the total disability rate approaches 25% while

for those who had two- and three-level fusions, the postoperative disability was 70% and 100%, respectively. (13)

Before anyone ever considers spinal surgery they should check out the non-medical, non-surgical chiropractic alternative. (14)

Tylenol™ and liver failure

Why are so many people dependent on painkillers to relieve their symptoms when there is chiropractic, acupuncture, homeopathy, naturopathy and so many other safer alternatives? No one should be living on synthetic pharmaceutical drugs, many of which are very dangerous.



In one study of 662 cases of acute liver failure the researchers discovered that poisoning with acetaminophen (Tylenol) far exceeded any other cause of acute liver failure. Of those cases resulting from acetaminophen poisoning, 29% died. (15)

What do most asthmatics die from?



Asthma drugs. Researchers from Stanford and Cornell Universities reviewed 19 studies involving nearly 34,000 patients and found that people using popular drug inhalers for asthma (Serevent™, Advair™, Foradil™) were 2.5 times more likely to be hospitalized for severe asthma attacks and 3.5 times more likely to die than those using different inhalers. Five thousand people die each year from asthma (US) and about 4,000 are caused by these drugs. (17)

The placebo (a true story)

A man brings his asthmatic child to the chiropractor.

The child's breathing improves and the number and severity of attacks begins to diminish almost immediately. The father goes back to his MD.

"Why didn't you tell me chiropractic could help my child's asthma?"

"It's just placebo," his MD responded.

"Why didn't you tell me chiropractic was such a good placebo for asthma?" the father said.

(Note: Placebo is just another word for our ability to tap the natural healing ability or our inner doctor.)

Humor

UP

There is a two-letter word that perhaps has more meanings than any other two-letter word, and that word is "UP."

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP?

At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election and why is it UP to the secretary to write UP a report?

We call UP our friends and we use it to brighten UP a room, polish UP the silver, we warm UP the leftovers and clean UP the kitchen. We lock UP the house and some guys fix UP the old car.

At other times the little word has a real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses.

To be dressed is one thing but to be dressed UP is special.

And this UP is confusing:

A drain must be opened UP because it is stopped UP.

We open UP a store in the morning but we close it UP at night. We seem to be pretty mixed UP about UP!

To be knowledgeable about the proper uses of UP, look the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions.

If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more.

When it threatens to rain, we say it is clouding UP. When the sun comes out we say it is clearing UP.

When it rains, it wets UP the earth.

When it doesn't rain for awhile, things dry UP.

One could go on & on, but I'll wrap it UP, for now my time is UP, so Time to shut UP....!

Oh...one more thing:!! What is the first thing you do in the morning & the last thing you do at night? U P

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 spring!

Please share this newsletter with friends and family!!

