

YOUR GATEWAY TO BETTER HEALTH

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



Introducing Erin Riley, M.T.



Gateway Chiropractic Center is happy to introduce a new addition to our office family... Erin Riley, M.T. and "Whole Body Wellness" will be offering massage therapy services to patients of Gateway Chiropractic Center. Erin is originally from Annapolis, Maryland but has moved around the world with her military family. All of her travels have landed her in Eau Claire where she is currently studying nursing at the UWEC. She is a recent graduate of UW-

Stevens Point with a degree in Health Promotion and Wellness. While attending UWSP, Erin completed a massage training course at The Health Touch Spa-School of Massage in Rothschild, WI. Practicing massage therapy has always been a dream of Erin's and she is proud to be able to share her passion for health and wellness with the Eau Claire community. Recently, Erin passed her NCBTMB exam and is now a Nationally Certified Massage Therapist. Erin feels that with her university background, she is very qualified to address wellness concerns for the whole body and knows that massage is a great way to address many physical health concerns

but can be likewise used as a source of relaxation and stress relief. Outside of the massage studio, Erin is involved with rugby and loves hiking, road cycling and traveling. She is also trying to learn to play tennis! Erin's interests and participation in a wide variety of sports makes her well suited to work on athletes of all levels of play. Therefore, if you're a golfer or a five day a week runner, give Erin a call and check out her \$10.00 off special for every other massage that you schedule.

Special points of interest:

**** Carol Rudd from 'Healing Choices Massage & Tai Chi Center' will be here on Oct.18th at 6:30PM to conduct a workshop on Tai Chi. Come learn the many health benefits that Tai Chi can offer.**

**** Richard Marano from 'The Hypnosis Center of Eau Claire' will be here on Oct.11th at 6:30PM for an informational workshop on how hypnosis can help many ailments.**

PLEASE RSVP WITH SHEILA.

CALL 831-0955

October—Spinal Awareness Month

October is 'Spinal Health Month'. A good time to recognize that 80% of Americans will suffer from back pain at some point in their lives. The more stressful our lives become, the less likely we are to recognize our body's signals to slow down. Chiropractic centers on the spinal column, which contains the nerv-

ous system, and offers a hands-on approach to healing. Think about your everyday activities... using a computer, picking up your child, exercising. Make sure your office chair fits you correctly; hold the telephone with your hand or use a headset instead of between your head and your shoulder; take time to warm up,

stretch and cool down during any physical exercise. Learn more about how Chiropractic can help treat & prevent many common health concerns including low back pain. Call our office for an evaluation.

MARK YOUR CALENDAR!

Spinal Screenings:

Eau Claire Athletic:

October 4th

November 15th

December 15th

Highland Fitness:

October 27th

November 8th

December 6th

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

Needing Surgery? Stressed-out kids are finding relief...

Stressed-out kids are finding relief in relaxation techniques. Every morning and evening, 12 year-old Haig Monokian sits in his room, closes his eyes and focuses on his mantra. This straight-A student believes meditation helps him to calmly handle days packed with school, music lessons, basketball, karate and the pressures of preteen life. "If I am stressed out about something, meditation makes me feel better. I don't lose my cool that easily". Researchers are finding that even in children, this technique of deep relaxation can reduce anxiety and improve everything from blood pressure to creativity and self-esteem. Meditation has been shown to improve 'executive functions' such as planning, organizing, regulating emotion, and keeping to a task. "If meditation quiets the mind and improves brain function, wouldn't it be particularly helpful to those with learning disabilities and ADHD?" asks William Stixrud, a clinical neuropsychologist. It has been found that students who meditate, rated themselves as more alert, happier and less frustrated than those who did not meditate. Children experience stress and anxiety just as adults do. Their days are jam packed with school work, sports activities, music, chiropractic appointments, religious lessons, spending time with friends and peer pressure. Don't be fooled. Kids stress is just as real as adult stress. Just as in adults, stress can cause unhappiness and anxiety as commonly as childhood illnesses such as ear infections, headaches, acne, asthma and the common cold. Meditation, in addition to regular chiropractic adjustments, helps to unwind a child's nervous system and allows their inner wisdom to express itself and heal their bodies from the inside out. This winning combination ensures the best possible, healthy and stress-free futures.

CONDITION OF THE MONTH:

Carpal Tunnel Syndrome

(October)

Migraine Headaches

(November)

Whiplash Auto-Accidents

(December)

Protect Your Back When Lifting...

If you've ever "thrown out" your back while doing a seemingly simple task—lifting a package, moving a piece of furniture, carrying a child—you've learned firsthand the importance of safe lifting techniques for protecting your back. Safe lifting is easy to learn, simple to do and may be one of the most important skills you'll ever learn.

Safe Lifting Makes Sense

Safe lifting techniques keep you back in balance and can protect you and your back from accidental strain and overload. It makes sense—to keep your back working smoothly and problem-free, lift right!

1. Visualize the lift—The first step in safe lifting is thinking. "Can I lift it by myself? If the load is manageable, follow the remaining tips.

2. Tuck Your Pelvis—By tightening your stomach muscles, you can "tuck" your pelvis to keep your back's 3 curves in balance.

3. Bend Your knees—Bend your knees instead of your waist. Let the large muscles in your legs support your back and carry the weight.

4. "Hug" The Load—Try to hold the object you're lifting as close to your body as possible, as you grad-

ually straighten your legs to a standing position.

5. Avoid Twisting—Twisting while you lift or carry increases the load on your spine and can lead to injury. To avoid twisting be sure that your knees and torso are moving in the same direction.

CALL THE

OFFICE AT

831-0955

The Rules for Being Human

1. You Will Receive a Body. You may like it or hate it, but it will be yours for the entire period of this time around. **2. You Will Learn Lessons.** You are enrolled in a full time informal school called life. **3. There Are No Mistakes, Only Lessons.** Growth is a process of trial and error called 'experimentation'. The failed experiments are as much a part of the process as the experiments that ultimately

are a 'success'. **4. A Lesson Is Repeated Until Learned.** A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson. **5. Learning Lessons Does Not End.** There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned! **6. 'There' is No Better Than 'Here'.** When your 'there' has become a

'here', you will simply obtain another 'there' that will again look better than 'here'. **7. Others Are Simply A Mirror Of You.** You cannot love or hate something about another person unless it reflects something you love or hate about yourself. **8. What You Make of Your Life Is Up To You.** You have all the tools and resources you need. What

you choose to do with them is always up to you. **9. All Of Your Answers Lie Inside You.** The answers to your life's questions lie inside of you. Trust yourself

10. You Will Forget All This, and You Can Remember It Whenever You Want. Remember these essential rules for being human. Share them with others.

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3519 GATEWAY DRIVE, EAU CLAIRE, WI 54701

Your business tag line here.

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
Email: xyz@microsoft.com



Organization
