

## Healthy Living Chiropractic Newsletter

# Gateway Chiropractic Center

3519 Gateway Drive

Eau Claire, WI 54701

715-831-0955

[www.GatewayToMyHealth.com](http://www.GatewayToMyHealth.com)



Are you searching for greater health and wholeness for yourself and your family?

Would you like to do more than treat symptoms?

Are you interested in making disease prevention and health enhancement part of your lifestyle?

Are you looking for a drug-free alternative?

Welcome to a more natural world ~ welcome to the world of chiropractic.

## Chiropractic care for the entire family

### How do infants benefit from chiropractic care?



Chiropractic for infants? They have low back pain? Hardly – yet infants need chiropractic care to ensure that the stress of labor and delivery hasn't damaged their spine and delicate structural system. Other stresses can involve falls – statistics tell us that nearly half of all babies have had a fall from a height (off the changing table, off the bed, etc.). Chiropractic care will help ensure a healthy baby.

Also, correcting subluxations may help a baby who is ill return to health quicker and more comfortably.

### How do children benefit from chiropractic care?

Childhood is a rough time, full of falls, trips and stumbles. Chiropractic helps keep children naturally healthy. Just like babies and infants every child needs periodic chiropractic checkups.

### How do students benefit from chiropractic care?

Chiropractic care, by releasing stress from the brain and nervous system, may improve concentration, attention span, grades and interpersonal behavior. Chiropractic has been shown to increase IQ, to help coordination and self-esteem and to improve body function. No matter what health problem a child may have, chiropractic will help improve their chances of healing naturally.



### How do adults benefit from chiropractic care?

Physical, emotional and chemical stresses accumulate as we age. For more energy and for improved function of the immune system, digestive system, eliminative system, cardiovascular system and other systems your body needs unobstructed communications. Chiropractic care removes obstructions caused by subluxations - structural distortions that interfere with internal (nerve) communication.

## How does chiropractic help women?

The pelvic area receives an intense amount of nerve communications. The ovaries, uterus, tubes, kidneys, adrenal glands and other internal organs all need a healthy nerve supply to function properly. Clinical studies show chiropractic helps women with menstrual pain and discomfort, menstrual irregularities, sexual function and fertility.

## How does chiropractic help pregnancy and post-pregnancy?



If there's any class of patients that need chiropractic care the most it's pregnant women. Pregnancy changes a woman's balance and can make distortions more severe which can cause pain and exhaustion. Chiropractic can help ensure that body structure is balanced and that the pelvis is relaxed and open so the developing baby has the maximum amount of room in which to develop. Clinical research reveals that breech presentations have been corrected with the fetus turning into a healthy position as a result of chiropractic pelvic-balancing procedures. Clinical reports show chiropractic helping with breastfeeding and the return to a pre-pregnancy figure.

## How does chiropractic help sports performance?

Many top athletes from all over the world rely on chiropractic to keep their body structure balanced, their nerve system healthy and their muscles functioning at their peak. Chiropractic can prevent sports injuries but can also help an injured player return to the game or competition faster. Of course you don't need to be an Olympian to go to a chiropractor; anyone who uses his/her body needs it to function at its peak.



## How do the elderly benefit from chiropractic care?

The elderly are among our most drugged citizens. It is not unusual for someone to be taking many different medications and suffering from serious reactions to them. Many times people are taking drugs that interact in ways that are more damaging than if they took them individually. Chiropractic offers a drug-free alternative to an over-drugged population.

**In conclusion**, infants, the elderly and everyone in between all need a healthy structural system, free from subluxations and nerve stress. Chiropractors are specially trained in locating and correcting subluxations, which is necessary for a long, healthy, happy life.

## Cholesterol is good for you

Let's ignore the hype and TV commercials and look at the facts. It has been known for decades that cholesterol is good for you and lower cholesterol levels put you at greater risk for cancer, major depression, chronic illness, fatigue, low sex drive, broken bones, weakened muscles and brain disorders. Cholesterol also:

- protects you from heart attack
- wards off infectious disease and helps destroy life-threatening microbial invaders
- boosts mood and brainpower
- maintains optimal functioning of your nervous system
- strengthens muscles
- prevents cancer
- helps your body to absorb vital nutrients
- regulates proper hormone production, including the sex hormones testosterone and estrogen, and optimizes reproductive health and fertility
- shortens your body's recovery time from injury
- optimizes metabolism

A researcher at the Yale Department of Cardiovascular Medicine was surprised to find that people over 70 with very low cholesterol levels were *twice as likely* to die from heart failure. (4)



*Quarterly Journal of Medicine* extensively surveyed results from decades of research on heart disease involving hundreds of thousands of individuals and found no correlation between cholesterol and heart attack risk. People with high cholesterol had a lower overall mortality rate those with low cholesterol, period. In fact, the study showed that cholesterol protects *against* hardening of the arteries—and wards off infectious disease. (5)

For information on a healthy diet that protects you from cancer, heart disease, depression and so many other conditions please go to [www.westonaprice.org](http://www.westonaprice.org). After you click on the home page use the search feature to look up lots of topics – cholesterol, statin drugs, cancer, vaccines, anything!

## The importance of parents

A 36-year study that followed approximately 1,000 individuals revealed:

*Having a warm and affectionate father or mother was significantly associated with adult social accomplishment: having a long, happy marriage, children, and relationships with close friends at midlife...more socially accomplished...work accomplishment, psychological well-being....(6)*

As parents we have tremendous power over our children. I know we know that, but it's important to be reminded of it often (very often). Life distractions should never distract us from that understanding.

## Is your “organic” product toxic?

[www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com) is a great database to look up products that you use on yourself to see if it is toxic or not...makeup, shampoo, conditioners, sunscreen, etc. It's actually incredible!

## Mobile phone radiation and brain tumors



Natural News (August 20, 2008). A new review of more than 100 studies on the safety of mobile phones has concluded that cellular devices are poised to cause an epidemic of brain tumors that will kill more people than smoking or asbestos. For more information go to:

<http://www.naturalnews.com/023913.html>

## Intelligent, informed parents are refusing to give their children vaccines

Natural News (August 20, 2008). The number of middle-class parents refusing to vaccinate their children according to U.K. government guidelines is on the rise, the Daily Mail has reported. As one parent said, "We'd rather take our chances with the diseases than potentially damage our son for the rest of his life." See the rest of the article at <http://www.naturalnews.com/023911.html>

## Chiropractic research

**Scoliosis.** A nine-year-old boy with juvenile idiopathic scoliosis (and intermittent back pain) began chiropractic care. His posture began to balance immediately after the first adjustment. He had an 88% overall reduction in the scoliosis after five months of chiropractic care. (7)

**Autism.** A 2½-year-old girl was diagnosed with autism (reduced social interaction and language skills and learning difficulties). One year later she was brought in for chiropractic care. Both the chiropractor and the parents noticed improvements in social interactions, language skills and increased symmetry in surface EMG and thermal scanning over the 10 weeks of care. (8)

## Humor

### QUESTIONS TO PONDER

1. Do you need a silencer if you are going to shoot a mime?
2. If nothing ever sticks to TEFLON, how do they make TEFLON stick to the frying pan?
3. Why are there flotation devices under plane seats, instead of parachutes?
4. Why do we drive on parkways and park on driveways?
5. Have you ever imagined a world with no hypothetical situations?
6. How does the guy who drives the snowplow get to work in the mornings?
7. You know that little indestructible black box that is used on planes – why can't they make the whole plane out of the same substance?
8. If a cow laughs, does milk come out of its nose?
9. If 7-11 is open 24 hours a day, 7 days a week, and open on holidays, why do they have locks on the doors?
10. If toast always falls butter side down and a cat always lands on its feet then what would happen if you dropped a cat with a piece of buttered toast strapped on its back?
11. If you are driving the speed of light and you turn on your headlights, what happens?
12. Why does a record player play at the same speed when the revolutions get faster when the needle goes further to the inside of the record?
13. If you throw a cat out a car window does it become kitty litter?
14. If corn oil comes from corn, where does baby oil come from?
15. How do they get a deer to cross at that yellow road sign?
16. What's another word for thesaurus?
17. Why do they sterilize the needles for lethal injections?
18. Why is abbreviation such a long word?
19. Why do kamikaze pilots wear helmets?
20. How do you know when it's time to tune your bagpipes?
21. Is it true that cannibals don't eat clowns 'cause they taste funny?
22. When you choke a smurf what color does it turn?
23. What was the best thing BEFORE sliced bread?
24. Why doesn't glue stick to the inside of the bottle?
25. If a book about failures doesn't sell, is it a success?



Bye. See you next month. Don't forget to stop by for a chiropractic checkup – it'll make your life happier and healthier.

Want hard copies of this newsletter? Stop by the office and we'll give you some for your friends and relatives. If they have e-mail, have them write to us and we'll add them to our mailing list.