

Healthy Living Chiropractic Newsletter
Gateway Chiropractic Center
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We are happy to introduce...

Julia Christine Tarini
Born March 21, 2006 ~ 11:01am
7 lb. 4½ oz. ~ 21 in.



Julia arrived 5 days before she was due. She had a completely natural labor and delivery in a water filled tub at MorningStar Birth Center in Menomonie. Mom and dad thought the experience was amazing and life-changing. Baby Julia seemed happy to emerge into her bright new world too. Although everything went well, Julia has been adjusted several times since her birthday (and has responded quite well!)

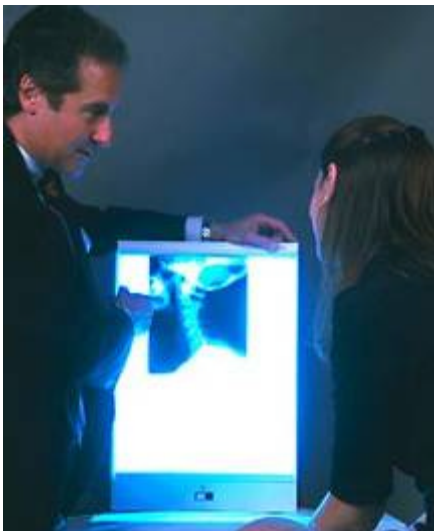
Thank you for all of your kind wishes and gifts as we begin a new chapter in our lives. We really appreciate the support of our patients, friends and community. Dr. Laura and Julia are doing fine and will return to the office as soon as possible. See you soon!

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)

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If your neck is subluxated...



You have 7 neck (cervical) vertebrae and they are named C-1 (right under your skull), C-2, C-3 all the way to C-7 at the bottom of your neck.

When a particular vertebra is out of position, certain nerves may be affected. If those nerves cannot supply your body parts (organs, glands, muscles, bones, etc.) with energy and information, they may not work properly and various conditions may result.

[Illustration on the right is of the head and cervical (neck) vertebrae from the back.]



While there's not a 100% correlation between a certain subluxation in your spine and a particular health problem, over a century of clinical observations have revealed that certain conditions seem to be associated with certain subluxated vertebrae. Following are common correlations. If you know anyone with any of these problems please tell them to call us for a chiropractic checkup.



Our first cervical vertebrae is called C-1 but it also has a special name: the "atlas." Why? Because it holds up the globe of your head just as the Greek god Atlas held up the globe of the heavens.

Nerves from between your skull and C-1 (atlas) affect your head, face, upper neck, inner & middle ear, sympathetic nerve system, sinuses, eyes, auditory nerves, pituitary gland, scalp, brain and more! So many nerves are in this area that when a C-1 subluxation is corrected nerves all over your body, your spinal cord, brain, brain coverings (meninges) as well as your entire spine from top to bottom may be helped.

[Illustration at left shows the head and C1 and C2 vertebrae from the back.]

What can a C-1 subluxation do to me?

A subluxation of your atlas (C-1) has been related to headaches, migraines, nervousness, insomnia, head colds, nervous "breakdowns", anxiety, difficulty concentrating, ear infections, hormonal problems,

menstrual difficulties, depression, “brain fog”, low IQ, low resistance to disease, low overall brain function, digestive problems and many other conditions.

Your second cervical vertebrae or C-2 also has a special name: the axis. That’s because it’s involved in turning, twisting and tilting your head.

Nerves between the atlas (C-1) and the axis (C-2) affect your optic nerves, sinuses, mastoid bones, tongue, forehead and heart.

What can a C-2 subluxation do to me?

A subluxation of your axis (C-2) has been related to sinus troubles, allergies, crossed eyes, deafness, eye troubles, fainting spells and seizures as well as many other conditions.

Chiropractors are able to locate and correct (adjust) subluxations in your body, especially those of your upper neck: your atlas and axis (C-1 and C-2). What can cause C-1 and/or C-2 to go out of place? Stress is often the culprit. Sometimes a difficult or even not-so-difficult birth can subluxate the upper neck vertebrae and cause body malfunction and health problems for someone for the rest of their lives. That’s why it’s especially important for these areas to be checked by a chiropractor as early as possible.

Other causes of upper cervical (upper neck) subluxations include emotional traumas, falls, accidents, getting knocked around playing sports, chemical stress such as junk food and anything that overcomes your natural tendency to stay balanced.



The photo at left shows a Doctor of Chiropractic adjusting a C-1 subluxation using a special adjusting procedure for babies. The photo at right shows a young man being adjusted using an adjusting table. Both of these photos illustrate what many people have remarked about many chiropractic patients – they are really, really cute.



By the way, there are many different ways of adjusting these vertebrae. Why not ask us about the procedures we use? And please, bring in your children for a spinal checkup – a C-1 or C-2

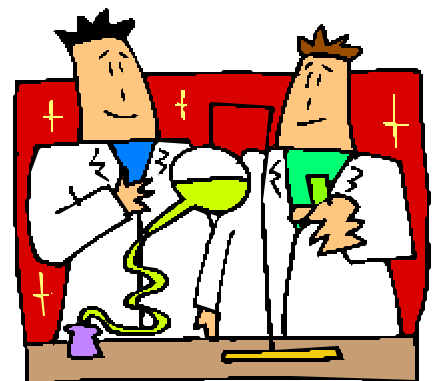
adjustment today may prevent a lifetime of less-than-perfect physical and mental functioning.

(P.S. We’ll be highlighting more vertebrae and their effects on the body in our next issue. If you have any specific questions, please let us know).

Trans-fats

What is a trans-fat? Is it really bad for you?

It seems that a number of years ago scientists with way too much free time on their hands found out that if they heated cooking oil to a very high temperature and then bubbled hydrogen through it the oil became solid. Voila – margarine was born (shortening too). These are trans-fats.



Sound unnatural? It is. But wait, it gets worse. According to the Harvard School of Public Health, consumption of trans-fatty acids doubles the risk of a heart attack, increases the risk of diabetes and is responsible for the deaths of 30,000 Americans annually.

Udo Erasmus, in *Fats that Heal, Fats that Kill*, writes that trans-fats interfere with vision in children, lower intelligence, interfere with liver function, affect sexual function in animals and have been correlated with increased breast and prostate cancers. It appears that while trans-fats increase supermarket food shelf life they don't seem to help our shelf life. (1)

Did you know?

- *Time* magazine's Man of The Year in 1982 was: the computer.
- The first multipurpose computer weighed more than 30 tons. It filled an 1,800-square-foot room and had 6,000 manual switches. Today's average laptop weighs 6 lbs.
- Our brains take in more information in one day than the largest computer does in years.
- In 1875, the director of the US patent office resigned. He said there was nothing left to invent.
- Tohru Iwatani, the inventor of the video game Pac-Man, came up with the idea when he saw a pizza with a slice missing at a dinner party.

Words of Wisdom

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

– Helen Keller

Nearly all men can stand adversity, but if you want to test a man's character, give him power. – Abraham Lincoln

Deodorant spray could cause breast cancer?



After being dismissed as an “urban myth”, experts are now calling for more research into a possible link between deodorants and breast cancer. There is increased evidence that the aluminum in common antiperspirants can break through the skin and potentially cause breast cancer by mimicking the hormone estrogen, which is related to breast cancer. The paper appeared in the *Journal of Applied Toxicology*. (2)

Another study from Northwestern University also suggests a possible link between breast cancer and deodorants when used in conjunction with underarm shaving. In the study of 437 breast cancer patients, those who shaved at least three times a week and applied deodorant

at least twice a week were almost 15 years younger when diagnosed with breast cancer. (3) In a CBS News interview Dr. McGrath said:

I personally feel there is a very strong correlation between the underarm hygiene habits and breast cancer.... Breast cancer has existed since Hippocrates. But when you plot the sales of antiperspirant deodorants with the incidence of breast cancer in the United States, they both have grown in almost a parallel fashion. (4)

In response the billion-dollar antiperspirant industry says their products are undeniably safe while the U.S. Food and Drug Administration (FDA) declined to investigate the issue.