

Healthy Living Chiropractic Newsletter  
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*Lord, protect me from my friends; I can take care of my enemies.* – Voltaire

*The first duty of love is to listen.* – Paul Tillich

**Welcome to our office's Chiropractic newsletter. Here is information you may not find anywhere else!** (References available upon request)



Each year millions of people enjoy the most popular natural, drug-free health care system in the world – chiropractic! Why live with health problems when you can live without them? Discover chiropractic – discover how natural healing can be.

## TABLE OF CONTENTS

- Are you new to chiropractic?
- Words of wisdom
- Allergies and chiropractic
- Cancer risk slashed 50% or more by sunlight
- Infants and chiropractic
- Beware of phony food
- Enjoy the summer
- Humor and more



**The picnic was a lot of fun!**

**Thank you to all who sponsored prizes: Diane Allemann, Diana White, Vicki Foote, Office Depot, S&C Bank, Rhom Construction. Also thank you Frank and Sheila Espinoza for cooking all the great food!**

**We had a great time getting dunked...although it was REALLY COLD!!**

**We are grateful for all of our patients and friends who help make our clinic a special place to be.**

**See you all next year!**

## Are you new to chiropractic?

*To take the path of healing is to directly participate in life... – Stephen Levine*

**Are you new to chiropractic?** If you answered “yes”, you are joining many of your neighbors who have chosen the natural, drugless chiropractic approach to good health.

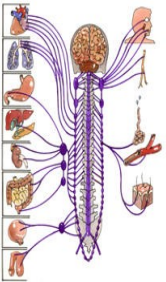


People see their Doctor of Chiropractic for many different reasons.

For some, chiropractic is a system of healing musculoskeletal problems – back, neck, disc, arm, shoulder, leg, hip, joint, nerve and muscle pain or discomfort.



For others chiropractic is a natural system of healing from diseases or conditions including: headaches; fatigue; high blood pressure; skin conditions; PMS; menstrual cramps; arthritis; asthma; sinus trouble; digestive problems; nervous stress; emotional disorders; fevers; bed-wetting; colic; ear, eye, nose and throat problems and many more, without drugs or surgery.



Others use chiropractic as a method of keeping their health at its peak: for better sports performance, higher resistance to disease, clearer thinking, a more comfortable pregnancy and more energy.

For whatever reason you are here, we say "welcome." Please ask us how chiropractic can help you and your family. Let us know of any health concerns you may have.

## Words of wisdom

*Each difficult moment has the potential to open my eyes and open my heart. – Myla Kabat-Zinn*



*My grandkids believe I'm the oldest thing in the world. And after two or three hours with them, I believe it, too. – Gene Perret*

## Allergies and chiropractic

Allergies are a common complaint during these warm months. Allergy sufferers have praised chiropractic care for over a century.

The goal of chiropractic care is to locate and correct a serious type of spine and nervous system stress called the vertebral subluxation complex (VSC). By releasing stress on the nervous system chiropractic permits the immune system to function more effectively—something all allergy sufferers need since a nervous system with less stress functions more efficiently.



Noted health researcher Dr. Kurt Donsback reflects the opinion of many natural healers:

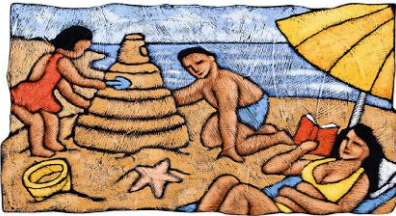
*A healthy body is capable of neutralizing these toxic substances and a body which has malfunctioning defense mechanisms cannot. The emphasis on allergies must be on building a*

*healthy body, not on trying to use evasive tactics by eliminating all the allergens. (1)*

One review of patients at a chiropractic college clinic found that pediatric patients commonly had complaints of allergy, ear infection, sinus problems, bed-wetting, respiratory problems and gastrointestinal problems. Complete or substantial improvement occurred in 61.6%. (2)

Your nervous and immune systems are interrelated and the health of one affects the health of the other. For over a hundred years chiropractors have, by reducing the nervous system stress caused by vertebral subluxations, helped people adapt better to all the stresses in their environment, including those relating to allergies. (3-6)

## Cancer risk slashed 50% or more by sunlight



Increasing vitamin D intake through sunlight, diet or supplements may decrease a person's risk of contracting breast cancer by 50%, and colorectal cancer by more than 65%, according to two recent studies conducted at the University of San Diego. The breast cancer study was published online in the *Journal of Steroid Biochemistry and Molecular Biology*. The colorectal cancer study was published online in the *American*

*Journal of Preventive Medicine*.

Researchers divided subjects into groups based on their blood levels of vitamin D, and compared the incidence of cancer between groups. "The data were very clear, showing that individuals in the group with the lowest blood levels had the highest rates of breast cancer, and the breast cancer rates dropped as the blood levels ... increased," said Cedric Garland, co-author of one of the studies. (7) More and more studies are recommending sunlight in moderation and some researchers are deploring the use of sunscreens. Try sunlight – it's natural.

## Infants and chiropractic

All infants, especially if they are experiencing health problems, need to be checked by a Doctor of Chiropractic. It could make the difference between a life of good health and a life of drugs and surgery.



A famous study that appeared in the journal *Manual Medezin* reminds us of the benefits of chiropractic for infants.

This was a study of 211 infants who were examined 5 days after birth. The babies suffered from vomiting, hyperactivity and sleeplessness. The researchers discovered that chiropractic care frequently resulted in the immediate cessation of crying, brought about muscular relaxation and sleepiness.

The authors, who are medical doctors, apparently "rediscovered" chiropractic. They wrote that an unhealthy spine "causes many clinical features from central motor impairment to lower resistance to infections—especially ear, nose and throat infections."



The authors assert that all newborns should have their spines checked by chiropractors. They write: "The success of adjustment overshadows every other type of [care]." (8)

## Beware of phony food

The "Made with Real Kraft™ Cheese" label may conjure up bucolic images of a dairy farm, but in reality many of Kraft's synthetic "cheese" products contain absolutely no cheese whatsoever. When confronted with their misleading labeling, Kraft CEO Irene Rosenfeld claims the fake cheese "meets the high standards for taste, quality and performance consumers expect when buying a Kraft-branded cheese product." Kraft calls the pseudo-dairy items "cheese products". (9)

## Enjoy the summer



Take time to relax and chill out! Please stop by for a chiropractic checkup to help ensure your summer is a healthy one.

Remember chiropractic adds years to your life and life to your years. (And seven days without an adjustment can make one weak.)

## Humor and more

My 3-year-old son put his shoes on by himself. I noticed that they were on backwards. I said, "Son, your shoes are on the wrong feet." He looked up at me with a raised brow and said "Don't kid me Mom, I KNOW they're my feet!"

**Many of the greats we admire had to face great criticism and setback. Here are a few examples:**



Beethoven's music teacher once said, "As a composer, he is hopeless."

When Thomas Edison was a boy his teachers told him he was too stupid to learn anything.

FW Woolworth got a job in a dry goods store when he was 21 but his employers would not let him wait on a customer because he "didn't have enough sense."

A newspaper editor fired Walt Disney because he had "no good ideas."

Caruso's music teacher told him, "You can't sing, you have no voice."

Leo Tolstoy flunked out of college.

Werner von Braun flunked 9<sup>th</sup> grade algebra.

Admiral Richard E. Byrd had retired from the Navy as "unfit for service" until he flew over both poles.

Einstein was four years old before he could speak and seven before he could read.

Isaac Newton did poorly in grade school.

Abraham Lincoln entered the Black Hawk War as a Captain and came out a private.

Louise May Alcott was told by an editor that she could never write anything that had popular appeal.

Winston Churchill failed the sixth grade.

**And if they can make it, why can't you?**



Bye. See you next month. Don't forget to stop by for a spinal checkup and an adjustment.

Want more 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 ([info@gatewaytohealth.com](mailto:info@gatewaytohealth.com)) and we'll add them to our mailing list.