



Contributed by: Dr Craig Tarini & Dr. Laura Bertram

Dr. Laura and Dr. Craig have almost 24 years of combined practicing experience treating people of all ages. They have been educating and treating people in the Chippewa Valley since 2001.

Having a family Chiropractic practice is extremely satisfying to both Dr. Craig and Dr. Laura as they have been able to help families grow healthy and guide them to make better lifestyle choices.

Gateway Chiropractic Center S.C.
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IN GOOD HEALTH

Newsletter

IS CHIROPRACTIC ONLY FOR ATHLETES?

Chiropractic care isn't only for athletic champions... No matter what sport or athletic endeavor you participate in (even if it's just pencil pushing) you need Chiropractic care to release emotional as well as physical stress from your body. A lot of small stresses (micro-trauma) can disable you as much as one big stress such as a car accident or getting tackled by a 300-pound lineman (macro-trauma).

If day-to-day stresses are not released your body may develop small structural distortions that interfere with the function of your nervous system and overall health. These small distortions are known as subluxations (or the subluxation complex).

Subluxations are often (but not always) painless, but they can undermine your health just as termites undermine your house. By the time the floor collapses, it's a little late to call the exterminator.

In the same way people may live for years with health-destroying subluxations in their body, all the while thinking they are "OK." Doctors of Chiropractic are specially trained to locate and correct (release) these subluxations. It's best to get your body checked early, before problems cause pain and other symptoms. Remember, Chiropractic is not only for big powerful athletes, it's also for little kids too (and infants as well). Dr. Craig and Dr. Laura have almost 24 years of combined experience working with athletes as well as children of all ages.

Researching Chiropractic

Chiropractors are often sought out if a person has back, neck, sciatica, arm, leg, headache and other kinds of pain. But don't limit Chiropractic! Pregnant women especially need chiropractic care.



Breech baby. A 37-year-old woman 35 weeks pregnant with her third child presented in the office after discovering through ultrasound that the baby was in breech position. The patient stated she was looking for an alternative to having a cesarean

section. After five adjustments, the fetus turned from a frank breech position to a vertex, head-down position. Pre- and post ultrasounds confirmed the transition of the fetus from a breech to a vertex position. (3)

Brain compression. An eleven-year-old girl had a one-month history of dizziness, fuzzy vision and ataxia (inability to walk without assistance).

An MRI revealed a brain problem in which parts of her brain (cerebellar tonsils) extended into the opening at the bottom of her skull causing compression of the pituitary gland. She was no longer able to attend school or function normally. Chiropractic examination and analysis indicated the presence of vertebral subluxation at the atlas and occiput (top of the neck and base of the skull).

Chiropractic adjustments were performed, primarily in the upper neck area to correct her atlas subluxation. The girl responded well to care with complete resolution of her symptoms.

Professional football and chiropractic

Chiropractic has been "discovered" by professional athletes, Olympians, weekend warriors and everyone in between. Since it's football season we thought you might find this interesting:

According to the Professional Football Chiropractic Society (PFCS), all 32 teams in the National Football League provide their players with chiropractic care so they can perform at their best and also to manage and prevent injuries and to speed recovery.

Super Bowl Champion New Orleans Saints wide receiver Marques Colston relied on team Doctor, Rob Lizana, DC for Chiropractic care.

Are Straighter Teeth Healthier Teeth?

In almost all cases, straighter teeth are healthier teeth. Crowded and crooked teeth can trap food between teeth, making it difficult to brush and floss adequately - leading to gum inflammation, infection or even make teeth more susceptible to cavities. Misaligned teeth can also lead to excessive stress on your TMJ joint and severely wear down your teeth!

Have you thought about braces but felt that they didn't fit your work or social life?

Invisalign provides benefits beyond just straighter teeth! You'll see healthier gum tissues, have easier cleanings, decrease trauma and abnormal wear and decrease your risk of periodontal disease.



BEFORE

AFTER

This patient (above) is 26 years old and loves his new smile. He even had them whitened afterwards to show off the great results!

Do all these benefits sound too good to be true? The pictures to the right are from a patient treated with Invisalign over a 10 month period.

Still think it sounds too good to be true? Call today for your free consultation and we'll show you what a difference Invisalign can make for you! We have payment plans available as well as interest free financing.

Call Hebert Dental today at 715.835.0606 to schedule a free consultation or look us up online at www.ClearlyWirelessHD.com for more information.

Why Would a Dentist Recommend You Eat More Candy?

If you or someone in your family has "soft" teeth or seems to get more than their share of cavities, you should consider eating some of Dr. John's candies www.DrJohns.com. What's so special about these candies? These candies are made with a special sugar called Xylitol (pronounced Zy-leh-tall). They taste great, are approved by the FDA and World Health Organization, and have fewer calories than sugar! Previously Xylitol had only been available in chewing gum. The health benefits of Xylitol include the following:

- ◆ Up to 80% reduction of dental cavities
- ◆ Easy removal of cavity causing bacteria
- ◆ Improve your oral health which has been shown to improve your overall health
- ◆ Reduction of cavities in children whose mothers consumed Xylitol while expecting or after delivery
- ◆ So if you have concerns about cavities - you should eat more candy...Xylitol candy!

To order some candy simply go to www.DrJohns.com and enter code **pip6V7PS7**



Contributed by: **Dr. Sean Tarpensing**

Dr. Tarpensing utilizes his extensive training and experience to treat even the most challenging dental situations. He has been delivering cosmetic, implant, invisalign and orthodontic solutions to patients for over 10 years.

Dr. Tarpensing has focused his practice on the treatment of the fearful patient and those with complex dental problems.

His friendly team is known for their down to earth and non-technical communication style making dentistry easy to understand.

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**Contributed by: Stacey Langness
Massage Practitioner**

I wanted to become a massage therapist once I found out how much massage can benefit people with. I have been practicing as a massage practitioner since graduating in 2004. I received an Associate Degree in Massage Therapy from Globe University in Woodbury, and I now enjoy working for Body Focus at Gateway Chiropractic Center, where I can serve my clients in the Massage modalities of Chair Massage, Swedish Massage, Deep Tissue Massage, Pregnancy and Infant Massage and Reiki.

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The Face of Winter

HOW TO PROTECT YOUR SKIN IN THE DRY, COLD MONTHS

Winter can be tough on skin, but there's much you can do to defend against the assaults of the season.

Facing the Frost

The biggest wintertime concern is dehydration. You definitely need to increase the protection quotient by shifting from lighter skin care products used during warmer months to cream-based cleansers and moisturizers. These will provide stronger barriers against the harsh environment of winter months.

People often forget about sunscreen in the winter. When outside a few hours a day, a sunscreen with

an SPF of 20 should be sufficient. But if you hit the slopes or shore, sunscreen with a higher protective factor is needed, even if your time is spent beneath an umbrella. Both snow and sand reflect the sun, so don't be caught unprepared. Also, make sure to protect the lips and the area around the eyes.



When it's cold, you lose blood flow to the skin. The result is a dry, dull tone. Facial treatments can increase circulation and rejuvenate a healthy glow. Be careful with peels and resurfacing treatments during the winter, as they can do more damage than good.



5 TIPS TO ASSIST YOU IN ENJOYING THE WISCONSIN WINTER MONTHS

- ◆ Drink water. Even when there's a chill in the air and you're not thirsty, water consumption needs to be high.
- ◆ Avoid products with a high percentage of synthetic ingredients (propylene glycol, petroleum), chemical detergents (sodium laurel sulfates), and artificial colors and fragrances.
- ◆ Employ quality skin care products suited to your skin type.
- ◆ Check your medications. Illness and ongoing pharmaceuticals can upset pH balance.
- ◆ Incorporate nutritional supplements into your skin health regimen, such as essential fatty acids, zinc, magnesium, vitamin A, and B vitamins.

“ Winter can be tough on skin, but there's much you can do to defend against the assaults of the season. ”

Winterizing the Body

Skin everywhere dries out, and gets that flaky look and uncomfortable winter itch. Hot baths, a delightful antidote to the chill, can further exacerbate dry skin. The solution is adding 10 drops of an aromatic essential oil to the bath to moisturize as you soak. (Lavender is particularly soothing to dry skin.) Then apply an emollient moisturizer, like a body butter which is geared for extra dry skin. Apply it immediately after drying off, when the skin can most readily absorb the lotion and restore its barrier.

Don't forget feet and hands. The feet often go neglected this time of year and need attention, but the most obvious casualties of winter are the hands. Exposed to the elements and the subject of frequent hand-washing during the cold and flu season, hands can turn to rawhide.

This is the season to lather hands with heavy, oil-rich cream at night and cover them with gloves. Your feet also require the same special care. Consider a moisturizer for them in the evenings and sleep with socks on. In the morning, your feet and hands will feel soft and moisturized.

Colston says: "I always see Dr. Rob for Chiropractic care on game day to get my body balanced, flexible and ready for action. I see him several times a week for rehab and to recover faster from the last game."



The Saints Reggie Bush has been receiving regular Chiropractic care since high school. "I look at Chiropractic care as important to keeping me healthy and at the top of my game." Saints wide receiver Lance Moore also praises Chiropractic: "Not only did my Chiropractor get me back on the field, but he helped me to stay on the field. My body just feels much better overall because of the care I've gotten."

2010 NFL Hall Of Fame inductee Jerry Rice adds: "I did a lot of things to stay in the game, but regular visits to my Chiropractor made all the difference."



Upcoming Wellness Presentations featuring nutritional information, Juice Plus information and making a yummy smoothie:

~Tuesday, December 7th
6:00 to 7:00pm
~Thursday, January 13th
6:00 to 7:00pm

Gateway Chiropractic Center
3519 Gateway Drive, Eau Claire

Seating is limited, please call Gateway Chiropractic Center to RSVP! 715-831-0955 or email: drlaura@gatewaytomyhealth.com

THE POWER OF FRUITS AND VEGETABLES

Benefits of Fruits and Vegetables

Hundreds of studies done over the last few decades have shown the benefits of eating whole fresh fruits, vegetables, whole grains, legumes, nuts and seeds. Scientists have studied these foods to determine what is in them that provides these positive results in lower cancer rates, less heart disease, strokes, diabetes and many other chronic diseases. One common factor in all of these are the "antioxidants" vitamins A (in the form of beta-carotene), C and E.

What is an Antioxidant?

An antioxidant is a molecule which can slow or prevent the oxidation of other molecules. Oxidation is a natural process in the body that can produce free radicals, which start chain reactions that damage cells. This damage is thought to be the root cause of many of the chronic diseases common today.

Because of the known benefits of these antioxidants in foods, and the fact that many people--for whatever reason--do not eat enough of these foods; supplement manufacturers have created vitamin antioxidant supplements to make it easy for people to add them to their diet. The question is, do these supplements

provide the same health-enhancing benefits as getting these antioxidants naturally in foods? The answer, from recent studies, seems to be "NO."

"Although a healthful dietary pattern rich in fruits and vegetables may lower cancer risk, such benefits cannot be mimicked by simply popping a few vitamin supplements,"

Dr. JoAnn Manson of Brigham and Women's Hospital and Harvard Medical School in Boston said in a statement.

Dr. Manson and colleagues tracked 7,627 women with an average age of 60, who took supplements for about 9-1/2 years.

Some took 500 milligrams of vitamin C daily, 600 IU (international units) of vitamin E every other day or 50 milligrams of beta carotene every other day--or different combinations of the three supplements. Others were given placebos.

Results showed that women who took the supplements had similar rates of cancer and cancer death compared to those who took a placebo. The study suggested that vitamin E supplements might reduce colon cancer risk and that beta carotene supplements might actually modestly raise lung cancer risk.

"Simply taking antioxidant supplements is insufficient to prevent cancer. People should take more natural plant foods which are rich with many nutrients including but not limited to antioxidants," Lin said.

Fruits and vegetables are rich in these vitamins, and it has been shown that people who eat plenty of these foods have a lower risk of heart disease, cancer and other conditions.

Summary:

- 1. There are still some unknown factors in whole foods which provide health-enhancing benefits besides the major vitamin antioxidants that we know of.**
- 2. It is difficult, if not impossible to duplicate the complexity and balance of nutrients in foods created in nature.**
- 3. It can actually be harmful to separate and eat isolated parts of foods and remove the natural balance of nutrients they contain.**

The bottom line: there are no shortcuts to eating the best foods such as fresh vegetables and fruits, whole grains, legumes (beans, peas, nuts and seeds), low-fat dairy, and lean meats.

Recommendation:

To bridge the gap between your best efforts at eating better and reaching optimal nutrition, use **Juice Plus+®** whole-food based concentrates. Juice Plus+ has been proven effective through primary research in human studies to be effective in reducing oxidative stress, supporting a healthy immune system, protecting cellular DNA, and positively effecting indicators of cardiovascular health. For more information on Juice Plus+®, go to www.gccJuicePlus.com or contact Dr Laura Bertram of Gateway Chiropractic Center 715-831-0955.

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