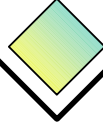


HEALTHY TIMES

Your Chiropractic Newsletter



CHIROPRACTIC OFFICES OF GONSTEAD & STANGL

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Did You Know?

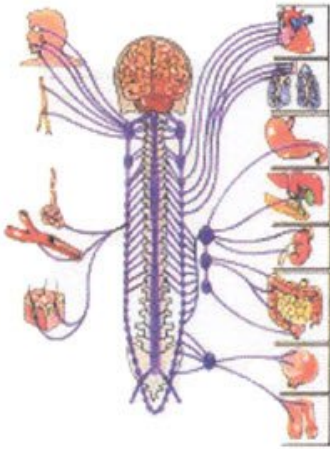
The vertebrae in your mid thoracic spine (T4-T9) house and protect many important spinal nerves! If you have a subluxation in this region it could affect your gall bladder, bile ducts, liver, general circulation, stomach, pancreas, spleen, adrenal, and supra-renal glands. If these things are not functioning at 100% you might get these effects; jaundice, shingles, liver conditions, fevers, blood pressure problems, poor circulation, arthritis, stomach troubles, indigestion, heartburn, dyspepsia, ulcers, gastritis, lowered immune resistance, allergies, and hives! WOW! It's worth staying adjusted!

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Your nerves go everywhere!



Your nerves help regulate and coordinate the function of your entire body. As you can see in the illustration to the left, nerves start in your brain and branch out down your spine and go, well, everywhere!

If there is an imbalance in your spine or body structure causing nerve stress (a subluxation) any organ, gland, muscle, joint, disc or blood vessel may be affected. Even your brain can be affected in varying degrees. Pressure caused by nerve stress (a subluxation) can affect the health of your entire being.

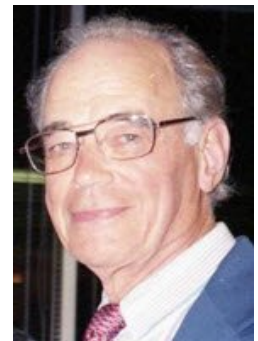
Chiropractors are trained to locate and correct nerve stress, permitting you to function closer to your natural, healthful state – adding years to your life and life to your years.

Approaching Flu Shot Season

We are approaching flu shot season. The pharmaceutical companies and radio and TV stations (where drug companies spend millions on advertising) will soon start scaring people into getting injected with toxic chemicals that are useless and dangerous.

Heed the words of J. Anthony Morris, Ph.D. former Chief Vaccine Control Officer, US Food and Drug Administration:

There is no evidence that any influenza vaccine thus far developed is effective in preventing or mitigating any attack of influenza. The producers of these vaccines know that they are worthless, but they go on selling them anyway. (1)



For thousands of years healers have viewed the cold, flu and fevers as some of the most powerful weapons your body has for cleansing and healing itself. Getting a cold or the flu, while a very uncomfortable experience, is not only a powerful way your body detoxifies you but also provides another significant benefit. Studies report that the cold and flu may protect you from getting cancer:

Those with carcinomas of the stomach, colon, rectum, breast, and ovary...and controls (with no history of cancer) were interviewed. A history of common colds or influenza prior to the interview was found to be associated with a decreased cancer risk. (2)

Subjects who reported a history of infectious diseases (e.g., colds, flu) showed a 30% reduction in risk [of brain tumor]. (3) If you have a bad cold or the flu do not suppress your fever or other symptoms with drugs. Instead respect what your body is telling you; work with your body to cleanse and detoxify your system. If you don't, you can stay sick longer. As researchers have reported:

Taking aspirin or Tylenol™ for the flu could prolong your illness by up to 3½ days. (4)

Your hips and Chiropractic: a natural alignment

You need them for a good golf swing, dancing, a healthy pregnancy and to support your spine. They anchor your legs so you can walk and you sit on them too. It's your hips!

Your hips are two large bones (each made up of three fused bones) that are attached to your sacrum – the base of your spine. They are strapped to your sacrum with lots of ligaments and are given strength and support by muscles and tendons.

If your spine is out of alignment (it's subluxated), your hips may alter their normal position by rotating, twisting, or becoming uneven and causing one leg to appear shorter than the other.

Most often one leg isn't *actually* shorter than the other. It just seems that way because your legs attach to your hips. If one hip is a higher than the other then one leg appears longer and one appears shorter. This is most obvious when you lie down. That's why your chiropractor has her patients lie down to check their feet and measure their leg length difference. This is one sign your body structure is off-balance. Since structure equals function, if your structure is not 100% either is your function!

Uneven hips can cause unnatural wear and tear on your spine, arthritis or lumbar (lower back) disc bulging, which can lead to leg and sciatica pain. If your pubic bones (the front of your hips) are not aligned it may cause sacroiliac pain and pain during pregnancy and childbirth. Subluxated hips also can cause fatigue and exhaustion because you will be out of alignment with gravity and therefore using more effort and energy to carry out your normal daily activities.

Signs of hip problems include pain, unequal wear on the bottom of your shoes, change in your ability to run, walk, or perform other sporting activities, difficulty standing or sitting for long periods, leg problems, knee pain and foot problems such as bunions. Hip problems can also cause shoulder problems – your hips and shoulders work together – if one is moving improperly the other's motion will be affected.

What to do? A chiropractic checkup will help ensure a healthy pelvis and hips – and ensure that your spine has a good, balanced foundation from which to work.

This is especially important during childhood – that's why infants, babies and children of all ages should get a chiropractic checkup. It can help ensure a healthier body for life!



Breastfeeding builds baby's immune system

Newborns are still developing and do not have a mature immune system to protect them from illness. Antibodies, or immune molecules, in a mother's breast milk are transferred to the baby, giving immunity to illnesses that the mother is immune to. The converse is also true – if a newborn is exposed to a germ, she will transfer it back to her mother while nursing. The mother's body will then produce antibodies to that particular germ and transfer them back to the baby. Babies who are breastfed exclusively have better functioning immune systems.



Chiropractic and spinal research



Infertility. A 23-year-old woman with a history of infertility, amenorrhea (no menstrual cycle), low back pain and six weeks of progressively worsening numbness and tingling in both of her legs and feet began chiropractic care. She had a six-year history of birth control use. She was unable to conceive.

Under chiropractic care her low back pain and leg and feet numbness completely resolved. She had her first natural menstrual cycle 3 ½ months after beginning care and discovered she was pregnant one month later. (5)

ADD/ADHD. A seven-year-old girl with ADD/ADHD (hyperactivity and attention deficit disorder) and focusing problems, sleep disturbances and aggressive, negative behavior toward her sister was brought in for chiropractic care. Improvements were noted on the daughter's weekly behavioral assessments. The mother noticed an overall change in her attitude as well as improvement with specific tasks. (6)

Whiplash. Forty-one patients with whiplash injuries (age 17-67) received chiropractic care. After 20 visits over a 10 week period the patients went from a pain level of 7.1 to a pain level of 0.6. (7)

Letter to the Editor: Drugged by Parents

The following letter has appeared on the internet and was viewed by many readers. We thought it would be appropriate for the readers of Healthy Times...

The other day, someone at a store in our town read that a Methamphetamine lab had been found in an old farmhouse in the adjoining county and he asked me a rhetorical question, "Why didn't we have a drug problem when you and I were growing up?" I replied I had a drug problem when I was young: I was drug to church on Sunday morning. I was drug to church for weddings and funerals. I was drug to family reunions and community socials no matter the weather. I was drug by my ears when I was disrespectful to adults. I was also drug to the woodshed when I disobeyed my parents, told a lie, brought home a bad report card, did not speak with respect, spoke ill of the teacher or preacher, or if I didn't put forth my best effort in everything that was asked of me. I was drug to the kitchen sink to have my mouth washed out with soap if I uttered a profanity. I was drug out to pull weeds in my mom's garden and flower beds and cockleburrs out of dad's fields. I was drug to the homes of family, friends and neighbors to help out some poor soul who had no one to mow the yard, repair the clothesline, or chip some firewood, and, if my mother had ever known that I took a single dime as a tip for this kindness, she would have drug me back to the woodshed.

Those drugs are still in my veins and they affect my behavior in everything I do, say, or think. They are stronger than cocaine, crack, or heroin; and, if today's children had this kind of drug problem, America would be a better place. God bless the parents who drugged us!

Words of wisdom

“Everything can be taken away from a man but one thing: the last of the human freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s own way.” – Victor Frankl, Holocaust survivor and author

Kathy’s Blueberry Muffins

½ C oatmeal
½ C orange juice
1 ½ C flour
½ C sugar
1 ¼ tsp baking powder
½ tsp salt
¼ tsp baking soda
½ c oil
1 egg, slightly beaten
1 C. fresh or frozen blueberries, thawed

1. Heat oven to 400 degrees
2. In large bowl, combine oatmeal and orange juice; stir well.
3. Add flour, sugar, baking powder, salt, baking soda, oil, and egg. Mix well
4. stir in blueberries
5. Fill muffin cups 2/3 full
6. Bake at 400 degrees for 18-22 minutes.

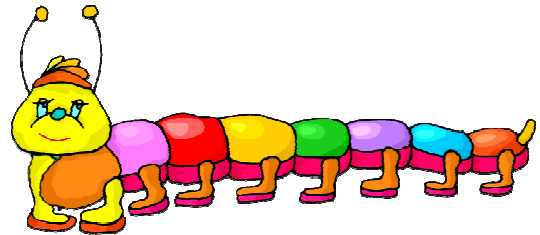
Makes 10-12 muffins.

Activity Time! Colorful Counting Caterpillar

Materials:
Colored circle cereal (Fruit Loops), string or pipe cleaner.

What to do:
Have the child sort the cereal into colors. Then tell them to make a caterpillar using 2 pieces from each color. Ask how many pieces they used in all. For example, “you took 2 pieces from 4 different colors and now the caterpillar has 8 pieces.”

Eat and repeat with different numbers!



We hope you enjoyed your Healthy Times Chiropractic Newsletter.
Do you know someone who should be benefiting from chiropractic care?
WE ARE HONORED BY AND APPRECIATE YOUR REFERRALS!

Visit www.TogetherForYou.com for more information and copies of this newsletter for friends and family!

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