

# HEALTHY TIMES

Your Chiropractic Newsletter



## CHIROPRACTIC OFFICES OF GONSTEAD & STANGL

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### INNATE INTELLIGENCE

Every living thing has inborn intelligence within its body called Innate Intelligence. Innate Intelligence is how a fetus knows how to develop, how your heart knows how to beat, and how a wound knows how to heal. The nervous system is its conduit and its mission is to build and maintain the well-being of life by adapting forces and matter for the living body. When Innate Intelligence is interfered with it causes in coordination and 'dis-ease.' If interference is removed the living thing is allowed to express its full potential of health. Chiropractors cannot cure anything! Doctors of chiropractic keep your nervous system interference free so that your body itself can cure what ails it! Be kind to your body, strengthen your mind and build your spirit.

**TURN YOUR LIFE FORCE ON WITH CHIROPRACTIC!**

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**THIS YEAR, GIVE A MASSAGE  
AS THE PERFECT GIFT  
FOR THAT SPECIAL SOMEONE!**

Chiropractic and massage go hand-in-hand helping each other enhance the body's ability to heal and function optimally!

**Treat yourself or a loved one to a massage this holiday season!**  
Gift Certificates are available & come packaged with a bow for each special occasion!



## Your Other Muscles

By: Charles Masarsky, DC

Most people are aware of the value of chiropractic adjustments in hastening recovery from injuries involving pain or spasm in the muscles of the back or neck. It's important to understand, however, that the muscles involved in these painful injuries – skeletal muscles – are only one type of muscle in human anatomy. Another type of muscle – smooth muscle – lines every artery in your body. Like skeletal muscle, smooth muscle is influenced by spinal nerves. Just as vertebral misalignment or restriction (subluxation) can cause painful spasm in skeletal muscle; it's possible they also can cause tension in these smooth muscles. Tension in the smooth muscles lining your arteries can bring about elevated blood pressure or hypertension. Recent research indicates aggravation of hypertension by vertebral subluxation might be much more than just a theoretical possibility.

A research team organized by a University of Chicago professor randomly divided 50 hypertensive patients into experimental and control groups. Experimental patients were referred to a doctor of chiropractic (DC) for adjustment of subluxations in the upper cervical spine (upper neck). The control patients were placed on a chiropractic table, but the doctor's hand positioning was not designed to move the upper cervical vertebrae – a sham procedure. After 8 weeks, the experimental patients experienced an average decrease of 17 mmHg in their systolic blood pressure while the control group had an insignificant average drop of 3 mmHg. The improvement in blood pressure in the experimental group is equivalent to that usually seen by prescribing two blood pressure medications simultaneously. While the experimental patients were checked once per week, most of them only needed to be adjusted once. Interestingly, there was one symptom absent in all of the patients studied – none of them had neck pain.

This study supports previous research indicating subluxation can elevate blood pressure and the chiropractic adjustment can help normalize it. These studies are of great interest, since hypertension is a risk factor for stroke. If additional research supports these findings, the implication is that chiropractic adjustments, and adjustments of the cervical spine in particular may help prevent stroke.



## Memory loss is linked to low levels of “good” cholesterol

For years critics of cholesterol-lowering statin drugs have said that low cholesterol was linked to depression, suicide, injuries, cancer and infection. Now a new study reveals those with low levels of HDL by age 61 are 53% more likely to have memory problems (study of 3,673 individuals). (1)

## Multiple Reasons for Multivitamins

Unless your doctors advised against it, daily multiple vitamin-mineral supplements should be a staple in your daily routine. When it comes to optimal health, a multivitamin should be the first thing recommended after a properly aligned spine and a healthy diet!

A multiple vitamin-mineral supplement is a combination of many different vitamins and minerals brought together synergistically in one supplement for your convenience and benefit. Taking a daily multivitamin is added health insurance for everyone and should be part of a healthy diet not an excuse to skip your fruits, veggies and grains!

Along with multivitamin supplementation for adults it is also commonly recommended that children receive a child's multivitamin. Children's multiple vitamins come in chewable forms and may be a good idea especially for a picky eater. While kids should be gently encouraged to try other foods, a multivitamin may help provide a little extra nutrition insurance.

The documented potential benefits of taking a daily multivitamin are many but how do you choose a good multivitamin when there are so many to pick from? The following table shows the US recommended daily value for nutrients as well as the suggested optimum amounts of each vitamin and mineral that should be present in a daily multiple vitamin-mineral supplement for healthy people. Some people may want to take larger or smaller amounts because of specific health concerns.

| Nutrient         | Daily value (includes diet) | Suggested daily optimum In a multiple vitamin-mineral  |
|------------------|-----------------------------|--|
| Biotin           | 300 mcg                     | 300 mcg  |
| Calcium          | 1,000 mg                    | 800-1000 mg  |
| Chromium         | 120 mcg                     | 120-200 mcg  |
| Copper           | 2mg                         | 1-3 mg   |
| Folate           | 400 mcg                     | 400 mcg  |
| Iodine           | 150 mcg                     | 150 mcg  |
| Iron             | 18mg                        | Avoid iron supplementation unless you have been diagnosed with having, or being at high risk of, iron deficiency |
| Magnesium        | 400 mg                      | 250-400 mg   |
| Manganese        | 2 mg                        | 2-5 mg   |
| Molybdenum       | 75 mcg                      | 75 mcg   |
| Niacin           | 20 mg                       | 20 mg  |
| Pantothenic acid | 10 mg                       | 10 mg  |
| Riboflavin       | 1.7 mg                      | 1.7 mg   |
| Selenium         | 70 mcg                      | 100-200 mcg<br>200 mcg for men – helps prevent prostate cancer   |
| Thiamine         | 1.5 mg                      | 1.5 mg   |
| Vitamin A        | 5,000 IU                    | 5,000 IU (as natural beta-carotene)  |
| Vitamin B6       | 2 mg                        | 10 mg  |
| Vitamin B12      | 6 mcg                       | 50 mcg   |
| Vitamin C        | 60 mg                       | 100-200 mg   |
| Vitamin D        | 400 IU                      | 400 IU   |
| Vitamin E        | 30 IU                       | 30-400 IU  |
| Vitamin K        | 80 mcg                      | 80 mcg - Vitamin K is often left out of multivitamins because of worry over its anticoagulant effects            |
| Zinc             | 15 mg                       | 15-25 mg   |

For more information on multiple vitamin-mineral supplementation check out this HealthNotes webpage; [http://www.healthnotes.info/qs\\_db/healthnotes.cfm?contentid=2887001](http://www.healthnotes.info/qs_db/healthnotes.cfm?contentid=2887001)

If you have questions on choosing a multivitamin or would like help in finding a multivitamin specific for your needs or the needs of your family please feel free to ask Dr. MJ or Dr. Melissa!

## Another Reason Breastfeeding is Best!

It was announced recently that traces of the industrial chemical melamine have been detected in samples of top-selling US infant formula. Melamine is used in some US plastic food packaging and can rub off onto what we eat; it's also contained in a cleaning solution used on some food processing equipment and can leach into the products being prepared. Melamine is the chemical found in Chinese infant formula – in far larger concentrations – that has been blamed for killing at least three babies and making at least 50,000 others ill.

In China, the concentrations of melamine were extraordinarily high, as much as 2500 parts per million, and the concentrations detected in the FDA samples were 10,000 times smaller.

Melamine can bind with other chemicals in urine, potentially causing damaging stones in the kidney or bladder and, in extreme cases, kidney failure. The Food and Drug Administration (FDA) said last month it was unable to identify any melamine exposure level as safe for infants and could not set an acceptable level of melamine exposure in infant formula but did add that its position did not mean that any exposure to a detectable level of melamine and melamine-related compounds in infant formula would result in harm to infants.

The FDA has stated that the detected levels of melamine found in US formulas are extremely low and it would be a “dangerous overreaction” for parents to stop feeding infant formula to babies who depend on it and should not be changing the diet if they've been feeding a particular product.

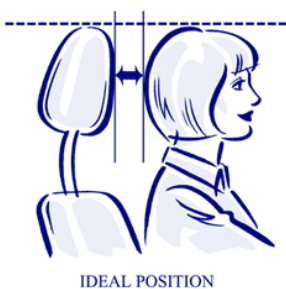


## Prevent Whiplash on Slippery Winter Roads

As snowfalls begin to accumulate and snowflakes blanket our yards in their winter beauty it is time again to acclimate ourselves to Wisconsin winter driving. Increasing your following distance, giving yourself more travel time, and practicing winter breaking techniques are all good ideas to keep yourself and those around you safe on snow covered roads but is there anything you can do to decrease your risk in the case of an ice-induced rear-end collision.

A common injury caused by rear-end collisions are whiplash injuries. Severe whiplash injuries can result in fracture, dislocation, paralysis and even death but most such injuries result in sprain-strain of the neck, injury of the joints in the back of the spine, called the facet joints, disc injury or herniation and/or stretched nerve roots.

Hundreds of thousands of Americans suffer from life changing neck injuries that could have been prevented by taking a few small precautions. As our risk of automobile accident increases with slippery roadways please take action and follow the steps below to help reduce your risk of whiplash injury.



Step 1: Adjust the height of your car's head restraint

- A low head restraint can cause injury as the head pivots over the top in a rear-end crash. Adjust the height of your head restraint so that the upper edge of the head restraint is at least the same height as the top of your head.

Step 2: Adjust Backset

- Backset is the distance between the back of your head and the front of the head restraint. The backset distance should be as small as possible but should not exceed 4 cm or about 4 finger breaths distance. Every inch the head sits forward of the head restraint magnifies the injury forces during a crash.

Step 3: Ergonomically reduce risk

- Having your head or body turned during a collision can increase the chances of more significant injury. When possible, keep your eyes on the road and your head straight.

Step 4: Check safety ratings

- Step 1 to 3 work but a poorly designed head restraint is also a risk factor for injury. Check the Insurance Institute for Highway Safety website at [www.iihs.org](http://www.iihs.org) to see head restraint safety rating by model and year of vehicle.

We wish you all a very safe winter... please drive carefully!

## T'was the Night Before Christmas – Chiropractic Style



was the night before Christmas  
Santa could not be found  
No flying reindeer  
No jingle bell sounds

No toys under trees  
For Santa was sick  
No Ho Ho Ho  
From the once jolly St. Nick

Mrs. Claus was worried  
The elves were distressed  
The children were saddened  
And Santa a mess!

With a catch in his neck  
And a pain in his back  
How could Santa carry  
A heavy toy sack?

Rudolph exclaimed  
I know a wonderful DC  
She'll help you feel better  
Just wait and you'll see

The chiropractor agreed  
To come straight away  
She greeted poor Santa  
And had this to say...

Santa you create your own health  
You create how you feel  
Let's open your channels  
So your body can heal!

Santa smiled with hope  
As he laid on her table  
A chiropractic adjustment  
Would help make him able

When the chiropractor was through  
Santa sighed with relief  
His jolliness returned with  
Chiropractic belief

Santa jumped to his feet  
As he yelled and he cheered  
To the sleigh and the reindeer  
Christmas is almost here!



The toys were all loaded  
The sleigh flew in time  
And Santa was happy  
For his spine was in line!

We hope you enjoyed the December issue of  
**Healthy Times Chiropractic Newsletter**

Please remember to visit our website

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

We will be updating it with a new look and information soon!

**WE WISH YOU ALL HAPPY HOLIDAYS AND A HEALTHY NEW YEAR!**  
Start your family's 2009 off right and get them in for a healthy chiropractic adjustment!



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