



March 2008 Issue

# HEALTHY TIMES

Your Chiropractic Newsletter



## CHIROPRACTIC OFFICES OF GONSTEAD & STANGL

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**FINDING A LEPRECHAUN  
MIGHT BRING YOU  
GOOD WEALTH.  
VISITING YOUR CHIROPRACTOR  
CAN BRING YOU  
GOOD HEALTH!**

From your Natural Health Care Team!  
Dr. Gonstead, Dr. Stangl, Ute Boehm CMT  
Pam, Karen, & Kathy

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## Fibromyalgia and chiropractic



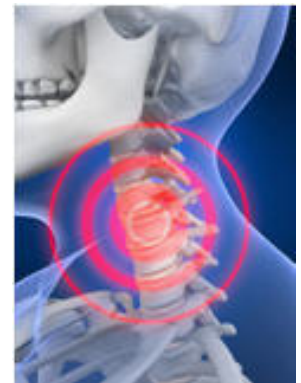
Imagine being tired all the time with burning pain, muscle spasms and tender "trigger" points. Add to that increased sensitivity to pain, heat, cold, bright lights, plus bowel/bladder problems, headaches, sleeplessness and/or anxiety. These are the symptoms of fibromyalgia.

Anti-inflammatory drugs, painkillers, antidepressants and other prescriptions, physical therapy, counseling and support groups all have poor records helping fibromyalgia sufferers. However, acupuncture, relaxation techniques, meditation and nutritional therapy offer more encouraging results. (1-3)

What about chiropractic?

## The Chiropractic Approach

An unhealthy spine has long been associated with fibromyalgia. (4) In one study neck injury increased the occurrence of fibromyalgia by ten times! (5) Chiropractic adjustments to correct subluxations of the spine have shown powerful results. In one study all 23 fibromyalgia sufferers (ages 11-76) showed 92-100% improvement and maintained their improvements after one-year follow-up with chiropractic care (6). In another study of 15 women, 60% reported at least a 50% reduction in their pain, less fatigue and improved sleep quality with chiropractic. (7)



## Chiropractic for fibromyalgia sufferers

Anyone suffering from fibromyalgia should see a chiropractor for a spinal checkup. It may make the difference between recovery and continued illness, between a life of pain and a life of ease.

## What can chiropractic do for you?

For a healthier, happier life, for healthier children – try chiropractic. Too many lives are wracked by illness (both physical and mental). Is there a way to help ensure greater health?

Chiropractic is a natural approach to healthcare. Our goal is to work with nature by ensuring that your body structure and your internal communications system – your brain and nerve system – function in harmony. Disharmony ultimately ends in lowered resistance to disease, sickness, unhappiness, less ability to deal with stress and an early death.



## The Safest Healing Art?

How safe is chiropractic? Very safe! A study was done to determine the strain on the arteries of the neck during spinal care. Chiropractic caused an average strain on the arteries of about 2-6% over resting, similar to strains moving the head during range-of-motion.

Research reveals that spinal arteries could be stretched to 39-62% over resting length before causing problems, approximately nine times greater than strain of chiropractic care. One study estimated the occurrence of stroke following chiropractic at approximately one per 6 million, and even in those cases chiropractic isn't necessarily the cause. By comparison, a person's odds of getting struck by lightning in his or her lifetime are about one in 3,000. (8)

## Two Additional Months of Breast-feeding



Two additional months of full breast-feeding may make a big difference in the number of infections a child suffers. In a study from *Pediatrics* (February 2006) it was found that stopping full breast-feeding at 4 months increased the risk of infection even more than day care or exposure to smoke. The benefits extended at least to the end of the study at age two. (9)

## Watchful Waiting Preferred Over Antibiotics

Antibiotics are not justified to reduce the risk of complications after upper respiratory tract infection, sore throat or ear infection according to a study in the *British Medical Journal*. Is it not good medicine to prescribe antibiotics if a patient has upper respiratory tract infection, sore throat or ear infection? Guidelines advise against the routine use of antibiotics in patients with these conditions.

Antibiotic prescribing for acute respiratory infections in UK general practice declined by 45% between 1994 and 2000. The authors conclude that general practitioners should not base their prescribing for sore throat, ear infection or upper respiratory tract infections on a fear of serious complications; most infections can be managed by watchful waiting. (10)

Comment: For better health, enhance watchful waiting with a chiropractic adjustment.

## More Women Die After Receiving Gardasil™

The death of two young women who received the cervical cancer vaccination is causing some in the U.K. to question a strategy that calls for hundreds of thousands of schoolgirls to receive the shot next fall, the *Daily Mail* reports.

The young women who died received the vaccination, marketed under the name Gardasil. The two deaths follow the deaths of three U.S. females, ages 12, 19 and 22, who were reported to have died days after receiving Gardasil. The U.S. Food and Drug Administration recently reported that 28 women miscarried after receiving the vaccine. The FDA has said there is no reason to reexamine approval of the drug. (11)



## Chiropractic and Spinal Research



### Attention deficit hyperactivity disorder and chiropractic.

A 6-year-old boy struck his head in a fall from a playground slide and was knocked unconscious. Unable to alleviate her son's headaches and neck pain with painkillers, the mother brought the boy to a doctor of chiropractic eighteen months later. The boy also suffered from stomach pains and bloodshot eyes, was unable to sit still, had poor grades in school, and his teacher complained of disruptive and inattentive behavior in class. All of these symptoms appeared after the fall from the slide.

After three weeks of chiropractic care his grades improved dramatically and his other symptoms were much reduced or disappeared. (12)

No matter what the cause, every child (and adult) with learning disorders such as ADD/ADHD or dyslexia should be checked by a chiropractor for subluxations. Chiropractic care may make a big difference. (13-14)

## Humor



## We hope you enjoyed your Healthy Times Chiropractic Newsletter.

Be An Active Member of YOUR Health Care Team  
Don't forget to stop in and have your spine checked!

Would you like extra copies of this newsletter for friends or family?  
Stop by the office or visit our website at [www.TogetherForYou.com](http://www.TogetherForYou.com)

## Try This Recipe!

Fabulous Flaxseed! Flaxseed has been getting a lot of attention lately and potentially for good reason. Preliminary studies show that flaxseed may help fight everything from heart disease and diabetes to breast and prostate cancer. Flaxseed is very high in omega-3 essential fatty acids. These are considered “good” fats because they are believed to lower cholesterol, stabilize blood sugar, lower the risk of many cancers, reduce the inflammation of arthritis and those caused by asthma and Parkinson’s disease.

Flaxseed is available everywhere we shop and is easily added to many of the meals we make already, allowing us to gain its benefits without extensively restructuring our menus.

### Orange Bran Flax Muffins (18 muffins)

1½ c. oat bran  
½ tsp. salt  
½ c. canola oil  
1 c. all-purpose flour  
2 whole oranges  
(washed, quartered, seeded)  
2 eggs  
1 c. flaxseed\*  
1 c. natural bran  
1 c. brown sugar  
1 tsp. baking soda  
1½ raisins  
1 Tbs. baking powder  
1 c. buttermilk

- In a large bowl, combine oat bran, flour, flaxseed, bran, baking powder and salt.
- In a blender or food processor, combine oranges, brown sugar, buttermilk, oil, eggs and baking soda. Blend well.
- Pour orange mixture into dry ingredients. Mix until well blended
- Stir in raisings.
- Fill paper lined muffin tins almost to the top.
- Bake in 375° oven for 18 to 20 minutes or until wooden pick inserted in center of muffin comes out clean.
- Cool in tins 5 minutes before removing to cooling rack.



Recipe compliments of Ameriflax.com

\* Flaxseed may also be ground. Measure first, then grid or mill.

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