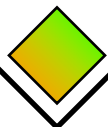


May 2008 Issue

# HEALTHY TIMES

Your Chiropractic Newsletter



## CHIROPRACTIC OFFICES OF GONSTEAD & STANGL

431 E. Clairemont Ave. ♦ Eau Claire, WI ♦ 54701  
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**'MAY' YOUR  
MONTH BE  
HAPPY &  
HEALTHY!**

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

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## Exhaustion, fatigue and chiropractic

Why do people often feel an improvement in their energy with chiropractic care?

There are many reasons. One has to do with balance: as your hips, head and overall body structure become more balanced, you become more efficient and don't have to expend extra energy on misaligned body parts.

Imagine walking around with your head slightly off center – you'd have loads of stress on your neck, shoulders, hips, legs and feet that would weaken your joints, create arthritis, wear down your discs and lower your energy.

Unless you are balanced you can't function with ease and grace; every step drains energy and the evening finds you falling asleep with a book or in front of the TV (unless you have young kids, then you're trying to sleep every free moment).



In addition to fatigue, signs of structural imbalance include feelings of tightness, joints that are "noisy," an inability to move or turn in either direction or as easily as you once could and premature aging. Make sure you're balanced – come in for a chiropractic checkup.

## Your nerves and chiropractic



This illustration shows how the nerves traveling from your brain and spinal cord connect to your stomach, intestines, reproductive organs, glands, muscles, eyes, ears, arms, legs, hands, feet – everywhere.

Nerves send information, energy and even nourishment to your body parts. If there is the slightest blockage to this communication, nearly any system (digestive, eliminative, immune, cardiovascular, vision, hearing, nervous, etc.) can function less efficiently and you will not be able to adapt as easily to physical, chemical, emotional or environmental stresses.

This state is called dis-ease – it is a pre-disease state, one of weakness, lowered resistance to germs and a reduced ability to maintain chemical balance.

Subluxations interfere with your nerve communications. Most people who are ill have subluxations – often with no pain at the site of the subluxation itself.



Doctors of Chiropractic are specially trained to locate and correct subluxations, hidden distortions that cause dis-ease and interfere with your health and happiness. Please tell all your friends who are living on drugs or are suffering that they probably have subluxations in their body that only a Doctor of Chiropractic can locate and correct.

## Hypertension: Pain in the neck

<http://abcnews.go.com/Video/playerIndex?id=4519444>

Watch this interesting ABC News story on Chiropractic and high blood pressure. A non-drug way of dealing with high blood pressure? Amazing!

## Chiropractic research



**Polio and Chiropractic**, a case study. A 69-year-old retired female post-polio sufferer had left hand pain of over 40 years duration and limited flexion of the fingers of her left hand. The polio left the woman disabled, with the muscles of her right arm severely wasted and affected so badly that it was now practically useless. Her surgeon recommended surgery. After her first chiropractic adjustment, her left hand changed color from white to pink. Over the next few days she continued to notice hand improvement as well as a discontinuation of the itching in her hand. Her hand strength improved and there was also improvement in her posture, scoliosis and gait.

The woman returned to her surgeon who said surgery was no longer recommended. In a survey of 500 post-polio sufferers, chiropractors received the highest patient satisfaction ratings at 45% while MDs received the lowest percentage at 22%. (1)

**Sciatica.** Forty-four patients experiencing sudden and painful low back pain were evaluated by orthopedists who could not find anything wrong. They were given the diagnosis of “acute sciatica.” A doctor of chiropractic located subluxations in all 44 who received chiropractic care. At a two-year follow-up all but two patients had returned to work. In addition, the period of sick leave was two-thirds that of patients under conventional medical treatment. (2)

**Autism.** A 3½-year-old girl who was diagnosed with autism a year earlier (reduced social interaction, language skills and learning difficulties) was brought in for chiropractic care. Both the chiropractor and the parents noticed improvements in social interactions, language skills and increased symmetry in surface EMG (electrical muscle firing) and thermal scanning (spinal heat readings) over 10 weeks of care. (3)

## Amazing nutrition experiment

A woman was worried about her family’s addiction to diet soda. After researching the effects of aspartame, she decided to perform her own experiment. She got 108 rats. For nearly 3 years she fed some of the rats the equivalent, for their body weight, of two-thirds the aspartame contained in 8-oz. of diet soda each day.



Eleven of the females who took aspartame – 37% – developed tumors, some of massive size. For details about this amazing experiment go to

<http://myaspartameexperiment.com/index.php>.

## Flu Shot Facts

According to K. Paul Stoller, MD: “Out of about 120 million doses of the worthless flu vaccine shipped for the 2007-08 flu season about 87% contained some level of Thimerosal (mercury) and at least 42% contained the maximum level.” (4)



According to the package insert for the Influenza Virus Vaccine Fluzone®, the flu vaccine most commonly given to children: The vaccine is grown in chicken eggs, harvested with formaldehyde and contains the recommended ratio of 15 ug of each of the three prototype viral strains. Each dose also contains 25 ug of thimerosal (mercury). (5)

According to Hugh Fudenberg, MD, an immunogeneticist and biologist with nearly 850 papers published in peer reviewed journals: “If an individual had five consecutive flu shots between 1970 and 1980 (the years studied), his/her chance of getting Alzheimer’s Disease is 10 times higher.” (6)

According to the CDC (Center for Disease Control): “The most important thing you can do to keep from getting sick is washing your hands.” (7)

Here are a few other suggestions to protect yourself and your family from getting sick; 1. Maintain chiropractic adjustments 2. Avoid white sugar 3. Exercise regularly 4. Get adequate sleep 5. Eat a healthy diet – omitting trans fats 6. Drink plenty of water

## Outrageous Ooze!

Need a fun new rainy day activity for the kids or grandkids? Try making outrageous ooze! It will not only pass some time but it can be educational too!

Materials: Newspaper, measuring cups, 1 cup of dry cornstarch, large bowl or pan, ½ cup water.

Instruction: Cover your working area with newspaper. Put the cornstarch into the bowl. Add water slowly, mixing the cornstarch and water with your fingers until all of the powder is wet. Keep adding water until the ooze feels like a liquid when you’re mixing it slowly. Then try tapping on the surface with your finger or a spoon. When Ooze is just right, it won’t splash- it will feel solid. If your ooze is too powdery, add a little more water. If it is too wet, add more cornstarch.

Play: Pick up a handful of ooze and squeeze it. Stop squeezing and let it drip through your fingers. Rest your fingers on the surface of the ooze. Let them sink down to the bottom of the bowl. Then try to pull them out fast. Take a blob and roll it between your hands to make a ball. Then, stop rolling.

Why: Ooze is made up of tiny solid particles of cornstarch suspended in water. It is not dissolved into a liquid. It therefore resists when pressure is applied but with little pressure it will flow like a liquid!



## Humor

### 3 reasons not to mess with children



1. A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal, its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible. The little girl said, 'When I get to heaven, I will ask Jonah.' The teacher asked, 'What if Jonah went to hell?'

The little girl replied, 'Then you ask him.'

2. A Sunday school teacher was discussing the Ten Commandments with her five and six-year-olds. After explaining the commandment to 'honor' thy Father and thy Mother, she asked, 'Is there a commandment that teaches us how to treat our brothers and sisters?'

Without missing a beat one little boy, the oldest of a family, answered, 'Thou shall not kill.'

3. The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray: 'Take only ONE. God is watching.'

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, 'Take all you want. God is watching the apples.'

### [We Appreciate Your Trust and Your Referrals!](#)

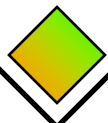
Do you know someone who should be under chiropractic care?  
Family, Friends, Neighbors, Co-workers... Chiropractic benefits everyone!

We hope you enjoyed your Healthy Times Chiropractic Newsletter.

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)

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6. Transcribe notes from Dr. Fudenberg's speech at the NVIC international vaccine conference, Arlington, VA. Sept 1997. Hugh Fudenberg, MD is is Founder and Director of Research, NeuroImmuno Therapeutic Research Foundation.



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