

HEALTHY TIMES

Your Chiropractic Newsletter



CHIROPRACTIC OFFICES OF GONSTEAD & STANGL

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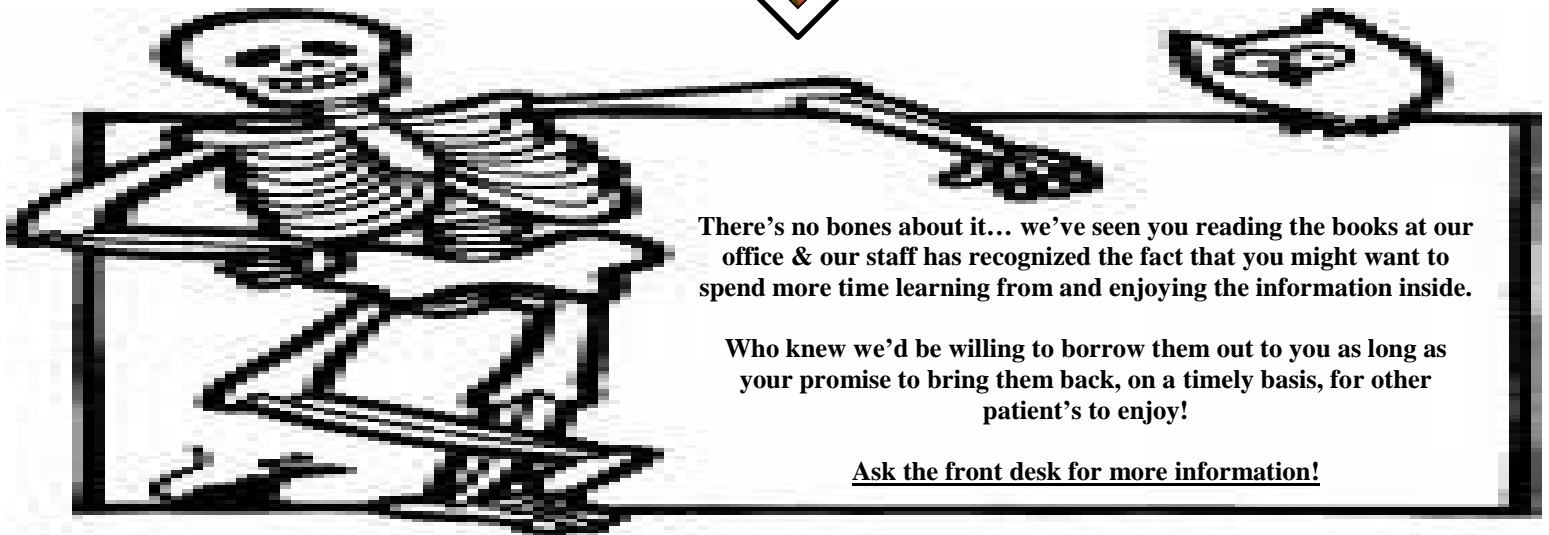
SUBLUXATION

Your chiropractor talks about subluxations but do you know what they are? Your body has more than 200 bones and those bones come together to form joints that can, and often do, result in motion. When these joints do not move correctly they cause irritation and interference to your nerves and surrounding tissues which interrupts the vital life force that transmits through your nervous system to keep your brain in touch with your body and your body functioning optimally. This aberrant motion and subsequent dysfunction is referred to as the subluxation complex.

**SUBLUXATIONS ARE SERIOUS.
MAKE SURE YOUR LIFE FORCE IS
TURNED ON WITH CHIROPRACTIC!**

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There's no bones about it... we've seen you reading the books at our office & our staff has recognized the fact that you might want to spend more time learning from and enjoying the information inside.

Who knew we'd be willing to borrow them out to you as long as your promise to bring them back, on a timely basis, for other patient's to enjoy!

[Ask the front desk for more information!](#)

Chiropractic research



Scoliosis. A nine-year-old boy with juvenile idiopathic scoliosis (and intermittent back pain) began chiropractic care. His posture began to balance immediately after the first adjustment. He had an 88% overall reduction in the scoliosis after five months of chiropractic care. (Fortinopoulos V. Scoliosis and subluxation. *International Chiropractic Pediatric Association*. July/August 1999.)

Autism. A 2½-year-old girl was diagnosed with autism (reduced social interaction and language skills and learning difficulties). One year later she 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 and thermal scanning over the 10 weeks of care. (Hoffman N, Russell D. Improvement in a 3½-year-old autistic child following chiropractic intervention to reduce vertebral subluxation. *JVSR*. March 24, 2008;1-4.)

10 foods for more energy

Do you need more energy or feel tired? Forget about grabbing coffee, a soda, or a candy bar for a quick boost and instead try these natural foods that will provide your body with energy and stamina:

- **Grapes** have lots of magnesium which converts into energy. Plus, they're an easy snack.
- **Oats** are loaded with nutrients that aid in alertness and concentration. Start your day right!
- **Mung Beans** are a type of crunchy sprout that are not only good on salads but provide a great source of energy when used in soups or eaten right out of the bag.
- **Yams & Squash** are packed with vitamin C, They help balance hormones and blood sugar levels as well as promote healthy circulation and good digestion! Wow!
- **Grains** like millet, buckwheat, rye, barley, and wheat contain healthy B vitamins and contribute to a steady flow of energy.
- **Sprouts** that have been germinated are good for revitalizing the body. They also contain antioxidants, protein, trace minerals and fiber
- **Peaches** are great for a quick boost of energy as well as helping the body eliminate toxins and regulate bowel movements.
- **Vegetables** contain a range of energizing B vitamins, iron and magnesium. Go Green!
- **Wheat Grass** is chock full of nutrients, 25 times the nutrients of vegetables to be exact, and some people drink shots of wheatgrass juice as a general health booster.
- **Sunflower seeds** are crunchy, nutty and plentiful with the added bonus that they are rich in protein, iron, vitamin B, zinc and magnesium!

Chiropractic care for the entire family



How do infants benefit from chiropractic care?

Chiropractic for infants? They have low back pain? Hardly – yet infants need chiropractic care to ensure that the stress of labor and delivery hasn't damaged their spine and delicate structural system. Other stresses can involve falls – statistics tell us that nearly half of all babies have had a fall from a height (off the changing table, off the bed, etc.). Chiropractic care will help ensure a healthy baby. Also, correcting subluxations may help a baby who is ill return to health quicker and more comfortably.

How do children benefit from chiropractic care?

Childhood is a rough time, full of falls, trips and stumbles. Chiropractic helps keep children naturally healthy. Just like babies and infants every child needs periodic chiropractic checkups.

How do students benefit from chiropractic care?

Chiropractic care, by releasing stress from the brain and nervous system, may improve concentration, attention span, grades and interpersonal behavior. Chiropractic has been shown to increase IQ, to help coordination and self-esteem and to improve body function. No matter what health problem a child may have, chiropractic will help improve their chances of healing naturally.



How do adults benefit from chiropractic care?



Physical, emotional and chemical stresses accumulate as we age. For more energy and for improved function of the immune system, digestive system, eliminative system, cardiovascular system and other systems your body needs unobstructed communications. Chiropractic care removes obstructions caused by subluxations - structural distortions that interfere with internal (nerve) communication.

How does chiropractic help women?

The pelvic area receives an intense amount of nerve communications. The ovaries, uterus, tubes, kidneys, adrenal glands and other internal organs all need a healthy nerve supply to function properly. Clinical studies show chiropractic helps women with menstrual pain and discomfort, menstrual irregularities, sexual function and fertility.

How does chiropractic help pregnancy and post-pregnancy?



If there's any class of patients that need chiropractic care the most it's pregnant women. Pregnancy changes a woman's balance and can make distortions more severe which can cause pain and exhaustion. Chiropractic can help ensure that body structure is balanced and that the pelvis is relaxed and open so the developing baby has the maximum amount of room in which to develop. Clinical research reveals that breech presentations have been corrected with the fetus turning into a healthy position as a result of chiropractic pelvic-balancing procedures. Clinical reports show chiropractic helping with breastfeeding and the return to a pre-pregnancy figure.

How does chiropractic help sports performance?

Many top athletes from all over the world rely on chiropractic to keep their body structure balanced, their nerve system healthy and their muscles functioning at their peak. Chiropractic can prevent sports injuries but can also help an injured player return to the game or competition faster. Of course you don't need to be an Olympian to go to a chiropractor; anyone who uses his/her body needs it to function at its peak.



How do the elderly benefit from chiropractic care?



The elderly are among our most drugged citizens. It is not unusual for someone to be taking many different medications and suffering from serious reactions to them. Many times people are taking drugs that interact in ways that are more damaging than if they took them individually. Chiropractic offers a drug-free alternative to an over-drugged population.

In conclusion, infants, the elderly and everyone in between all need a healthy structural system, free from subluxations and nerve stress. Chiropractors are specially trained in locating and correcting subluxations, which is necessary for a long, healthy, happy life.

Flu shot: Be informed

The flu shot season is approaching, so we thought it appropriate to review some flu shot related literature so you can make an informed choice when approached about receiving this year's influenza vaccination.

DOES IT WORK?

A January 12, 2000 CBC News report stated that flu vaccine is only 30-50% effective in seniors, and 70-90% effective, depending on the year, in healthy adults. Could this be true? Absolutely, because of the method of manufacture, every year, by its very nature, the flu vaccine is out of date before it is even released. It can only offer partial protection for flu strains that happen to be closely related to last year's favorites that have been selected.

A 1999 Dutch study reported on a home for seniors, where 49% of residents suffered from a severe flu, though two-thirds were vaccinated. Meanwhile, 48% of the non-vaccinated population got the disease, whereas 50% of those who were vaccinated got it.

A former chief vaccine control officer of the FDA, J. Anthony Morris, has said: "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."



SCARE TACTICS ASIDE: NUMBERS LIE

According to the July-August issue of the American College of Physicians Observer, Influenza is the sixth leading cause of death for older Americans and infects 5% to 10% of elderly Americans every year. They also claim that the flu leads to 300,000 hospitalizations and kills 30,000 to 40,000 Americans every year. (<http://www.acponline.org/journals/news/jul-aug04/vaccinations.htm>)

Should we take this information verbatim or should we look at the real numbers; according to the CDC reports the actual number of deaths due to influenza in the US is as follows...

2004: 1,265 died http://www.cdc.gov/nchs/data/nvsr/nvsr54/nvsr54_19.pdf p. 17

2003: 1,605 died http://www.cdc.gov/nchs/data/nvsr/nvsr53/nvsr53_15.pdf p.16

2002: 753 died http://www.cdc.gov/nchs/data/nvsr/nvsr52/nvsr52_13.pdf p.16

2001: 267 died http://www.cdc.gov/nchs/data/nvsr/nvsr51/nvsr51_05.pdf p.16

2000: 2,175 died http://www.cdc.gov/nchs/data/nvsr/nvsr49/nvsr49_12.pdf p.15

1999: 1,685 died http://www.cdc.gov/nchs/data/nvsr/nvsr49/nvsr49_08.pdf p.28

ALZHEIMER'S DISEASE RISK

According to Hugh Fudenberg, MD, the world's leading immunogeneticist and 13th most quoted biologist of our time (over 850 papers in peer reviewed journals), if an individual has had five consecutive flu shots their chance of getting Alzheimer's disease or dementia is ten times higher than if they had one, two or no shots. (1)

Dr. Fudenberg reports that this is due to the mercury in flu shots (and many childhood and RhoGam shots); these toxins build up in the brain causing cognitive dysfunction. Is this why Alzheimer's is expected to quadruple? (2)

FLU SHOT FOR PREGNANT WOMEN AND INFANTS?

It is said that the flu shot helps infants and children with asthma and congenital heart disease but a study published in Archives of Diseases of Children showed the opposite. The vaccinated group had a significantly increased risk of asthma-related clinic and emergency room visits. (Christy C, Aligne CA, Auinger P et al. Effectiveness of influenza vaccine for the prevention of asthma exacerbations. Arch Dis Child. 2004;89(8);734-735)

DOES CHIROPRACTIC HELP

Chiropractic allows a better-running, healthier nervous system. A study published by the Anglo-European College of Chiropractic showed chiropractic adjustments leading to increased blood IgM levels, an indicator of immune function.

During the 1918 Great Flu Pandemic that sickened about 20% of the world's population and killed 40 million people world wide, 550,000 in the US, medical doctors in Davenport, IA treated 93,590 patients with 6,116 deaths or 1 out of 15 that died due to the flu. During that same time at Palmer College of Chiropractic in Davenport, IA 1,635 flu cases were adjusted, with only one fatality. Outside of Davenport, chiropractors adjusted 4,735 flu cases, with only six deaths or 1 out of 866. A 1919 publication called "The Flu and You" stated the 1918 flu death ratios as follows; medical care: 1 out of 17 died. Osteopathic care: 1 out of 36 died. Chiropractic care: 1 out of 866 died.

The immune system protects us from the flu, as well as any other infectious disease, and strives to get us well again when we do fall ill. That immune system, like every other system in the body, is coordinated and controlled by the nervous system. Go chiropractic!

Prevent!

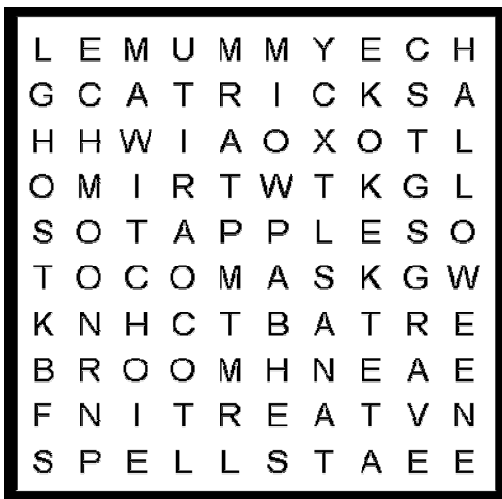
Cold and flu season is creeping closer and soon people will be coughing and sneezing and feeling generally miserable. Those who gather in public places such as schools, airports, restaurants and places of work are particularly vulnerable.

These colds are usually viral in origin and only some of them are actual cases of influenza, against which traditional medicine prescribes flu shots for prevention. Except, at least 75% of these viral illnesses are not flu and therefore flu shots have minimal to no effect. Other infections are of bacterial origin, for which traditional medicine prescribes many forms of antibiotics. While these are effective in treating actual full-blown bacterial infections, they cannot be used as a preventative measure.

Whether the “colds” floating around your office or home are viral or bacterial in origin you can begin prevention steps by boosting your immunity and letting your body properly and effectively take care of itself naturally. Follow these natural preventative methods to help prevent this season’s sicknesses.

1. Get plenty of Rest – Most people need 7-8 hours of rest per day for optimum immune function
2. Eat a healthy diet – Fruits, Vegetables and nutritious proteins provide your body with the tools it needs to function.
3. Handle your stresses – people are more susceptible to sickness when they are stressed.
4. Exercise – Exercise improves circulation and sweating rids the body of harmful toxins
5. Drink plenty of water – Water is the life-blood of the body. Only air is more important!
6. Get a massage – Myofascial release (massage) helps to flush the lymph system, relax tight muscles, and deal with stress. Massage should be a part of everyone’s wellness plan.
7. Take a good multivitamin – Multivitamins are not intended to replace a nutritious diet but are a great health insurance plan to make sure you have the nutrients and vitamins your body needs to stimulate and maintain a healthy immune system.
8. Get adjusted! – The nervous system is directly linked to the immune system. Having the spine in alignment allows the body to function optimally while preventing disease/infection.

Halloween Word Search



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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